

# THE PILLARS OF BRAIN HEALTH



2025 Caregiver Conference

**9 a.m.** – Registration Opens

**9:45 a.m.** – Welcome

**10 a.m. – Keynote Address, Dr. William Mansbach –**  
*“Improving your Brain Health: Practical and Tested Strategies, Activities, and Resources”*

**11:30 a.m. – 12:30 p.m. – Breakout Session 1:**

Alzheimer’s Association, Yolanda Wright –  
*“The Pointer Study”*

MD Behavioral Health, Anastacia Edmonston –  
*“Traumatic Brain Injury (TBI) and Aging: Overview and Supports”*

Cecil County Health Office, Sheila Murphy –  
*“Staying social and connected”*

Holistic-Integrative Mental Health, Maureen Hulse –  
*“Mapping the Many Faces of Grief: From Anticipation to Ambiguity”*

**12:30 p.m.** – Lunch

\$15/PERSON. SCAN THE CODE OR VISIT  
[BIT.LY/HOCO-CAREGIVERCONFERENCE25](https://bit.ly/hoco-caregiverconference25)  
TO REGISTER.



**1:30 p.m. – 2:30 p.m. – Breakout Session 2:**

Howard County OAI, Danielle Clifford-Earles –  
*“A Day in the Life: Habits of the World’s Longest Living People”*

Gateway Audiology, Dr. Elena Scarano –  
*“Hearing and Cognitive Decline”*

Howard County OAI, Kim Flash –  
*“Well-being through Nature”*

Johns Hopkins Medical Center, Karen Shelton –  
*“The Importance of Advanced Directives”*

**2:30 p.m. – 3:30 p.m. – Closing Session:**

Howard County OAI, Earnestine Thomas and Karen Hull  
*“The Caregiver’s Brain: Mental Health, Stress, and Self-Preservation Along the Journey”*

**November 14, 2025**  
**East Columbia 50+ Center**  
6610 Cradlerock Way  
Columbia, 21045



If you need this information in an alternate format, or need accommodations to participate, please contact Maryland Access Point (MAP) at 410-313-1234 (VOICE/RELAY) or [map@howardcountymd.gov](mailto:map@howardcountymd.gov).