Moving Forward: 2022 Dementia Friendly Community Summit
Thursday, September 29, 2022 - 9:00 a.m. to 3:30 p.m.

Detailed Agenda
(Times are approximate)

8:30   Doors open at in-person locations

9:00   Welcome - Jen Rooney and Dawn Simonson

9:10   Small group discussions
       What's happening in your community to make it more dementia friendly and where do you see opportunities for positive change?

10:00  Dementia through the Viewfinder of Multiple Cultures
       Our cultural experiences influence all aspects of our lives, including how we approach memory loss and caring for those with memory loss. This session will help us learn about dementia through the perspectives of diverse racial communities. We will explore challenges related to stigma, caregiving and access to resources. We'll also discuss cultural beliefs and values that can be assets in managing the impacts of dementia.

       ▪  Mayla Yang, Moderator
       ▪  Dr. Ibrahim Elemo, M.D, M.P.H, founding member of International Oromo Health Professional Association
       ▪  Angela Fields, Community Health Worker, Trellis
       ▪  Diane Grooms, Retired, Elder Services/Housing Specialist at American Indian Community Development Corporation
       ▪  Roxana Linaras, Executive Director, Centro Tyrone Guzman

11:00  Brain Health Empowers You to Choose How you Will Age as You Live

       Sarah Lenz Lock, Senior Vice President for Policy, AARP and Executive Director, Global Council on Brain Health

       Communities enable adults to sustain brain healthy lifestyles, and they are key to helping people live well with dementia. Join us to learn how to engage in culture change to improve our own brain health and change conventional thinking and doomsday scenarios for our societies into a future with hope.
12:00  Risk Reduction: What Can a Community Do?

Maiyia Kasouaher, Ph.D., Planner Senior Community, Minnesota Department of Health in conversation with Jen Rooney, ACT on Alzheimer, Program Developer

Communities play an important role in helping people reduce their risk for dementia. This session will help you identify the attributes of brain health and steps for optimizing well-being. We'll provide examples of actions that have proven successful and help you consider ways that your community can reduce risk through healthy living.

12:30 - 1:30  Break

1:30 - 3:30  The Remember Project - Mango Songs

*Note:* Be sure to be back in your seats by 1:20. No one will be admitted after the program starts at 1:30 p.m.