

## AzGS 2018 Education Committee Member



### Global Women Of Excellence Award-2016'

**Rita Anand** is a woman with a clear and intrinsic desire to help seniors and those caring for them navigate the maze -- particularly if they find themselves struggling with issues relating to dementia, Alzheimer's, health, care giving, advanced planning or hospice. A passionate advocate with incredible respect for the elderly, Rita is on a personal mission to use her vast professional education, skills and connections to provide a comprehensive buffet of services that help seniors enjoy and find peace in the "golden years."

Rita's certifications and background are as impressive as her desire to serve. An Alzheimer's and Dementia Trainer specializing in Memory Care, she is also a Certified Activity Consultant & Educator and Certified Assisted Living Manager. She is a valued consultant to assisted-living and long-term care facilities, retirement communities and home and adult day care facilities. She is Founder and President of **Beyond Golden Era, LLC** ([www.beyondgoldenera.com](http://www.beyondgoldenera.com)), a company dedicated to educating care givers and healthcare professionals on how to effectively serve the elderly in the various aspects of their lives.

Rita's newest venture is **Dementia Angels** ([www.dementiangels.com](http://www.dementiangels.com)), a premier information and services resource that personally aids and prepares clients for the varying physical, mental and emotional challenges inherent in the beginning, middle and end stages of Alzheimer's and dementia. She also offers a bevy of print and online resources, as well as referrals to experts in fields seniors often need -- including doctors, nurses, social workers, elder law attorneys, fiduciary, realtors, insurance representatives, and advanced planning, and end-of-life professionals.

Rita has been invited to speak at international, state wide and local conferences in several states. She has also been on Minnesota & Arizona radio shows, where she is sharing her expertise in the journey of dementia. Rita has launched several educational support groups "Memory Kafe" in the valley of sun, Arizona. She has a passion for teaching Hands-on-training in Dementia and management. Rita has

created several unique programs for health care professional. She has been working on her book and has written several articles for healthcare magazines.

Rita lives with her husband and a dog. She has two daughters who are completing their education dental school & research medical, in Ivy League institutions on the east coast. She enjoys cooking, yoga, gardening & painting . She has volunteered in many different areas in order to learn and experience. She has published many articles and is planning to teach several courses in therapeutic recreation certification and dementia & mental health classes with continuing education. She is a involved in several education committees locally & nationwide.

Rita has been an International Ambassador for Purple Angel for the past few years. She has developed an active relationship with the Arizona Geriatric Society over the last several years including service on multiple key committees. She has a true passion for caring for seniors and wants to bring a new person-centered culture into our health care settings.