

Splaine Consulting February 2023 Newsletter

What we're doing, what we're reading, and where we've been: it's all here. Follow our [Facebook](#) & [LinkedIn](#) pages for updates, and forward this newsletter to friends and colleagues interested in all things Alzheimer's. Thanks for keeping us in your inbox!



Webinar on Using Data to Drive Decision Making

Join the National Alzheimer's and Dementia Resource Center for their webinar, "From Dementia to COVID-19: Maintaining Innovations Using Data Driven Program Decision Making."

During the COVID-19 pandemic, **Hospital2Home** (H2H), a highly successful dementia care transitions program funded in part by ACL, was translated to provide discharge relief to overtaxed hospitals and prevent readmissions. A data driven approach resulted in a successful collaboration with the county and expansion of H2H to other vulnerable populations. This webinar will address how data can create a pathway for program expansion and sustainability.

Hospital 2 Home program was developed by Cognitive Solutions LLC (sister company of Splaine Consulting) to support adults with memory loss and their caregivers during the care transition from hospital to home.

Speakers:

- Jeff Klein, client of Splaine Consulting and President/CEO of Nevada Senior Services. Jeff has extensive experience nationally in health care management and consulting for hospitals, health care organizations and community-based services.
- Dr. Peter Reed, Director of the Sanford Center for Aging the University of Nevada, Reno School of Medicine and Professor of Public Health.

The webinar will be Thursday, February 23rd at 2-3PM EST. **Register for free [HERE](#).**

Addressing Loneliness in Caregiving

Biogen's brief 'Addressing Loneliness in Caregiving' highlights the health consequences of loneliness on caregivers and opportunities to address loneliness.



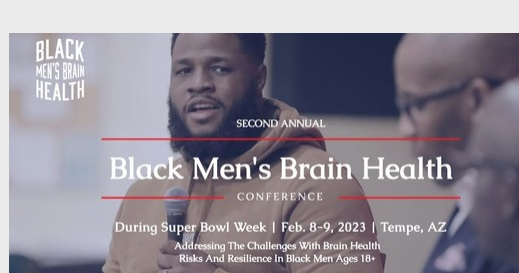
The health consequences of loneliness are wide-reaching affecting mental health, social health, and physical health. Alzheimer's family and paid caregivers are especially vulnerable to the effects of loneliness. To ensure a healthy and mentally well force of carers, loneliness needs to be addressed. Opportunities to help curve loneliness in caregivers include:

- Utilize creative arts to connect and heal
- Invest in research to address loneliness at scale. Support research on the connection between creative arts and health and research on loneliness in caregiving.

Find the full brief [HERE](#).

Black Men's Brain Health

The Black Men's Brain Health (BMBH) Conference will be held virtually and in-person in Tempe, AZ. BMBH will take place Super Bowl week on February 8th - 9th. The conference will convene scientists, practitioners, and community partners to:

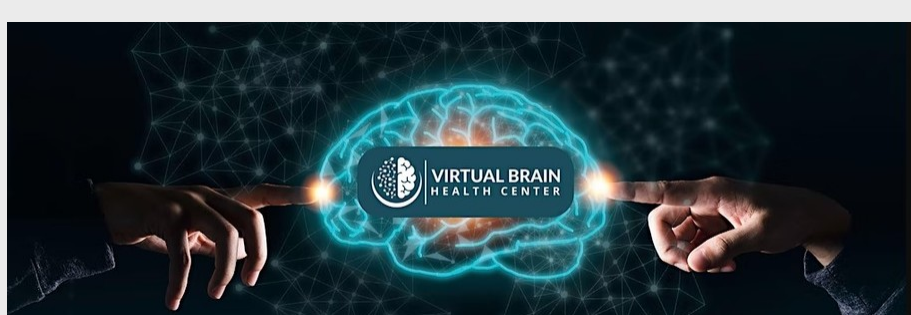


- Cultivate a culturally competent workforce committed to addressing Black men's brain health, cognitive aging, and Alzheimer's Disease/Alzheimer's Disease and Related Dementia (AD/ADRD) research
- Raise awareness about brain science research among Black men
- Increase the inclusion of Black men in brain science research to improve brain health among Black men

Register for free [HERE](#).

Black History Month Brain Health Webinar

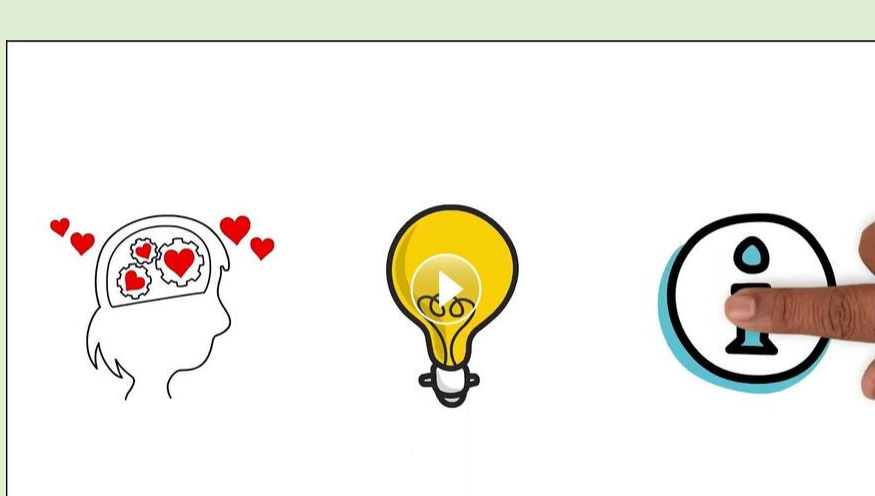
February is black history month. Don't miss the National Institute on Aging's Black History Month Brain Health Webinar Series which includes great speakers including Cleveland Browns player Reggie Rucker. The series covers a range of topics such as the history behind medical distrust, the connection between science and spirituality, and the impact of the Great Migration on brain health. Access the webinar [HERE](#).



Brain Awareness Week

Virtual Brain Health Center Brain Awareness Week is here! The series of events are March 13 - 19th. The week is jam-packed with brain healthy events covering a range of topics from fitness and nutrition to music and art therapy. All events are free and offered online. Register [HERE](#).

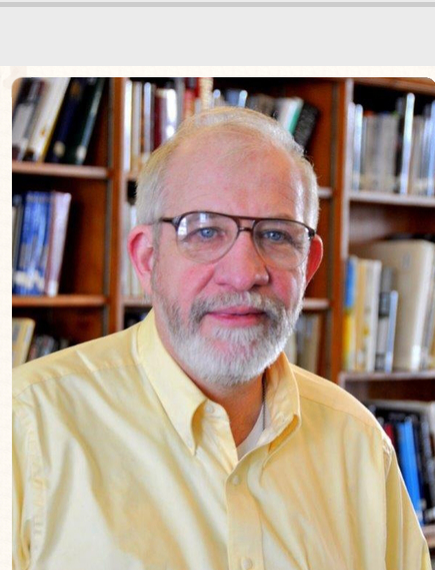
Living Alone and Connected!



Living Alone and Connected! is a private members only Facebook group for persons living alone with Alzheimer's or another form of dementia. Living Alone and Connected! was created to lessen the effects of the existing social isolation many people with dementia already faced, isolation that was exacerbated by the COVID-19 pandemic. Living Alone and Connected! hosts virtual events from museum tours to educational programs to happy hours and game nights. The group is a platform for members to receive emotional support, share questions or ideas, and find resources regarding their condition and lifestyle. If you have Alzheimer's or another form of dementia and live in a single person household or if you care for someone who does, join or share the [Living Alone and Connected!](#) group.

Those working alongside people living alone with dementia can benefit from the Living Alone and Connected Facebook public page. The page provides resources to those family, friends, and caregivers who support people living alone with. The page content is on the experiences and obstacles those living alone with dementia face and tools to support them along the way. If you care for someone who lives alone with dementia please follow the [Living Alone and Connected page](#) today!

Living Alone and Connected! is hosted and moderated by Cognitive Solutions, LLC. Living Alone and Connected! is supported in part by a cooperative agreement #90ADPI0067-01-00 from the Administration on Aging (AoA), Alzheimer's Disease Program Initiative (ADPI) and cooperative agreement NVADPI0082 from the Neighbor Network of Northern Nevada.



[Contact Us](#)

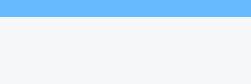
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