

2017 Caregiver's Conference Morning Workshops

Workshop A

A Thank you A Day Keeps the Blues Away"- Jeannine Leclerc, Educator

"An apple a day keeps the doctor away" well how about "A thank you" a day keeps the blues away"? Gratitude: A feeling of thankfulness and joy we feel in response to something we have received, whether the gift is tangible such as a book we look forward to reading, or an intangible, such as a smile of encouragement from a loved one or a breathtaking view of a landscape decreases our 'fight, flight, or freeze" sympathetic system and increases our "rest and digest" parasympathetic system. Come join me for opening with a guided chair yoga/mediation to prepare the body and mind to explore how having gratitude in our daily lives can decrease our stress and increase one's well-being through composing individual "ABC Gratitude Lists".

Workshop B

Caregiver Conversations, Connections, Networking, Caregiver Panel Across Various Caregiving Populations-

This workshop will provide an interactive opportunity for caregivers to interactive with a moderated caregiver panel that represents different caregiving populations. There is some truth to the quote "Before you judge my life, my past or my character. Walk in my shoes, walk the path I have traveled, live my sorrow, my doubts, my fear, my pain and my laughter. Remember, everyone has a story, when you've lived my life then you can judge me."

Workshop C

Caregiver Estate Planning- Attorney John Kitchen

In depth talk and discussion about (1) planning ahead to have your legal paperwork in order, to name someone to attend meetings and make decisions in the event you have a disability; and (2) looking over the horizon to plan benefits for your loved ones after your death.

Workshop D

Because You've Never Died Before: Spiritual Issues at the End of Life- Kathleen Rusnak, Ph.D.

Once individuals receive a terminal prognosis, they automatically embark upon an unexpected and amazing new spiritual journey. Their worldview is forever changed. Discoveries into the meaning of life, and the essence of the self, the other and God emerge. *What the dying learn about living at the end of life is their gift to us in the midst of life.*

2017 Caregiver's Conference Afternoon Workshops

Workshop E

Laugh Until It Helps, Saundra Maisey, Certified Laughter Leader (CLL)

Laughter can provide a healthy way of achieving balance and improving our health during stressful times. We will learn how to put more laughter in our lives, and actively engage in laughter activities together. Participants will come away with tools to help them deal with every day stresses using laughter.

Workshop F

Mindfulness...A Path to Self-Care and Wellness During Stressful Times in Our Lives., Dr. Donna McCarten White

This all Workshop will present the factors that often lead to Caregiver Stress in the Workplace, home and in our lives. Variable stressors increase the demand on the human body and may lead to physical and emotional ailments and often lead to a loss of purpose in one's life. Utilizing mindfulness techniques offers a unique approach to self-care and promotes wellness in all domains by engaging in the world around you.

Workshop G

Voices of Veteran Caregivers, Polly Bernard, Caregiver Support Coordinator, Beverly Bolduc, Caregiver Support Coordinator, Manchester VAMC

A panel presentation to include two Veteran Caregivers and one professional. The presentation will be moderated by VA Caregiver Support Coordinators. Sensitive issues surrounding the care of post 9/11 Veterans as well as older Veterans will be discussed. This presentation will be interactive, with audience participation being encouraged.

Workshop H

Moments to Memories – Becky Rule

The more you remember, the more you can remember. Becky will lead *remembering* exercises to connect us with the richness of our lives (so far) and connect us to each other as we share memories. These exercises may also be fun for to try with those you care for.