



Greetings!

REMINDER - We are having a Webinar ***this*** Wednesday, February 15th at 10am (PST) featuring Dr. Kristoffer Rhoads talking about Alzheimer's and Dementia. You must register in order to attend this ***free***, online event. Please click the button below to register and we look forward to seeing you online!

The number of Americans living with Alzheimer's disease is growing and is expected to escalate rapidly in coming years, as baby boomers turn 65 and older--the age range of greatest risk of Alzheimer's. Dr. Kristoffer Rhoads, a clinical neuropsychologist, who is specialized in the evaluation and treatment of dementia and neurodegenerative disorders will describe the magnitude of the problem and help us understand how to advocate for early and accurate diagnosis and will describe new prevention techniques and early stage treatment. Lifestyle interventions such as exercise, diet, cognitive stimulation and increasing social support are showing promising results. Dr. Rhoads will also discuss local and national resources for memory loss and dementia, and include information about the Washington State Plan and Dementia Action Collaborative.

REGISTER TODAY!

Best,

Ingrid Nielsen
Chair, WASHAA Education Committee

Upcoming Webinars and Events

[Trends in Dementia, Alzheimer's Disease Webinar Feb 15th](#)

SAVE THE DATE - 10:00 am (PST), Feb 15 th, 2017
Medical Update on Alzheimer's Disease: Prevention to Palliation



As our population ages, Neuropsychologist Dr. Kris Rhoads will present an update on the changing trends and demographics of Alzheimer's disease (the most common form of dementia) and help us differentiate between normal versus pathological aging. Alzheimer's can be difficult to diagnose within the context of multiple medical conditions such as combined depression and dementia. Early and accurate diagnosing is key. Commonly used procedures and tools for screening and diagnosis as well as best practices for communication and collaboration across

multiple systems, including families and medical professionals will be described. New prevention techniques will be emphasized along with a discussion of early stage treatment, including non-pharmaceutical lifestyle interventions around exercise, diet, cognitive stimulation and enhancing community/social support networks. The innovative Washington State Plan for Alzheimer's disease as well as other helpful resources will be discussed.

[REGISTER TODAY!](#)

Community Corner

[Newsletter to be Sent Monthly in 2017](#)

Do you have something you would like to share with the WASHAA community? Please submit ideas to info@washaa.org.

Deadline to submit content is the third Monday of every month. The e-newsletter will be sent on the fourth Monday of the month.

Washington State Health Advocacy Association

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