

CARING FOR THE CAREGIVER

Fifth Annual Event for the Mind, Body and Spirit



TAKE CARE: Caregiving is Hard Work

Featured Keynote Speaker:

Lynda Markut, MS, LCSW

Education and Dementia Specialist, Workplace Education Coordinator,
Alzheimer's Association, Southeastern Wisconsin Chapter

All Caregivers Are Welcome

~ Family & Professional ~

Come to learn in a setting created to help you relax, release stress, laugh, and meet new people

Saturday, November 19, 2011

9 am to 4 pm

Marquette Alumni Memorial Union • 1442 W. Wisconsin Ave., Milwaukee

CHOOSE FROM THE FOLLOWING SESSIONS:

MORNING

- Medication Management
- Moving (from home) in the Right Direction
- Cerebral Palsy 101
- Veterans Resources: VA Pension & Death Benefits
- Caring for Dying: The Art of Being Present
- *In Spanish:* Power of Attorney for Health Care

AFTERNOON

- Faith, Hope, Love: Sources of Possible Energy for Caregivers
- The Nuts and Bolts of Revocable and Special Needs Trusts
- The Basics: Memory Loss, Dementia and Alzheimer's Disease
- Working Through the Grief
- *Bilingual:* Breathe Deeply — Practical Stress Relief for Caregivers

PLUS: 1 on 1 consultations are available with representatives from the Alzheimer's Association, Wisconsin Parkinson's Association, Milwaukee Public Museum SPARK Memory Loss Program, and Interfaith Resource Specialists. Visit community resource tables and the Interfaith lending library, and pamper yourself with a free hand massage and door prizes.

Call to register for the conference and inquire about free respite care

414-220-8600

En Español: 414-226-8119

Registration Cost: \$10

Financial assistance is available. Cost includes materials, lunch, certificates, and welcome bag.

Registration Deadline:

Friday, November 11th, 2011

Free parking:

16th St. between Wisconsin & Wells or 13th & Wells.

Bus Routes #30,10, 23 and 14.



TAKE CARE: Caregiving is Hard Work

BREAKOUT SESSION DESCRIPTIONS

MEDICATION MANAGEMENT

Claire Sedushak

Medication Management

Participants will learn about issues related to medication use in older adults, including information on how side effects may influence physical and cognitive function, how to recognize medication-related problems and learn strategies for preventing medication-related problems.

GRIEF

Lori Stahl

Working through the Grief - A Caregiver's Journey

Grief is a constant companion in the caregiving journey. Grief is not just a reaction to death. Grief results from any loss, resulting from the loss of one's abilities, activities or independence. Caregiving roles reverse and change. The additional losses one experiences at this time is also felt and experienced through the changes of hopes, dreams and plans. This session will allow caregivers to express their feelings and validation will be given. An opportunity for caregivers to share their experiences will be provided.

FAITH

Sr. Marianne Muscott

Faith, Hope, Love: Sources of Positive Energy for Caregivers

This will be a time of remembering how, who and what we believe. How belief, hope and love color our caregiving experiences and can move us from times of darkness into the light.

LEGAL/FINANCIAL (ESPAÑOL)

Dr. David Munoz

Health Care Power of Attorney

End-of-life decisions are some of the most difficult but crucial challenges faced by patients and their families. Dr. Munoz will give information about the options available to make our wishes known and will share his experience as a physician in this matter. He will also be able to address specific issues of the Hispanic Community when making such decisions.

LEGAL

Elizabeth Ruthmansdorfer

The Nuts and Bolts of Revocable and Special Needs Trusts

Caregivers can expect to learn the nuts and bolts of what a trust is, how it protects assets, how it saves taxes, how it may work with public benefits, how it helps a disabled person and how it can avoid probate at the end of a person's life.

RELAXATION (BILINGUAL)

Stacy Grams

Breathe Deeply: Practical Stress Relief for Caregivers (Bilingual)

As a caregiver, you are presented with opportunities to react on a daily basis. The choice of how to react is in your hands. Your breath is a tool that is constantly with you and can help find calm amidst a crisis. In this experiential workshop, you will learn ways to relieve the inevitable stress of caregiving and hopefully improve your ability to relate to the loved one you care for. Bring nothing more than your own innate ability to breathe as we explore the breath, meditation and yoga as practical tools for stress relief. This workshop will be conducted in both English and Spanish.

LIVING OPTIONS/TRANSITIONS

Bruce Nemovitz

Moving in the Right Direction

Moving from one's long time home can present difficult choices for the older adult. When one feels overwhelmed, procrastination can set in, leading to crisis management. Bruce's talk will help avoid the most common pitfalls and guide the audience to a successful conclusion.

DEVELOPMENTAL DISABILITY TOPIC

Dottie Hughes, RN

Cerebral Palsy 101

Cerebral Palsy is a complicated condition that has many ways of starting, many symptoms and many long-term affects. Come learn about the basics of Cerebral Palsy from a nurse with decades of experience who also happens to be raising a son with CP.

ALZHEIMER'S

Diane Baughn

The Basics: Memory Loss, Dementia and Alzheimer's Disease

This program provides information that everyone should know about memory loss and what that means for all of us. Explore memory loss, dementia and Alzheimer's disease. Learn about risk factors, research, treatments, and steps to a proper diagnosis/assessment. Join us for this comprehensive overview!

VETERAN'S RESOURCES

Jim Duff

VA Pension and Death Benefits

Session will be a discussion on veterans' death benefits and pensions. Come to learn about VA special pensions for eligible veterans over 65 or their surviving spouses, one of the least known and under-utilized veterans benefits.

CARING FOR THE DYING

Susan Mingesz

Caring for Dying, the Art of Being Present

The film was produced by Dr. Michelle Peticolas, Ph.D. It interviews several caregivers who speak about their real life experiences of care giving for a terminally ill family member. They deal with the difficulties as well as the rewards involved in care giving in a manner that is both sensitive and realistic. Following the film will be a brief discussion lead by Susan Mingesz, clinical program Director of Gilda's Club Southeast.