

About the Plymouth Harbor Foundation

The Plymouth Harbor Foundation was established in 2012 to further ensure the appropriate stewardship of contributed funds, develop fundraising strategies that support the most positive aging experience possible, and provide funding for innovative programs and services in the region.

The Plymouth Harbor Foundation is a not-for-profit organization, governed by an 11-member Board of Trustees.

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Foundation Forum

BRAIN HEALTH AND DEMENTIA SERIES

**THREE DATES COMING UP
MARK YOUR CALENDARS!**

AUGUST 27, 2:00 P.M. (THURSDAY)

KATHY BLACK, PH.D.
PROFESSOR

UNIVERSITY OF SOUTH FLORIDA

OCTOBER 6, 3:00 P.M. (MONDAY)

ALAN GRINDAL, M.D.
NEUROLOGIST

MEMORY DISORDER CLINIC

JANUARY 28, 10:00 A.M. (WEDNESDAY)

TEEPA SNOW, M.S., OTR/L
POSITIVE APPROACH TO BRAIN CHANGE

Hosted Jointly by
The Health Committee and
The Plymouth Harbor Foundation

BRAIN HEALTH AND DEMENTIA

The rise of Alzheimer's disease and related dementias the past decades has led to much research and treatment approaches. However, there remains a good deal of questions regarding diagnosing, treating, and caring for a loved one with signs of memory loss.

Beginning in August, we are happy to host three notable experts in the field: a scholar, a clinician, and an internationally-known occupational therapist, who will answer some of our questions related to brain health and dementia.

Join us to hear our speakers address many of your questions:

- ◆ How many types of dementia are there?
- ◆ How is Alzheimer's Disease different?
- ◆ Do we know what causes dementia?
- ◆ Is it normal aging or dementia?
- ◆ What can I do to keep my brain healthy?
- ◆ How does dementia affect the brain?
- ◆ Are there treatments for dementia?
- ◆ How do I care for my loved one?
- ◆ Why do people with dementia do what they do?
- ◆ Am I the best caregiver for my loved one?

We hope you will attend!

ABOUT OUR SPEAKERS



Dementia or Pseudo-dementia: Detecting the Differences

Kathy Black, Ph.D.

**Hartford Geriatric Social Work Faculty Scholar
Professor, University of South Florida**

Dr. Black earned her Ph.D. in Social Welfare from the State University of Albany, New York, and is masters prepared in public health, social work, and gerontology. She has extensive experience in the field of geriatric mental health and has worked with persons with dementia and their caregivers for more than 30 years across the continuum of care.

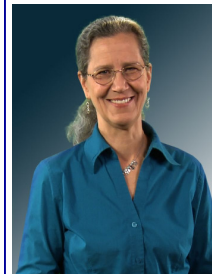


Comprehensive Alzheimer's Update: Understanding the Disease Process, Prevention, Treatment, and Caregiver Issues

Alan Grindal, M.D. , Neurologist

Memory Disorders Clinic, Sarasota

Dr. Grindal is a board certified Neurologist and Fellow of the American Academy of Neurology. He was in private practice in Sarasota for nearly 30 years and is currently on the Clinical Faculty of Florida State University. He works with the Memory Disorder Clinic at Sarasota Memorial Hospital and is a volunteer in the Community Clinic at the hospital.



Why Do They Do That?

Teepa Snow, M.S., OTR/L

Positive Approach to Brain Change

Ms. Snow is a leading educator on dementia and an advocate for those living with dementia. She has made it her personal mission to help families and professionals better understand how it feels to be living with such challenges and seeks to improve life for everyone involved. A graduate of Duke, and an Occupational Therapist with over 30 years of experience in geriatrics, she is a clinical associate professor at UNC School of Medicine.