

ALZHEIMER'S
27th ANNUAL REGIONAL CONFERENCE
SEATTLE, WA APRIL 20, 2012
WASHINGTON STATE CONVENTION CENTER



discovery

alzheimer's 
association®

Western & Central Washington
State Chapter

Welcome

At the Alzheimer's Association, Western and Central Washington State Chapter, we bring help and hope to individuals and families on their journeys with Alzheimer's and related dementias. As family and professional caregivers, and healthcare, advanced practice and aging services professionals, you are valued partners for us and vital sources of solace and support for those you love and those you serve.

I am very pleased to invite you to a day of **Discovery** at our 27th Annual Alzheimer's Regional Conference. Each year our conference offers participants an opportunity to enhance their knowledge and understanding of Alzheimer's disease and related dementias.



I believe you will find it inspiring and informative, relevant and restorative, and I hope you will join us.

I look forward to seeing you at the conference.

Bob Le Roy

—President and Chief Executive Officer

“The real voyage of discovery consists, not in seeking new landscapes, but in having new eyes.”

—Marcel Proust

Conference Introduction

Opportunities for discovery exist all around us. Sometimes we may need a new view, clue, technique, or interpretation to enable our discoveries. Please join us as our speakers highlight new inklings, ideas, tools, and paradigms.

For this year's conference, we are excited to introduce a new, improved online system for registration and accessing conference information that will allow you to select your sessions, choose your meals, access conference updates and speaker information, return as often as you like to make changes, receive immediate automated responses, and administer group registrations.

On behalf of our Chapter and our Conference Planning Council, we offer a journey of **Discovery** providing education, insight, inspiration and the opportunity to network with colleagues and fellow caregivers. For more detailed information visit our website – www.alzwa.org.

We look forward to seeing you at the conference!

—2012 Conference Planning Council

Keynote Speaker

Gary Small, MD, has been named by Scientific American magazine as one of the world's top innovators in science and technology. Dr. Small is Professor of Psychiatry and Biobehavioral Sciences, the Parlow-Solomon Professor on Aging at the David Geffen School of Medicine at UCLA, Director of the UCLA Longevity Center on Aging, and Director of the Geriatric Psychiatry Division at the Semel Institute for Neuroscience and Human Behavior. Dr. Small's team has developed brain imaging technologies that detect the first signs of Alzheimer's disease years before patients show symptoms, which has led to expanded Medicare coverage for brain PET scanning.



In addition to testing medicines that might delay the onset of Alzheimer's disease, Dr. Small has studied and developed lifestyle and memory training programs that are available throughout the U.S. in senior centers, community hospitals, and assisted

living facilities. Author of over 500 scientific works and recipient of numerous awards and honors, he is co-author (with Gigi Vorgan) of several popular books, including the New York Times best seller, *The Memory Bible*, as well as *The Memory Prescription*, *The Longevity Bible*, *iBrain*, *The Other Side of the Couch* (Los Angeles Times best seller), and *The Alzheimer's Prevention Program*.

Keynote Address

Alzheimer's Prevention: Hype vs. Hope

Genetics accounts for only part of the risk for developing Alzheimer's disease; thus, non-genetic factors likely contribute to disease risk. Studies of healthy lifestyle habits – including diet, physical activity, and cognitive engagement – are providing new insights into the prevention of cognitive decline and the incidence of Alzheimer's disease. Dr. Small will review these studies and address how the incidence of Alzheimer's disease can potentially be decreased through lifestyle changes.

Alzheimer's Association

Western and Central Washington State Chapter

Our Vision

A world without Alzheimer's.

Our Mission

To eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

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RETIREMENT LIVING
ASSISTED LIVING & MEMORY CARE

Aegis Living

We're the people who make life better.

Thank you to our 2012 Conference Bronze Sponsor



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Conference Sponsor, Exhibitor, and Advertising Opportunities Available

Contact Debbie Williams, CMM, Conference Planner, at debbie.williams@alz.org or call 206.529.3887 for additional information.



Michael A. Bower, BA, ACC, has been serving older adults in care communities since 1987. As the Activity Director of several skilled nursing facilities, including

four with dementia care units, she has been a part of the movement to better understand dementia and care for patients with Alzheimer's disease and related dementias. As an Activity Consultant she developed dementia training curricula and a memory care program, training community staff for a multi-state elder-care corporation. Ms. Bower is currently a Lead Education Trainer with the Alzheimer's Association.



Anita Dunlap, BA, ACC, began her professional career in the U.S. as a nursing assistant in a nursing facility, building experience as a restorative aide,

activity director and restorative supervisor. As she developed her expertise working with residents with Alzheimer's disease and other dementias, Ms. Dunlap was motivated to start producing sensory stimulation products. Her proficiency brings depth and adaptive tools to new and seasoned activity professionals.



John W. Gibson, PhD, MSW, MS, is a coach, consultant, trainer, author and certified mediator with over 30 years in the field of aging and multigenerational relationships. Dr. Gibson has been on the

faculty at the University of Washington and Columbia University, and has spoken in Europe, Canada and the U.S. Both caregiver and care receiver, he presents workshops that combine learning, experience, warmth and humor.



James Leverenz, MD, is an Associate Professor in the Departments of Neurology and Psychiatry and Behavioral Sciences at the University of

Washington. He has been an investigator at the University of Washington Alzheimer's Disease Research Center for over 15 years. Dr. Leverenz now directs the Education and Outreach Core for that center and also directs the clinical research program for the Pacific Northwest Udall Center, which focuses on the cognitive aspects of Parkinson's disease. Dr. Leverenz's research has focused on the clinical and pathological characteristics of a variety of diseases and disorders associated with dementia including Alzheimer's disease, Parkinson's disease, dementia with Lewy bodies, Down syndrome, and frontotemporal dementia. For more information about current research studies or to participate, please visit www.uwadrc.org.



Marguerite Manteau-Rao, LCSW, ATR, is co-founder of the Presence Care Project, a new, innovative mindfulness-based approach to dementia care. She is a consultant for communities

and individuals involved in dementia care and a frequent guest speaker as well as a licensed clinical social worker and

registered art therapist with a mindfulness-based psychotherapy private practice in Palo Alto, CA. Ms. Manteau-Rao also writes on dementia care, end-of-life care, and mindfulness practice for the Huffington Post. She has an MSW from Loyola University of Chicago, an MA in Art Therapy from Notre Dame de Namur University, and an MBA from the University of Chicago.



Susan McCurry, PhD, is Research Professor in Psychosocial and Community Health at the University of Washington School of Nursing. She is a clinical psychologist

specializing in gerontology and has worked with older adults with memory loss for over 20 years. Dr. McCurry is the author of over 100 scientific articles, 25 federal, state, and foundation grants, and two books designed to help family caregivers and health care professionals provide more effective and compassionate care to cognitively impaired individuals.



Sharon McIntyre, BA, ACC, Certified Laughter Yoga Leader

Following a career of more than 40 years in nonprofit work, Sharon became a Certified Laughter

Leader. "I've been known for my loud laugh since I was a youngster," she says. "Laughter is a natural stimulant for me. If we laugh, live, and love the person we were meant to be, I believe the world will be a better place." Laughter Yoga is not about lecturing, wearing funny hats, or squirting water balloons. It is all about laughing, loud and with abandon, exercising tummy

muscles and engaging your body. Laughter Yoga uses scientifically backed exercises that provide effective health benefits, whether the laughter is real or fake.



Eric C. Petrie, MD, MS, is Associate Professor of Psychiatry and Behavioral Sciences at the University of Washington (UW), Adjunct Associate

Professor in the UW Department of Radiology, and a researcher with the UW Alzheimer's Disease Research Center. He received his degree in clinical psychology from the University of Wisconsin and his medical degree from the University of Washington. His current research interests include developing PET (positron emission tomography) radiotracers to better characterize psychiatric symptoms in Alzheimer's disease and post-traumatic stress disorder (PTSD), potential neuroimaging biomarkers for brain injury, and the use of PET imaging in characterizing central nervous system functions as they relate to cognition and behavioral disorders in various dementias.



Gary Reiswig, PhD, has been a farmer, preacher, community organizer, innkeeper, real estate agent, and an Alzheimer's activist and champion. His unique family history

is chronicled in his memoir *The Thousand Mile Stare: One Family's Journey through the Struggle and Science of Alzheimer's*. From the story of his ancestral roots in a small German town, to Dr. Alois Alzheimer's discovery of the disease, to the Reiswig's triumphs and tragedies on their Oklahoma farm, to

a modern day congressional hearing room, Dr. Reiswig's story offers insight into the world of Alzheimer's and hope for the development of a cure.



Kristoffer Rhoads, PhD, is a clinical neuropsychologist specializing in the evaluation and treatment of neurodegenerative disorders and a frequent education speaker

for the Alzheimer's Association. He has held a variety of clinical, teaching and research positions, published in the area of neurocognitive functioning in Alzheimer's disease and is currently Director of the Memory Disorders Clinic at Virginia Mason Medical Center.



Malia Rumbaugh, MS, CGC, is a Certified Genetic Counselor and has worked in Alzheimer's genetics for nine years. Her research focuses on finding the genes

for both early and late onset Alzheimer's disease and other related dementias. She is co-author of practice guidelines for genetic counseling and genetic testing in Alzheimer's disease. Ms. Rumbaugh is currently a Research Genetic Counselor with the University of Washington Alzheimer's Disease Research Center.



Joyce Simard, MSW, is a private geriatric consultant and has been involved in long-term care for over 35 years, serving as an Alzheimer's specialist. She was

recently appointed as an Adjunct Associate Professor at the School of Nursing, University of Western Sydney, Australia, where she is engaged in a research project involving the world's first clinical evaluation of the Namaste Care program that she developed for people with advanced dementia. A similar research project in the United Kingdom will be conducted in 2012. She is the author of *The End-of-Life Namaste Care Program for People with Dementia*.



Emily H. Trittschuh, PhD, is a clinical neuropsychologist at the VA Puget Sound Health Care System (VAPSHCS) and Assistant Professor in the Department of

Psychiatry at the University of Washington. She completed her undergraduate studies at Duke University and her PhD in clinical psychology at Northwestern University. Following her internship at Brown University, she completed a postdoctoral fellowship at Northwestern's Cognitive Neurology and Alzheimer's Disease Center. Her clinical practice is centered on the neuropsychological assessment of neurodegenerative disorders such as Alzheimer's disease. Her research interests include the epidemiology of Mild Cognitive Impairment, the role of insulin in the prevention/evolution of cognitive decline, and the development of a better understanding of atypical neurodegenerative diseases.

Conference Schedule

7:30 AM	Registration – Breakfast Pastries, Coffee/Tea and Explore the Exhibits
7:30 AM-3:00 PM	Exhibit Hall Hours
8:00 AM-4:30 PM	Bookstore Hours
8:30-9:45 AM	Welcome and Keynote
9:45-10:00 AM	Honoring Alzheimer’s Champions
10:00-10:15 AM	Break – Explore the Exhibits
10:15-11:30 AM	Session A
11:30 AM-1:00 PM	Lunch – Explore the Exhibits
1:00-2:15 PM	Session B
2:15-2:30 PM	Break – Explore the Exhibits
2:30-3:45 PM	Session C

Conference Workshops

Our speakers have created innovative, evidence-based, interactive, transferable workshops that provide new tools and skills, and address issues of diversity where appropriate. CEU credits are available.

We have identified tracks to assist attendees in their selection process; any attendee may choose any workshop.

- **Family Caregiver/Direct Care Provider**
- **General Audience**
- **Professional**
- **Research**

SESSION A 10:15-11:30 AM

A1 Mild Cognitive Impairment: An Update

Emily Trittschuh, PhD

Research

This update on the diagnosis of Mild Cognitive Impairment (MCI) will focus on current definitions as well as clinical and research applications. The workshop will include discussion of current opinions on the diagnosis of MCI as a risk factor for future diagnosis of dementia, as well as findings from a local longitudinal study that investigated the prevalence and incidence of MCI in a community-based sample.

A2 Distinguishing the Different Dementias

James Leverenz, MD

Professional

Unravel the complexity of some of the most common dementias – Alzheimer’s disease, dementia with Lewy bodies, Parkinson’s disease dementia, and frontotemporal dementia. Through brief overviews of each disease’s clinical criteria, hallmark symptoms, pathology, biomarker profile, and genetic trends, you will be able to identify and differentiate between these dementias and improve

your treatment of dementia patients. Case studies will also be analyzed to advance your assessment and clinical skills.

A3 Brain Boosters and Memory Training

Gary Small, MD

General

Need help finding your car keys or remembering a name? Increase mental stimulation and cognitive abilities through memory methods and brain games with Dr. Small, who will demonstrate how to practice these easy-to-follow, science-based techniques intended to add years of brain health and mental clarity. Dr. Small will discuss different brain regions and the types of exercises that stimulate each. His “Look, Snap, Connect” technique will be included.

A4 Connecting to the World Through the 5 Senses

Anita Dunlap, BA, ACC

General

What is sensory stimulation and why is it important to engage the senses in the care of individuals with dementia? What materials can be used and where can you get them? In this interactive, experiential workshop you will learn how to create an individualized sensory stimulation program that meets specific needs and helps to enhance quality of life for people with dementia.

A5 Managing the Symptoms of Dementia: The Top 10 Tips for Resilient Caregiving

Susan McCurry, PhD

Family Caregiver/Direct Care Provider

Learn 10 practical strategies that caregivers can use to help manage the symptoms of dementia with less stress while improving quality of life for both themselves and their care recipients. This workshop will include practical techniques for preventing and de-escalating challenging behaviors.

A6 Making Visits Count: All Stages, All Ages

Joyce Simard, MSW

Family Caregiver/Direct Care Provider

Visiting someone with memory loss can sometimes be a frustrating or unsettling experience as you find yourself challenged to relate to someone who cannot remember from one moment to the next. This workshop will empower you with ways to make visits more pleasurable for you and the person with dementia. Special attention will be given to helping children understand memory loss.

SESSION B 1:00-2:15 PM

B1 Alzheimer’s: Is It One Disease or More?

James Leverenz, MD

Research

Is it possible that the symptoms we use to clinically diagnose Alzheimer’s disease are actually caused by a number of different disease processes and mechanisms? If Alzheimer’s disease is more complex than we currently understand it to be, what are the implications for future research and the development of new treatments? Join us to learn about research findings that support and challenge this idea.

B2 Genetics of Alzheimer's: The Science and One Family's Journey

Malia Rumbaugh, MS, CGC and Gary Reiswig, PhD

Professional

This workshop will provide an interface between the science of genetics and one family's journey with younger-onset familial Alzheimer's disease. Ms. Rumbaugh will explore what we currently know about the genetics of Alzheimer's, genetic testing and what it can tell us; Dr. Reiswig will share his family's legacy of younger-onset familial Alzheimer's including contributions to science, public policy and advocacy as well as hope for the development of a cure. Time for Q&A will be provided at the end.

B3 Treating Dementia in Context: A Practical Model for Managing Mood and Behavioral Changes

Susan McCurry, PhD

Professional

Learn about the evidence-based background for the Seattle Protocols approach to treating mood and behavior problems in dementia. Dr. McCurry will discuss factors involved in the development of behavioral changes and practical approaches for problem solving in everyday situations. Case studies will be included and participants will have the opportunity to develop intervention plans.

B4 Reminiscence: A Way to Connect and Provide Meaningful Activity

Michael Bower, BA, ACC

General

Why do we love family reunions and keep scrapbooks? Because we cherish our memories. They help define us. Reminiscence is a basic need. With Alzheimer's disease, access to memories is compromised. Caregivers can help provide a bridge between the person with dementia and memories. This workshop explores reminiscence activities and practical methods and tools for bridging memories and bringing fun back into daily life!

B5 Namaste Care in the Home: Quality of Life at the End of Life for People with Advanced Dementia

Joyce Simard, MSW

General

Namaste Care provides psychosocial care and meaningful activities specifically designed for people with advanced dementia, improving quality of life at the end of life, and helping to decrease distress and agitation. This workshop will provide you with an understanding of the characteristics and needs of those with advanced dementia. Ms. Simard will discuss how to provide this program in the home, ways of responding to challenging situations for family and other care providers, and information on hospice care, including its benefits and criteria for becoming a hospice patient.

B6 Conflict Resolution for Families Affected by Dementia

John Gibson, PhD, MSW, MS

Family Caregiver/Direct Care Provider

Caregiver demands and decisions can provide stressors, evoke old and new hopes and fears, and amplify existing family dynamics for better and for worse. Learn to identify common caregiving conflicts and recognize typical family dynamics, and gain strategies for dealing with them. This workshop will include case examples and small group discussion.

SESSION C 2:30-3:45 PM

C1 Insulin and the Brain

Emily Trittschuh, PhD

Research

Explore the complex connection between insulin, glucose, APP, beta amyloid, cognitive function, and Alzheimer's disease. The Memory Wellness Program at the VA Puget Sound Health Care System and the University of Washington has conducted studies on the use of intranasal insulin in individuals with memory impairment. The theory, study design, and findings will be reviewed. Future directions will be highlighted.

C2 Do I Really Need to Order that Test?

Kristoffer Rhoads, PhD, Neuropsychological Testing

Eric Petrie, MD, MS, Imaging

James Leverenz, MD, Biomarkers

Professional

Neuropsychological testing, imaging, and cerebrospinal fluid biomarkers can help us better understand the brain. But when are they necessary, worthwhile, or relevant? What information can they provide? This workshop will address the role of these tests in the assessment, treatment, and further research of dementia and will provide a discussion of the pros and cons of such tests. Dr. Rhoads will discuss neuropsychological testing, Dr. Petrie will discuss imaging, and Dr. Leverenz will discuss cerebrospinal fluid biomarkers.

C3 Implementing Namaste Care: Quality of Life at the End of Life for People with Advanced Dementia

Joyce Simard, MSW

Professional

The Namaste Care Program does not require additional staff or dedicated physical space and is easy to implement. Ms. Simard will discuss implementation in nursing facilities and assisted living communities and provide research data and case studies that illustrate outcomes. She will also address the burdens and benefits of medical interventions for people with advanced dementia as well as the ways that hospice services can be beneficial for the long-term care community, residents and their families.

C4 Learning How to Be with the Person with Dementia: The Presence Care Approach

Marguerite Manteau-Rao, LCSW, ATR

General

Learn about the Presence Care approach, a new and innovative mindfulness-based approach to dementia care designed to decrease stress and improve well-being of caregivers and care recipients. Based in part on Jon Kabat-Zinn's ground breaking and evidence-based Mindfulness Based Stress Reduction (MBSR), the approach helps caregivers learn to be fully present with the person with dementia, allowing that person to more successfully engage and reducing disruptive behaviors.

C5 Laughter, the Universal Language for all Abilities

Sharon McIntyre, BA, ACC, Certified Laughter Yoga Leader

General

Discover tools that stimulate laughter and bring lost joy and humor back into your life and the lives of those you care for. We will learn about and experience Laughter Yoga, a technique that allows adults to achieve sustained hearty laughter without involving cognitive thought. Evidence indicates that humor therapy can decrease agitation in people with dementia.

C6 Compassion Fatigue in Caregiving

John Gibson, PhD, MSW, MS

Family Caregiver/Direct Care Provider

Dementia caregivers are at high risk for compassion fatigue, resulting in physical, emotional and spiritual exhaustion, resentment, and sometimes even an inability to care. Recognizing and dealing with compassion fatigue are crucial in caring for people with dementia. Dr. Gibson will provide examples of the key symptoms of compassion fatigue as well as strategies for increasing caregiver resilience. You'll also learn how to set up a personal safety net to enhance effectiveness, stamina and well-being.

Early Stage Forum May 5, 2012

This year we are offering a focused forum specifically for individuals who are in the early stages of dementia and their care partners. Detailed information can be found on the Early Stage Forum website at: www.alzwa.org, Events, Early Stage Forum.

Please call Anita Souza at 206.363.5500 or 1.800.848.7097 with questions about eligibility.

Conference Registration

Welcome to our new enhanced conference web page and online registration. On our conference web and registration site you will find regularly updated conference information, speaker spotlights, easy instant registration, and the ability to pre-select your workshops, place the event on your calendar, make your lunch selection, indicate any special needs requests, make group registrations, change your registration and receive automatic notifications. We encourage you to try it for yourself!

Register at: www.alzwa.org, Annual Regional Conference (button in left column)

Registration Methods

You may register by one of the following methods:

- 1. Internet:** www.alzwa.org, Annual Regional Conference (button in left column)
- 2. Mail:** Please mail one form per registrant
- 3. Phone:** 206.363.5500 ext. 506 or 1.800.848.7097

Demographic Information

Name _____ If Applicable, Title _____ Organization _____
 Address _____ City _____ State _____ Zip _____
 Phone _____ E-mail _____

Workshop Selections: Please select ONE workshop from each session time.

<p>SESSION A 10:15-11:30 AM</p> <p>Write in the number of the session you want to attend <input style="width: 50px; height: 20px;" type="text"/></p>	<p>SESSION B 1:00-2:15 PM</p> <p>Write in the number of the session you want to attend <input style="width: 50px; height: 20px;" type="text"/></p>	<p>SESSION C 2:30-3:45 PM</p> <p>Write in the number of the session you want to attend <input style="width: 50px; height: 20px;" type="text"/></p>
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Sessions will be filled on a first come, first served, space-available basis.

Payment Methods

- Internet: via Credit Card or Check (You can register online and send a check to our office with registrant's name, company and address.)
- Registration Form with Credit Card: Visa MC AmEx Cardholder's Name _____
 Cardholder's address, if different from above: _____
 City _____ State _____ Zip _____
 Card # _____ Expires (mo/yr) _____ VIN# (last 3 digits on back of card) _____
 Signature: _____

- Registration Form with Check: Mail check with registration form to:
 Alzheimer's Association, 27th Annual Alzheimer's Regional Conference, North Tower, 100 W. Harrison St. N 200, Seattle, WA 98119

Please Choose One

- | | | |
|---|--|--|
| <input type="checkbox"/> Activity Professional/Recreation Therapist | <input type="checkbox"/> Doctor (MD or PhD) | <input type="checkbox"/> Social Worker/Counselor |
| <input type="checkbox"/> Administrator/Program Director | <input type="checkbox"/> Family Caregiver | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Attorney/Guardian | <input type="checkbox"/> Nursing Assistant/ Direct Care Provider | |
| <input type="checkbox"/> Care/Case Manager | <input type="checkbox"/> Nursing-ARNP, RN, or LPN | |

Fees	Early (until 3/8/12)	Standard	Lunch
Professional	<input type="checkbox"/> \$145	<input type="checkbox"/> \$160	<input type="checkbox"/> I prefer a vegetarian meal
Family Caregiver (no CEUs)	<input type="checkbox"/> \$40	<input type="checkbox"/> \$60	<input type="checkbox"/> I prefer a vegetarian meal
I would like to provide a scholarship for a family caregiver	<input type="checkbox"/> \$40	<input type="checkbox"/> \$60	
I would like to make a donation to the Alzheimer's Association Western and Central Washington State Chapter	Amount \$ _____		
Please reserve an assistive listening device for me for the keynote	<input type="checkbox"/> No Charge		
Total	\$ _____	\$ _____	

Please indicate, by check mark, that you have reviewed the conference policies:

- Refunds are not offered and substitutions must be made by 3/23/12 or online by 4/6/12.
- The Alzheimer's Association, Western and Central Washington State Chapter, accepts no liability for injuries or losses incurred by participants and accompanying persons, or for any claims that may result from the use of information, techniques, products, and services discussed. Nor does the Chapter express or imply endorsement of sponsors, exhibitors, or faculty.

Certificates of Attendance: Continuing Education Units (CEUs) or Continuing Education (CE) Hours

Certificates of attendance with continuing education (CE) hours are provided with each professional registration for those who are not going to be receiving Continuing Education Units. Please indicate if you require the following Continuing Education Units:

- | | |
|--|--|
| <input type="checkbox"/> Activity Professionals | <input type="checkbox"/> Nursing Home Administrators |
| <input type="checkbox"/> Guardians | <input type="checkbox"/> Counselors |
| <input type="checkbox"/> Certified Case Managers | <input type="checkbox"/> Social Workers |

Special accommodations requested: _____

Western and Central
Washington State Chapter
North Tower
100 W. Harrison Street N 200
Seattle, WA 98119

www.alzwa.org
206.363.5500 ext.506
800.848.7097

Conference Planning Council

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UW Alzheimer's Disease Research Center

Michael A. Bower, BA, ACC
Alzheimer's Association

Kathy Burrer
Dungeness Courte Alzheimer's Community

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Smerken Consulting: Eldercare Services

Annette Wendel, BA

Debbie Williams, CMM
Alzheimer's Association

Linda Sue Woodall, BA, BS
United Way of King County

Conference Vitals

- Please bring your photo ID to pick up your conference badge.
- Dress in layers, bring a refillable water bottle (as water coolers are available), a pen and notepaper.
- Coffee and tea service is available at the morning and afternoon breaks.
- Breakfast pastries will be available 7:30-8:30 AM.
- Plated chicken or vegetarian meal provided for lunch. (Selection made during the registration process)
- Requests for special dietary requirements can be made during the online registration process but no later than March 27th.
- University Book Store will be selling conference-related books in the lobby.
- If you are concerned about leaving someone home alone, please call 206.363.5500 and ask for our Helpline for resources.
- The Hearing Loss Association of Washington will provide assistive listening devices for the keynote address on April 20th for those people who request them during the registration process.

Driving Directions

Washington State Convention Center
800 Convention Place
Seattle, WA 98101

From I-5 North (Southbound)

- Take Exit 165B to merge onto Union St.
- Turn right onto 7th Ave.
- Take the first right onto Pike St.
- Take the first right onto 8th Ave.
- The primary entrance is on 8th Ave.
Garage is on your left

You must pay a parking fee when you leave

From I-5 South (Northbound)

- Take Exit 164A toward Madison St.
 - At the underpass stay to the left
 - Merge into the right lane
 - Follow exit towards Madison Street Convention Center
 - Move to the right lane; this lane becomes 7th Ave.
 - Turn right onto Madison St.
 - Immediately move to the left turn lane
 - Turn left onto 8th Ave.
 - Follow 8th a short distance over bridge
 - Turn right into the parking garage
- You must pay a parking fee when you leave

Inside the Convention Center

- Go to Level 4 South
- Pass through the glass lobby doors
- Take the elevator or escalator up to Level 6 to registration