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Embracing Caregiving: Creating Moments of Joy



Friday, October 21, 2011
8:30am - 3:45pm
AmericInn, Ashland

Hosted by
the Caregiver Support Network of
Ashland & Bayfield Counties

Caregiver Support Network
c/o RSVP
623 - 2nd Avenue East
Ashland, WI 54806

Return Service Requested

About the Conference

Who Should Attend?

Anyone who has a role in caring for an older person or anyone with a genuine desire in aging or caregiving issues:

- ◇ Family caregivers caring for an older adult with illness or disability
- ◇ Adult children concerned about aging parents
- ◇ Paid caregivers-Direct Service Staff
- ◇ Adult Family Home Providers, Assisted Living Staff, Adult Day Care and Nursing Home Staff
- ◇ Health or Social Service Professionals
- ◇ Grandparents caring for grandchildren

Date: **Friday, October 21, 2011**

Time: **8:30 a.m. to 3:45 p.m.**

Location: **AmericInn, Ashland, WI**
East Highway 2/Lakeshore Drive

Cost: **\$15 per person, includes:**
Refreshments, Snacks, Lunch,
Conference sessions and materials

Registration deadline: **Friday, October 7, 2011**

Late registration: if after October 7, additional \$10.00/person = \$25.00

You must pre-register. No registration will be available at the conference.

This conference is made possible through support from the following sponsors:

Aging Unit of Iron County, Inc. ◆ Alzheimer's Association-Greater Wisconsin Chapter
American Cancer Society ◆ Ashland County Aging Unit, Inc. ◆ Ashland Cty Health & Human Services
Bayfield County Department of Human Services ◆ Chequamegon Communications
Lifespan Respite Care Northern Network ◆ North Country Independent Living
Red Cliff Elderly Program ◆ Regional Hospice Services, Inc. ◆ Retired and Senior Volunteer Program
Sawyer County Senior Resource Center ◆ UW Extension-Bayfield County

AGENDA

8:30-9 Registration and view exhibits

9-9:15 Welcome - Carrie Linder

**9:15-10:45 Opening Keynote -
Janelle Cooper**

10:45-11:00 Break/Refreshments

11-12:30 BREAKOUT SESSIONS (choose 1)

Track A1 "Alzheimer's Disease and Other Dementias"
Janelle Cooper

Track B1 "Who Gets Grandma's Yellow Pie Plate?"
Liz Lexau

12:30-1:15 Buffet Style Luncheon

1:15-2:15 BREAKOUT SESSIONS (choose 1)

Track A2 "Overview of Medicare and Medicaid Coverage"
Carole Carlson

Track B2 "Recognizing and Treating Depression: Tips for Caregivers"
Andrew MacGregor

2:15-2:30 Break/ Refreshments

2:30-3:30 True Colors Personality Test
Maltee McMahan

3:30-3:45 Wrap Up—Evaluations and Door Prize Drawings!

SPEAKERS & PRESENTATIONS



Janelle Cooper, MD

Dr Cooper is a board certified neurologist with a subspecialty in behavioral neurology and an emphasis and research interest in memory loss. She served as one of the principal investigators for the first two medications to be approved for use in Alzheimer's Disease.

She directed a memory center in north-east Wisconsin for 10 years and currently directs the memory center at

Gundersen Lutheran. Her research focus is on the role of vitamins B5 and B7 in the development of Alzheimer's disease and other forms of memory loss.

She earned a bachelor's degree in chemistry from Reed College in Portland, OR and her medical degree at Vanderbilt University, where she also served an internal medicine internship and neurology residency. She taught neurology to medical students and neurology residents at the Medical College of Pennsylvania as clerkship director and assistant professor, and served for several years as a clinical professor of neurology at the University of Wisconsin – Madison.

"Alzheimer's Disease and Other Dementias" – An overview of memory, memory loss and the four most common forms of dementia and how they impact people and their loved ones.

"Sharing About Caring" – An informal interactive session centered on day-to-day issues of caregiving for the cognitively challenged. Bring your experiences, challenges and success stories to share.

Liz Lexau, MSEd

Elizabeth Lexau is a Family Living Educator with the University of Wisconsin Extension, Bayfield County. She teaches a variety of topics related to family economics and other family issues. She holds a master's degree in counseling from the University of Wisconsin-Superior.

"Who Gets Grandma's Yellow Pie Plate?" - Everyone has personal belongings such as wedding photographs, a baseball glove or a yellow pie plate that contain meaning for them and their family members. Planning to pass on such items can be challenging and may lead to family conflict. This interactive presentation will provide practical information on the inheritance of personal property and offer tips to improve family decision-making.

Carole Carlson

Carole Carlson began her nursing career at the age of 15 as a Candy Striper and Nursing Assistant at the LaCroix Hospital in her hometown of White Pine, MI. She obtained her nursing degree from Suomi College in Hancock, MI and began her nursing career at Northern Lights Nursing Home in Washburn.

Carole is currently the administrator of Bay Area Home Health, a fully licensed and certified Home Health Agency that provides services to Ashland, Bayfield, Iron, Gogebic, and Vilas Counties. When Carole joined Bay Area in 1989, the team consisted of one office support person, and five home health aides. Today the agency includes over 150 employees.

"Overview of Medicare and Medicaid Coverage" - Carole will give an overview of Part A, B, C, and D of Medicare and what services and equipment can be covered. She will also provide information on Medicaid coverage and how it works with Medicare to cover costs.

Andrew MacGregor, MA, LPC

Andrew received his B.A. in Psychology from Hamline University and his M.A. in Psychology from Antioch University Seattle. He has worked in the disability services field for nearly 25 years and currently serves as the Program Director for the New Horizons North Ashland Community Support Program. He also provides Spiritual Care Coordination for the Ashland office of Regional Hospice Services.

Andrew has won numerous contests for chasing and catching greased pigs. He is proud to say "My Iowa roots have taught me everything I know." He is the proud parent of two elementary aged children. When not chasing pigs, he enjoys exploring nature, camping with his family, running, biking and Nordic and alpine skiing.

"Recognizing and Treating Depression: Tips for Caregivers" – This session will provide you with some clear guidelines to distinguish between depression and normal feelings of sadness. Andrew will review current treatment options and offer some suggestions for self-care to help cope with your role of caregiver.



Maltee McMahan, MSC, ICT

Maltee received her B.A. in Business Administration and her M.A. in Management Technology from UW-Stout. She has been an instructor at Dale Carnegie Training and a speech instructor at Chipewewa Valley Technical College. Maltee is currently a Motivational Trainer at Magic Happens, LLC and a Nonprofit Resource Specialist at Bremer Bank.

"True Colors" - Learn valuable insights about your personality type and others that will help you both personally and professionally. Benefits of this knowledge include:

- Provides all of us an opportunity to open our hearts and minds to our own potential.
- Helps us recognize and encourage potential in others.
- Teaches us to bridge communication gaps, leading to respect and compassion for ourselves and others.
- Opens doors to successful relationships and a climate for effective learning.

REGISTRATION FORM

10th Annual Caregiver Conference
Friday, October 21, 2011 at AmericInn
8:30am - 3:45pm

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Please indicate I am:

- A family caregiver A professional caregiver
 A volunteer caregiver Other _____

Please indicate the morning breakout session you wish to attend:

- Track A1: "Alzheimer's Disease & Other Dementias"
 Track B1: "Who Gets Grandma's Yellow Pie Plate"

Please indicate the afternoon breakout session you wish to attend:

- Track A2: "Overview of Medicare & Medicaid"
 Track B2: "Recognizing & Treating Depression"

Seniors & Family Caregivers, check if needed:

- Assistance requested with travel
 Assistance requested for respite
 Assistance requested for conference fee

Fee: \$15.00/person Late registration: If after October 7, additional \$10.00/person = \$25.00

Total Registration Fee Payment Enclosed: \$ _____

Please make check or money order payable to:
New Horizons North

Mail your registration form & fee by October 7 to:
UWEX Bayfield County - Attn: Karen
Courthouse, PO Box 218
Washburn, WI 54891

Phone: Karen Bade (715) 373-6104, ext. 245

Fee is refundable if request is made by October 7, 2011. Refunds are not available for cancellations after October 7, but you can send another person in your place if you cannot attend.