

National Council of Dementia Minds First Annual Virtual Conference

Welcome: 12:00 pm EST

Session 1: 12:10 - 1:10 pm EST

Session Speakers: Adria Thompson, MA, CCC-SLP; Elaine Commisky; Frank Commisky

Session Title: More Than Words: Practical Communication Tips

Session Description: This session explores how dementia can change communication and how participants can adapt their approach to connect more meaningfully. Together, we will look at how cognitive, language, and sensory changes affect both expression and understanding, and share practical ways to simplify interactions while preserving dignity and independence. Through relatable examples and real-world strategies, participants will gain tools to move beyond frustration and foster stronger, more joyful communication at every stage of dementia.

Break: 1:10 - 1:25 pm EST

Session 2: 1:25 - 2:25 pm EST

Session Speakers: Brenda Roberts, MA; Arnold Beresh, DPM

Session Title: Inside Dementia Minds: Peer Support, Purpose, and Living Well with Dementia

Session Description: This session offers a behind-the-scenes look at National Council of Dementia Minds and the role peer support plays in living well with dementia. Guided by people living with dementia, participants will learn how Dementia Minds groups create weekly spaces for connection, shared learning, and belonging. Through lived-experience stories and a premiere video on the benefits of peer support, the session highlights how these groups extend beyond support to provide meaning and purpose through education, advocacy, and video creation. Attendees will hear directly from panelists living with dementia and have an opportunity to engage in live Q&A. This session invites participants to better understand how peer connection

and lived experience are shaping more inclusive and meaningful approaches to dementia support.

Break: 2:25 - 2:40 pm EST

Session 3: 2:40 - 3:40 pm EST

Session Speakers: Teepa Snow, MS, OTR/L, FAOTA; Joanna Fix, PhD; Krissan Moss, BSN

Session Title: Hitting Your Stride: Learning to Respect Your Daily Rhythm Patterns

Session Description: All of us have different circadian rhythm patterns: some individuals are early birds, some are night owls, and some are in between. This session will focus on the importance of knowing your own patterns and preferences to help you structure your day to use the times of higher brain function most effectively. We will also discuss the different types of activities that compose the rhythm of a day, and the ways in which you can structure your day to your advantage - whether or not you are living with a brain change condition.

Closing Remarks: 3:40 - 4:00 pm EST