



FOR IMMEDIATE RELEASE

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RENOWNED MEMORY EXPERT TO SPEAK AT CONFERENCE IN BEND

May 30, 2013 Bend, OR – Touchmark and Partners In Care Hospice and Home Health announce that author and nationally renowned memory expert Rob Winningham, PhD, will speak at the “Brain Matters: A Neuro Conference” to be held at Touchmark at Mt. Bachelor Village on June 14, 2013 from 11 a.m. -2 p.m.

Open to the community and jointly hosted by Touchmark and Partners In Care, the Brain Matters conference features Dr. Winningham, full professor and chair of the Psychology Division at Western Oregon University, and author of the book *Train Your Brain: How to Maximize Memory Ability in Older Adulthood*. Dr. Winningham will discuss recent research around maintaining or even improving memory abilities, including mounting evidence that lifestyle factors such as physical activity, nutrition and social support can delay or prevent memory problems. Attendees will discover many practical things they can do to maximize their memory abilities.

In addition to Dr. Winningham, the Brain Matters conference will feature two other speakers. Cindy Cocanower, RPh and manager of Bend Pill Box, will discuss staying educated on the latest medications and the importance of creating a relationship with your pharmacist. Jodi Bigness, RN and manager at Hospice House, will speak about specialty care for patients with end-stage dementia.

All conference sessions will be held at Touchmark, located at 19800 SW Touchmark Way in Bend. There is no cost to attend the conference but space is limited. To RSVP, please contact Robie Knox at 541-848-4130.

About Touchmark

Located along the Deschutes River, Touchmark provides a range of homes and lifestyles. A new addition offering memory care services is under construction and will open this fall. For more information, visit Touchmark.com.

About Partners In Care

Partners In Care offers hospice (in the home and in its own Hospice House); home health in Bend, Redmond, La Pine, Sisters, Sunriver, Tumalo, Terrebonne and Crooked River Ranch; Transitions volunteers and many community programs. Visit www.partnersbend.org for more information.