



The Dementia & Alzheimer's
Resource Committee

Connect with us:

www.darcscc.org

810-990-9558

@darcscc

CAREGIVER EXPO

Friday, November 9, 2018

8:30 a.m. to 4:30 p.m.

Featuring Keynote Speaker, **Kim Campbell**,
Wife of Grammy Hall of Fame & Award-
Winning Music Artist Glen Campbell, Co-
Founder of Careliving.org



BLUE WATER CONVENTION CENTER

800 Harker Street, Port Huron, MI 48060

REGISTRATION REQUIRED

- ◆ Expo Admission \$20, includes meals.
- ◆ 3 CEU's for Social Workers add \$15.00
- ◆ Mail in Registration or call VNA to register:
810-984-4131
- ◆ Limited off-site respite care available. Must
register for respite care by calling VNA.

DOORS OPEN AT 8:30 a.m.

- 8:30—10:00 Visit vendors & continental
breakfast
- 10:00—11:30 Keynote Speaker, Kim Campbell
- 11:30—12:00 Visit Vendors
- 12:00— 1:00 Lunch
- 1:00— 2:00 Breakout sessions*
- 2:15— 3:15 Breakout sessions*
- 3:30— 4:30 Breakout sessions*



**See back for session descriptions*

The Dementia & Alzheimer's Resource Committee thanks our sponsors:



CAREGIVER EXPO REGISTRATION

Please print

Last name _____ First name _____

Address _____ City _____ ZIP _____

Email _____ Phone _____

Are you caring for a person with dementia or Alzheimer's disease? YES ___ NO ___

Number of people attending* _____ (x \$20 or \$35 with CEU's) TOTAL ENCLOSED _____

*Please include the names of all registered participants on this form. You may use the back.

REGISTRATION IS REQUIRED and due by October 22. Please send your registration and payment to:

D.A.R.C., 600 Grand River Blvd, Port Huron, MI 48060

BREAKOUT EDUCATION SESSIONS

* **Sessions with CEUs for Social Workers.** St. Clair County Community Mental Health is an approved provider with the Michigan Social Work Continuing Education Collaborative. The approved provider number is: MICEC-0054

1:00—2:00 PM

- ◆ **Dementia Related Behaviors***—Presented by Alzheimer’s Association. As dementia progresses, new and sometimes confusing behaviors surface. Learn to identify triggers and strategies to address dementia-related behaviors.
- ◆ **Long Term Care**—Presented by Area Agency on Aging 1-B. Explore the options, programs and resources that can help seniors remain living at home and help their families as they care for an aging loved one. The presentation will discuss in-home care programs, home-delivered meals, personal care, homemaking, adult day services, health and wellness classes, support groups and more.
- ◆ **Music & Art Therapy** —Take a journey with Board-Certified Music Therapist, Holly Semrow, and Registered Art Therapist, Sara Sharp, from Marwood Nursing & Rehab and learn how music and art can benefit those with memory loss and improve your life.
- ◆ **What’s New in Alzheimer’s Research?***—Presented by Scott Roberts, PhD, Associate Professor, University of Michigan School of Public Health. Come learn about the science of Alzheimer’s disease and related dementias, the latest developments in related aging research, and how one can be involved in helping to find a cure. *(This presentation is offered again at 3:30)*

2:15—3:15 PM

- ◆ **Difficult Conversations***—Presented by Alzheimer’s Association. Learn how to have honest and caring conversations on difficult topics such as going to the doctor, when to stop driving, and making legal and financial plans with family members who are showing signs of dementia.
- ◆ **Financial Planning in the Shadow of Dementia**—Presented by Jeffery Manzella, CFP, AIF Michigan Financial Companies. Join us to address some of your key questions when assisting a loved one with their finances.
- ◆ **Legal Issues Confronting Caregivers**—Presented by Judge Tomlinson. Join us for a discussion of legal issues which may arise for caregivers.
- ◆ **Moment by Moment: Caregiving with Presence and Self-Preservation Practices***—Presented by Laura Rice-Oeschger, LMSW, Michigan Alzheimer’s Disease Center. Come learn about the ABC’s of mindfulness and self-care strategies for responding to everyday stress while staying healthy and resilient.

3:30—4:30 PM

- ◆ **A Walk in Their Shoes**—Presented by Rosemary Hunger, Lake Huron Medical Center. Dementia is more than just memory loss, dementia changes EVERYTHING. This program will explore the sensory changes that occur and will allow the participant to experience what dementia feels like.
 - ◆ **Palliative & Hospice Care***- Presented by Stacey Lambert, RN, BSN, Vice President of Clinical Operations , Visiting Nurse Association & Blue Water Hospice. Understanding palliative and hospice care and how these essential care services aid the caregiver during the latter part of their caregiving journey.
 - ◆ **Taking a Break Before You Break- Self Care isn't Selfish** —Presented by Breeda Miller, Author of *The Caregiver Coffeebreak*. A dynamic program that engages audience members with humorous stories and creative solution everyday challenges of caregiving. Finding humor in days filled with dementia, incontinence, insomnia, and pain management is not easy. Breeda guides her audiences to seek out helpful resources as well as look within for a fresh perspective.
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