



## **Cindy Keith, R.N., B.S. and Certified Dementia Professional**

With more than two decades of experience in dementia-care settings, Cindy Keith, R.N., B.S. and Certified Dementia Professional provides first-hand expertise to family caregivers, health care providers and assisted living facilities.

As a LPN, she served as nurse and office manager in a geriatric medical practice and assisted in setting up a comprehensive geriatric assessment center. While pursuing her RN, BS degree at Penn State University, she was inducted into Sigma Theta Tau, the International Honor Society of Nursing. After earning her degree, Cindy worked in various healthcare settings, including as a dialysis nurse, a nursing supervisor in a skilled nursing facility and for four years as a Health Care Coordinator in the Alterra Healthcare system. In this dementia-dedicated assisted living facility, she served as an Alterra nurse educator, managed the healthcare for all residents, and was responsible for staff dementia training. Also in this capacity, she gave dementia and Alzheimer's training to staff in other facilities, and was honored by Alterra with their prestigious Nurse Quality Award.

In 2004 she recognized the need for personalized, professional counseling for families dealing with loved ones with dementia, as well as dementia and Alzheimer's training for staff in all types of facilities who are being challenged daily by behaviors exhibited by these special residents. Moving In Nurturing Directions in Memory Care was developed by Cindy to fill that need with caring and compassion through family in-home or telephone consultations and facility staff trainings.

In 2006 Cindy received approval from the Pennsylvania Department of Public Welfare as an approved trainer to conduct dementia seminars for continuing education credits for personal care home administrators and assisted living directors. Also in 2006 Cindy's first facility staff training video entitled "Bringing Nurturing To Memory Care" was created to assist facilities of all types in providing high quality dementia training to existing and future staff members.

Cindy is a member of the Alzheimer's Foundation of America (AFA) and has been awarded the title of "Excellence in Care Specialist" for their Dementia Care Program of Distinction. In this role, Cindy works closely with facilities who wish to earn a Program of Distinction award from the AFA by enhancing the quality of care and excellence in service to people with dementia, their caregivers and their families.

Cindy is active in her community in various organizations dealing with eldercare issues. She is a member of the National Council of Certified Dementia Practitioners (NCCDP) as a Certified Dementia Practitioner as well as a trainer for the Alzheimer's and Dementia Care Course. She remains active in Sigma Theta Tau, Beta Sigma Chapter (National Honor Society for Nursing) and is a member of the steering committee for the Centre County Geriatric Interest Network in Pennsylvania. A dog lover, she supports the Working Canine Association of Central Pennsylvania (WKACP).