

*The Johns Hopkins Memory & Alzheimer's Treatment Center  
and Alzheimer's Disease Research Center present*



# 11th Annual Journey to Hope

*A free conference for caregivers*

**Saturday, November 10, 2018**

8:30 a.m. to 2 p.m.

Asthma & Allergy Center Atrium  
Johns Hopkins Bayview campus

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*Pioneer Award Recipient and Keynote Presenter:*

**Peter Rabins, M.D., MPH**

*Author, *The 36-Hour Day**

Professor Emeritus, The Johns Hopkins University

**Register by October 31 to 800-769-1707.**

*Complimentary parking, continental breakfast and lunch provided.*



## Agenda

- 8:30 a.m.**                    **Registration & Continental Breakfast**
- 9 a.m.**                         **Welcome: Conference Overview and Goals**  
**Introduction of Exhibitors**  
**Introduction of Patient-Family Advisory Council**  
**Constantine Lyketsos, M.D., MHS**  
*Director, Johns Hopkins Memory & Alzheimer's Treatment Center;*  
*Director, Department of Psychiatry and Behavioral Sciences, Johns Hopkins Bayview*
- 9:15 a.m.**                    **Update on Alzheimer's Care and Research**  
**Esther Oh, M.D., Ph.D.**  
*Associate Director, Johns Hopkins Memory & Alzheimer's Treatment Center*
- 9:45 a.m.**                    **Panel Discussion: The Art of Selecting an Assisted Living Facility**  
**Facilitator:**     **Andrea Nelson, RN, MSN**  
*Director, Memory Care Programs*  
*Johns Hopkins Memory & Alzheimer's Treatment Center*
- 10:30 a.m.**                 **Break: Exhibitors and Networking**
- 11 a.m.**                        **2018 Pioneer Award and Keynote Presentation**  
**Peter Rabins, M.D., MPH**  
*Author, The 36-Hour Day*  
*Professor Emeritus, The Johns Hopkins University*
- 12 p.m.**                      **Lunch & Book Signing of *The 36-Hour Day***
- 1 p.m.**                         **Presentation of 2018 Trailblazer Award—Kathy Siggins**  
*Siggins initiated the Alzheimer's disease semi-postal stamp, which was released in November 2017.*  
**Presentation of 2018 Cynthia Steel Caring Hands Award**  
**Presented by Jane Marks, RN, MS, on behalf of the Maryland Gerontological Nurses Interest Group**
- 1:15 p.m.**                    **Tips for Cognitive Aging**  
**Constantine Lyketsos, M.D., MHS**
- 1:55 p.m.**                    **Closing Remarks**

*\*The 36-Hour Day will be sold before the conference and during breaks. Dr. Rabins also will be available to sign books during the lunch break.*

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### Directions to Johns Hopkins Bayview

*From points South (including BWI Airport):*

Take I-295 north or I-95 north to the Harbor Tunnel Thruway (I-895). After exiting the tunnel, take exit 12, Lombard St. At the first stop light, proceed straight onto Bayview Blvd. Follow signs to Mid-Campus Parking Lot.

*From points North and East:*

Take I-95 south to I-895 south to exit 12, Lombard St. At the first stop light, turn right onto Bayview Blvd. Follow signs to Mid-Campus Parking Lot.

*From East Baltimore or Dundalk Area:*

Take Eastern Ave. At the first stoplight, turn onto Bayview Blvd. (Make a left if coming from East Baltimore, right from Dundalk). Follow signs to Mid-Campus Parking Lot.