



INDIANA UNIVERSITY

INDIANA ALZHEIMER DISEASE CENTER
School of Medicine

MEMORY UNIVERSITY 2018

Caregiver Health and Well-Being:
Maintaining Yours and Theirs

Join us
Friday
afternoons
in June
2018:



1:30 p.m. — 3:00 p.m.

- June 01: Maintaining Caregiver Health
- June 08: Impact of Healthy Diet
- June 15: Impact of Physical Exercise
- June 22: Managing Stress
- June 29: Nurturing Your Spiritual Well-Being

The Indiana Alzheimer Disease Center (IADC) presents Memory University 2018, a program for our research partners and others interested in Alzheimer’s disease (AD) and other neurodegenerative diseases.

Memory University 2018 will focus on **Caregiver Health and Well-Being: Maintaining Yours and Theirs**. Attendees will learn about diet, exercise, and how they impact cognitive health.

Memory University 2018 is free of charge; however, advance registration is required. Please register on-line at https://is.gd/IADC_MemoryU_2018 or for more information, call 317-963-5500 or email iadc@iu.edu. Doors will open at 1:00 p.m. and the lecture begins at 1:30 p.m.

REGISTER NOW!



LOCATION:
IU Health Neuroscience Center
Goodman Hall Auditorium
355 W. 16th Street*
Indianapolis, IN 46202

*Please note: Parking garage entrance is actually off of 15th Street, between Senate Avenue and Missouri Avenue.
Garage parking fee is a maximum of \$5 /day.



June 01, 2018

Maintaining Caregiver Health



Ellen R. Kaehr, MD is a geriatrician with Indiana University Health and Eskenazi. Her interests are in dementia care and post acute and long term care medicine. She is a third generation Purdue Boilermaker. She graduated from the Medical College of Wisconsin in 2011, completed her internal medicine residency at Indiana University in 2014 and then completed a geriatrics fellowship at Saint Louis University in 2015. In her free time, she likes to be outside with her two young children.

June 08, 2018

Impact of Healthy Diet



Daniel O. Clark, PhD is Associate Professor of Medicine, Research Scientist at Regenstrief Institute, Inc., and Indiana University Center Scientist at the Indiana University Center for Aging Research. Dr. Clark's interests are in the design and evaluation of interventions to support physical and cognitive health in vulnerable middle and older aged adults. Dr. Clark is currently involved in cognitive training, weight loss, aerobic exercise, and nutrition interventions, and leads the project core of the Indiana University Brain Safety Lab.

June 15, 2018

Impact of Physical Exercise



NiCole R. Keith, PhD, FACSM is a Research Scientist at Indiana University Center for Aging Research, an Investigator at Regenstrief Institute, Inc., Professor of Kinesiology at Indiana University-Purdue University Indianapolis, and Acting Associate Dean of the School of Physical Education and Tourism Management. She earned BS, MS, and PhD degrees from Howard University, University of Rhode Island, and University of Connecticut, respectively. She was the 2014-2016 Vice-President of the American College of Sports Medicine (ACSM) and serves on ACSM's Exercise in Medicine and American Fitness Index Advisory Boards as well as several other ACSM national committees. She currently directs the

ACSM Mentoring Women to Fellowship initiative. Dr. Keith is dedicated to research and programming that increases physical activity participation, improves fitness, and positively influences health outcomes while addressing health equity.

June 22, 2018

Managing Stress



Daniel R. Bateman, MD, is an Assistant Professor of Psychiatry, a Scientist at the Indiana University Center for Aging Research, an Investigator at Regenstrief Institute, Inc. and an Implementation Scientist, Center for Health Innovation and Implementation Science at Indiana University School of Medicine. He is also a Co-Investigator in the IADC Outreach and Recruitment Core. Dr. Bateman's research interests are in Alzheimer disease, caregiver support for persons with dementia, implementation of best practices in dementia care, and the use of technology to help older adults improve quality of life and maintain independence. Dr. Bateman's belief is "*It is important not to lose sight of the person and their family when someone develops a brain illness*". He works with persons with cognitive impairment, major neurocognitive disorders

(dementia, Alzheimer's disease), older adults with mental illness, and family caregivers. Helping patients and families navigate the complexities, treatment options, course and current medical understandings of neurocognitive disorders and mental illness are among the aspects of his work which are most rewarding. Improvement in how healthcare is delivered to older adults with brain illnesses is another focus of his research.

June 29, 2018

Nurturing Your Spiritual Well-Being



L. Vern Farnum, DMin, is Chaplain Manager at Indiana University Health Methodist Hospital. He has been a chaplain and pastor for 38 years, primarily working in the area of grief and bereavement. Early in his career he was a trauma chaplain for 12 years, and then spent 18 years in parish ministry. During the past several years he has been a chaplain at Indiana University Health and at Westminster Village North, where he worked on three memory care units. Vern earned a Bachelor of Arts degree from Samford University in Birmingham, AL, the Master of Divinity degree from Southern Seminary in Louisville, KY, and the Doctor of Ministry degree from McCormick Theological Seminary (University of Chicago Theological Consortium) in Chicago, IL. Chaplain Farnum is an avid exerciser. His background prior to ministry was in sports medicine and physical therapy. Otherwise, he reads history, with a primary focus on the American Civil War.