

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: More Than Support: How Peer Connection Supports Living Well with Dementia

Session Description: This session will premiere the Benefits of Peer Support video and share how the National Council of Dementia Minds was created by and for people living with dementia. Through lived-experience stories, participants will see how peer support builds connection, hope, and opportunities for advocacy and learning. We will highlight how Dementia Minds groups have grown into weekly spaces for sharing practical strategies, laughter, and understanding. Attendees will gain insight into why peer support is essential to living well with dementia and how these groups are reshaping the conversation around diagnosis.

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