
Faculty

Robert G. Winningham, Ph.D. has 16 years of experience in applied memory issues and for the past 12 years has conducted research on older adults' and their cognitive abilities. He is currently Chair of the Psychology Division of Western Oregon University (WOU) and co-director of Geriatric Wellness Center. He has served at Geriatric Wellness Center since 2004, where he helps develop programs to improve older adults' cognitive and physical well-being and has trained over 1,000 instructors in North America to offer similar programs. He joined WOU in the fall of 2000 where he teaches numerous courses in psychology, cognitive neuroscience -- geriatrics, sensation and perception, theories of learning and memory.

Most recently, he has been researching and designing cognitive enhancement programs for older adults. In addition, he has helped develop novel approaches to increase the efficacy of physical and occupational therapy. He has trained thousands of professionals at his popular workshops and seminars around the nation. In addition to publishing in the area of human memory, Dr. Winningham has made many television and radio appearances and has given well over 400 invited presentations about memory and aging at various conferences and workshops. His book *Brain Training: How to Maximize Memory Ability in Older Adulthood* was published by Baywood Publishing in 2009.

“Best program I have heard at any conference”
Little Rock, AR Gerontologist

“This was an excellent program and I appreciate Dr. Winningham’s enthusiasm about his subject matter.”
Sacramento, CA. ALF Administrator

“Very engaging, he brought humor and interaction with his presentation.”
Portland, OR Memory Care Specialist

The Geriatric Wellness Instructors Website

All participants will get a username and password to access our unique and one-of-a-kind website that has over 300 activities ready to be printed out for your residents, patients, or loved ones. The activities were designed to target specific areas of the brain that are affected by the aging process.

The challenge in running a “memory classes” or a cognitive enhancement program is making the paper and pencil activities. Our program will give you the activities and the curriculum.

Participants learn about the psychology of aging, including depression, apathy, types of dementia, and causes of memory problems. Participants will learn valuable techniques for working with older adults and ways to motivate them to participate in activities and therapy. In addition, participants will learn strategies for situations when they are working with older adults who have very different cognitive abilities. The bottom line is that participants will develop valuable skills to maximize the effectiveness of their programming, therapy, and interactions with older adults.

Canby, Oregon 97013
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Rob.winningham@gmail.com for questions



Become a Certified Geriatric Wellness Instructor

July 8th and 9th, 2010
in

Canby, Oregon

Presented by

Thelma's Place

352 NW 2nd Ave.

Canby, Or 97013

Receive 10 CEU's!!

This workshop is designed for people who work with older adults and are interested in helping them maintain their memory and cognitive abilities.

**Workshop Offered by
Dr. Rob Winningham**



Course Description

Do you want to learn the most recent information on aging, memory, well-being, and what you can do to help older adults maintain good cognitive health?

Do you want to start your own cognitive enhancement program in one of these settings:

- ALFs/RCFs
- Memory Care
- Senior Centers
- Nursing Homes
- Individual homes
- Home Health Care

This workshop is open to professionals of all disciplines who care for persons with varying levels of cognitive impairment. The course is ideal for those who work in assisted living, skilled nursing or home health care settings. In addition, the course is the best available for those who are interested in starting their own cognitive enhancement program.

Upon successful completion of the course, participants will be given the opportunity to take an examination to become a Certified Geriatric Wellness Instructor.

Certification will include all current materials needed to conduct Geriatric Wellness Classes, including access to our website as long as they remain certified instructors (initial certification is valid for 2 years). **Currently there are over 300 cognitive enhancement activities available, most can be printed out directly from the website.**

Course Schedule

Day 1 noon – 5 pm

- Use it or lose it: Improving memory ability
- Memory and cognition
- Memory and the brain
- Understanding dementia and memory loss
- The aging brain

Day 2 8am-2pm

- Nutrition, mood, social support and physical exercise
- Developing your own Geriatric Wellness Program
- Curriculum development
- Different types of cognitive enhancement activities
- Balance, attention and dual tasking
- Fall prevention
- Participant management: How to handle issues common in the cognitively impaired

Certification

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Refund Policy

We will fully refund Geriatric Wellness Instructor (GWI) Workshop tuition if a request is made 7 days or more before the scheduled workshop. Please submit a request for a refund to:

Thelma's Place
352 NW 2nd Ave.
Canby, Or 97013

There will be a 10% charge for refunds that were initially paid with a credit card. If someone is unable to attend the workshop and they don't request a refund 7 or more days prior to the workshop, they will be given an opportunity to attend a future GWI workshop, when and if one is scheduled in the future.

Registration Form

Name(s)

Name(s) - Please duplicate for additional names

Organization

Address

City/State/Zip

Phone

Email

Fee: \$200.00 Please pre-register

Note: **All registrations must be prepaid.** Payment can be made by check (made out to Thelma's Place) or credit card.

Visa MasterCard Check

Card #

Name on card:

Expiration date:

Cardholder signature:

Total fees enclosed: \$ _____

Mail the registration form to:
Thelma's Place
Certified Geriatric Wellness Instructor Program
352 NW 2nd Ave.
Canby, Or 97013
Or register online at:
www.thelmasplace.org