

The logo for the Memory Care Coalition of Chicago features a semi-circle of purple dots of varying sizes on the left side. To the right of the dots, the text "Memory Care Coalition of Chicago" is written in a bold, blue, sans-serif font, with "Memory Care Coalition" on the top line and "of Chicago" on the bottom line.

# Memory Care Coalition of Chicago

## VIRTUAL SUMMER OLYMPICS EARNS A GOLD MEDAL!

The Memory Care Coalition conducted a successful Summer Olympics program on July 17, 2020. When the gates opened at 8:00 am, the people were waiting for entry and excited about the day ahead.

The morning began with Congresswoman Jan Schakowsky making an eloquent speech and inspiring the crowd for the morning. Rep. Schakowsky's commitment to older adults and her concern about dementia and caregiver stress was the focus of her remarks. She ended her remarks by lighting the Olympic torch to kick off the spectacular event.



The first of many Olympic trials was **Medical and Legal Boxing**. Conducted by **Attorney Kerry Peck** and **Dr. Victoria Braund**, the presentation was chocked full of information that every person should know and included real life scenarios as the two "duked it out" from each of their perspectives. The crowd was engaged and interactive with many questions and comments. The winner was THE ATTENDEES!

The morning then flowed into the keynote speaker, **Dr. Paul Bendheim, Clinical Professor of Neurology at the University of Arizona Phoenix**. As Dr. Bendheim entered the Weightlifting category, he correlated a weightlifters performance and training with the commitment that each person should make to their healthy lifestyle to reduce or prevent Alzheimer's Disease. Dr. Bendheim is the creator of **BrainSavers**, a national program of instruction to reduce a person's risks of dementia. The commitment to his sport was evident and the information received by the audience was useful and inspiring.

**Dr. Sherry All, licensed clinical neuro-rehabilitation psychologist** and brain health expert was the Coach for the remainder of the morning. Her instructions on **How To Harness Your Brain Energy** was energizing! As Dr. All encouraged the attendees to achieve their best optimal health, her approach and encouraging words were uplifting and educational. It became clear that she is an expert in the field of brain health and her soon to be released book, *The Neuroscience of Memory: Seven Skills to Optimize Your Brain Power, Improve Memory and Stay Sharp at Any Age*, will be a coaching strategy to even more people.

After a brief lunch, the athletes were back in the game!

Next up were **Steve Satek, owner and founder of Great Lakes Clinical Trials** and **Julie Sipchen with the Global Alzheimer's Platform Foundation**, who competed in the Sailing category as they explored uncharted waters while instructing attendees on **Clinical Trials and Research**. These two nationally recognized athletes told the crowd about Alzheimer's research and technology currently going on around the world with the purpose of finding a cure for Alzheimer's Disease. As the two sailed to the finish line, the attendees were cheering them on in their pursuit of greatness.

Next it was time for some music therapy and the gold medal tips were offered by **Rebecca Froman Freiman, Director & Music Therapist Greater Chicago Music Therapy**. Her freestyle approach to those with dementia is remarkable. The audience learned about the benefits of music and rhythms to ease the common symptoms of dementia. Rebecca also entertained the crowd with a few original songs on her guitar. The true life examples were the proof that her tips truly benefit the patients.

As we get back in the game, the next sport is Hurdles with **Marc Raben, Life Enrichment Director at Lutheran Home**. He took the group through the step by step **Montessori Method of Dementia**. Marc's passion for older adults makes hurdling the many obstacles seem easy.

Next the crowd moved to the Marathon event. **Julie Boggess, a LNHA and a Certified Dementia Practitioner** and she took it all the way to the finish line with her topic **Revisiting the Value of Reminiscence in Dementia Care**. The audience participation during the event was outstanding as Julie captivated their emotions with pictures of simple objects. Even though running is a solitary sport, Julie connected folks to her own stories of reminiscence.

The busy day ended with one last Freestyle athlete who calmed the room with her presentation on the **Namaste Care Program for People with Dementia**. **Ellen Hoekstra, RN CHPN Community Educator with Seasons Hospice & Palliative Care** took the audience to a place of comfort through her meaningful sensory activities. She offered specific techniques to calm and relax a person with dementia. It was the perfect way to end an information-filled day.

As the presenters entered the closing ceremonies, they were all winners with the audience. The torch flame was extinguished and the Virtual Summer Olympics ended until next year.

**The Memory Care Coalition of Chicago will be hosting future events on topics of interest to professionals and caregivers working in the memory care field. Watch the website for upcoming seminars and you too can be a gold medal winner!**

For more information on the Memory Care Coalition of Chicago, visit their website at [www.chicagomemory.org](http://www.chicagomemory.org) or call them at 773-309-1456.