



2018 Caregiver's Conference Morning Workshops

Workshop A

"Reaching for the positives" – John Richards, MBA, MSW, BS

Sustaining an illness or injury can be a difficult, lonely, unpleasant experience that lasts much longer than anyone thinks it should or wishes it would. Further, one person may "get the diagnosis" but a significant illness or injury is more of a family affair, impacting spouses, children, parents... the whole family.

Workshop B

"I have Lived Through It" – Meg Curtis, CDP, Facilitator

There is virtually no respite specifically for caregivers. Although my journey began when my late husband was diagnosed with Early Onset AD, I was soon to learn that caregiving is not for everyone. Caregivers can often be overwhelmed with the many facets of caregiving. Their own health could be compromised. I will share some of my personal experiences and suggest how to deal with your daily life and value of respite care for the caregiver.

Workshop C

Caregivers and the Holidays- Polly Bernard, Caregiver Support Coordinator, Manchester VNA & Kristen Lawlor, Caregiver Support Coordinator, Manchester VAMC

Celebrating the holidays with your loved one may cause you to have mixed feelings. What was once special to you may take on a different meaning. You may not know whether or not to invite your family or friends over. The holidays can still be a joyous time. You and your loved one may find them to be challenging because things have changed. It may seem simpler to try to continue with old traditions. However, it can also be rewarding and less difficult to create new ones together.

Workshop D

Overview of Zentangle for Caregivers - Linda Lagana, Certified Zentangle Teacher

Zentangle is a meditative process developed to engage and quiet the mind while creating intricate works of art by way of drawing structured patterns. If you can write your name, you can achieve a state of peace, tranquility and creative accomplishment through the mindful practice of Zentangle. In this hands-on workshop, Linda will be explaining the philosophy of Zentangle, and demonstrating how to get started on your own Zentangle journey. Each participant will leave with an intro kit to continue the practice at home.



2018 Caregiver's Conference Afternoon Workshops

Workshop E

Crisis Management and Caregiving, Preparing for the Unexpected-Anne Marie Olsen-Hayward, LICSW, CDP

Come join us as we discuss a frame work to assess potential care giving gaps when faced with unexpected care giving situations and a process to proactively plan for those situations. Focus is on minimizing stress on the caregiver and caregiver when unexpected situations occur.

Workshop F

The "H" Word- How to Live the Best Life Possible & Have Wishes Honored -Jessica DeGrechie, Bayada Hospice Director

It is important for individuals to reflect on their wishes, goals and care through their journey to ensure that their caregivers and loved ones will know what their wishes are. Join us for an education session regarding end of life care, common misconceptions and discover facts about hospice services.

Workshop G

Make the Most of Yourself So You Can Help Others – Emily Clement, Life Coach

We make thousands of choices every day. Sometimes our choices intentional, while other times they are born from routine. You'll be invited to define your desires step-by step. Take time to consider what you'd love. Look beyond your current conditions and circumstances. Once you shift from living a life by default to a life by design, magic happens. *"The best thing you can do for the whole world is to make the most of yourself."* -Wallace Wattles

Workshop H

Veteran and Caregiving Conversations and Connections- *Moderators: Christina Shepard, NH Family Caregiver Support Program Manager, NH Department of Health and Human Services and Polly Bernard, Caregiving Support Coordinator, Manchester VA Medical Center* New Hampshire is home to approximately 105,000 Veterans and has the 8th highest veteran population (per capita) in the nation. Over 50% of our Veterans are over 65 years of age, with over *one* third of our veterans serving during the Vietnam era. This panel presentation will include participation from a diverse mix of Veteran Caregivers and Community Partners. Our Community Partners will include Mary Heck from the Manchester Vet Center and Kristen Lawlor from the Manchester VA. Veteran Caregivers will represent different military conflicts and will share their own experiences of supporting our veterans. NH Veterans have served our Country and today's caregivers are now serving and supporting our Veterans! Please join us for this interactive and informative panel discussion!