

CEU's Available

# Celebrate Caregiving: Finding Joy in the Journey



Continuing Education

*Chances are you are a caregiver. Caregivers are relatives or friends who provide unpaid care for children, spouses, parents, siblings/relatives or friends/neighbors. This includes assisting with housekeeping, meal preparation, shopping, personal cares, emotional/social support, managing finances and transportation.*



WISCONSIN  
INDIANHEAD  
TECHNICAL  
COLLEGE



## Featuring Keynote Presentation - *Blue Zones and Lessons for Caregivers* by Rudy Maxa

Caregivers often speak of needing a vacation or a way to escape from the demands of caregiving. Travel journalist, Rudy Maxa, will talk about how intergenerational connections, social engagement, physical activity and nutrition as seen in the Blue Zone populations can be used to help create a better life.

**Rudy Maxa**, one of America's premier consumer travel experts, is host and executive producer of "Rudy Maxa's World," the nationwide, Emmy Award winning, public television travel series featuring destinations as diverse as Korea, Argentina, South Africa, Tuscany and Thailand. Many of Rudy's 98 television episodes on the world's great destinations also aired in 121 countries in 22 different languages on Travel Channel International, as well as on public television's national "lifestyle" channel, Create, and on AXS-TV. Maxa's newest series of six, half-hour episodes on Japan, Hong Kong, and Bangkok begin airing in October 2017 and feature an increased emphasis on food and cuisine.

**Friday, October 27, 2017**

**8:00am–3:30pm**

**WITC Conference Center  
Rice Lake, WI**

*Conference fee: \$30 (\$10.17 for 62+)  
Includes light breakfast and lunch.*

## Why Attend?

Creating a plan, connecting with area resources, and networking with others, can contribute to enjoyable, rewarding caregiving and help you avoid burnout. At this conference you can:

- Develop positive strategies for caregiving
- Establish a broader support network
- Connect with speakers and caregivers
- Enhance your skills by participating in break-out sessions
- Visit the resource fair to learn about services and products

8:00-8:30am	Registration/Resource Fair/Continental Breakfast
8:30-8:45am	Welcome
8:45-9:45am	<b>Keynote Presentation: Blue Zones and Lessons for Caregivers, Presenter: Rudy Maxa</b> Caregivers often speak of needing a vacation or a way to escape from the demands of caregiving. Travel journalist, Rudy Maxa, will talk tips about how inter-generational connections, social engagement, physical activity and nutrition as seen in the Blue Zone populations can be used to help create a better life.
9:45-10:00am	Resource Fair
<b>10:00-11:00am</b>	<b>Breakout Session 1</b>
1a	<b>Transitions Coordination Panel: From Home...To Home</b> , <i>Presenters: Christine Anderson, Social Worker, LMC Hospice and Home Care; Amy Von Arx, Registered Nurse, LMC Home Care &amp; Hospice; Melissa Dixon, Information &amp; Assistance Specialist, ADRC of Barron, Rusk &amp; Washburn Counties; Louise Quinn, Social Worker, Dove Nursing Home; Paula Novack, Social Worker, Mayo Hospital; Angela R. Kjellberg, COTA/L, Director of Marketing-Western Wisconsin, Care Partners Assisted Living, LLC and Country Terrace of Wisconsin, Inc.; Kristin Koger, Social Worker, Barron County Health and Human Services</i> Whether you are a caregiver, family member or professional you may have encountered the confusion of who does what when it comes to transitioning to or from home or a facility. Panel members will briefly discuss their facility/agency involvement in transition planning and what planning is done to promote client-centered transitions. This panel includes experts in transitions from: Hospital, Nursing Home, Assisted Living Facility, Home Health Care/Hospice, Aging & Disability Resource Center, Department of Health and Human Services. Plenty of time for questions and answers.
1b	<b>Dealing with Differing Personalities: What Do I Do With All of Snow White's Dwarfs?</b> , <i>Presenter: Moira Kneer, Community Outreach Coordinator for the Center for Spiritual Care &amp; the Healing Place of Sacred Heart Hospital</i> Take a lighthearted look at the different personalities we encounter on our life's journey. Then we can determine how best to deal with each one by learning from Snow White and her dealings with the Seven Dwarfs!
1c	<b>Eat Well, Care Well</b> , <i>Presenter: Pam Van Kampen, RDN, CD; Registered Dietitian Nutritionist, Certified Dietitian; Nutrition Specialist/Older Americans Act Consultant/Senior Center Representative; Greater Wisconsin Agency on Aging Resources (GWAAR)</i> Please join Pam in her session to learn why good nutrition is as important for you as it is for the person you are caring for. We will be sharing some easy, nutritious and tasty recipes and meal ideas. As Virginia Woolf stated, "One cannot think well, love well, sleep well, if one has not dined well." If we eat well, we can also care well.
11:00-11:15am	Resource Fair
<b>11:15-12:15pm</b>	<b>Breakout Session 2</b>
2a	<b>Ambiguous Loss and Grief in Dementia</b> , <i>Presenter: Trisha Witham, Dementia Care Specialist, Aging &amp; Disability Resource Center of Barron, Rusk &amp; Washburn Counties</i> Ever heard of the term "Ambiguous Loss?" Chances are you haven't, because it's something that's hardly talked about. Hear from dementia care specialist, Trisha Witham, and find out what the term means and how it applies to you if you are caring for a loved one with dementia. You will learn how ambiguous loss differs from traditional loss and about different styles of grieving.
2b	<b>Navigating the Aging of our Blended Families</b> , <i>Presenter: Jennifer L. Ellis, MS, HS-BCP, Gerontology – Aging Services Professional Program Director &amp; Instructor, Wisconsin Indianhead Technical College</i> Session participants will explore the role of blended families in our society, and the impact that aging loved ones can have on members. Discussions will range from defining blended families, to understanding the challenges and opportunities of various familial situations. Recommendations will be shared on how best to navigate supporting our aging loved ones in various scenarios that families face in today's society.
2c	<b>The Prepared Elder</b> , <i>Presenter: Gregory P. Dowling, Attorney at Law, Bloomer, WI</i> Two of three persons age 65 will require some form of long-term care. An elder law attorney discusses pertinent issues and recommends steps to take now and things to consider later.
12:15-1:15pm	Lunch/Networking/Resource Fair
<b>1:15-2:15pm</b>	<b>Breakout Session 3</b>
3a	<b>The Role of an Ombudsman in Long Term Care</b> , <i>Presenter: Jessica Aguilar, Regional Long Term Care Ombudsman with the State of Wisconsin Board on Aging and Long Term Care</i> The Long Term Care Ombudsman Program provides advocacy services to persons age 60 and older who are consumers of Wisconsin long term care programs. The Ombudsman Program has, by law, the authority to have contact with any resident or tenant of a Wisconsin nursing home, Community Based Residential Facility (CBRF), Residential Care Apartment Complex (RCAC), Adult Family Home (AFH), or person served by the community Options Program or the Family Care/Partnership/PACE program.
3b	<b>Life Balance: Stumble or Stand</b> , <i>Presenter: Paula Gibson, CDP, CVDTT, CCSP, Regional Director of Communications and Engagement, Azura Memory Care</i> Life is not an even road, so what do you do when you stumble? Find fun and inspirational ways to help your mind, body and spirit remain standing and balanced despite the bumps that life and caregiving throws at you!
3c	<b>Yoga for Wellness</b> , <i>Presenter: Kristi Gay, Yoga Studio of Rice Lake</i> Learn an introduction to yoga from a seated position, focusing on deep breathing and meditation. We will also practice simple stretches to encourage stress reduction and mental as well as physical wellness.
2:15-2:30pm	Break
2:30-3:15pm	<b>Closing Presentation: Smile Like You are Watching: Living a Life of Positivity</b> <i>Speaker: Paula Gibson, CDP, CVDTT, CCSP, Regional Director of Communications and Engagement, Azura Memory Care</i> Glass half full or half empty? Choosing a life of positivity can start with just a smile, but you have to watch for it. Laugh, learn and have your frown turned upside down by this inspirational presentation on the power of choosing and looking for joy in the journey of caregiving.
3:15-3:30pm	Door Prizes/Evaluation
3:30-4:00pm	Post-conference review of Caregiver Challenge survey. Discussion of next steps.



# REGISTRATION FORM

for Continuing Education (non-credit) Courses

WITC is an equal opportunity employer/educator.

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M.I. \_\_\_\_\_ Former Last Name (if applicable) \_\_\_\_\_ Date of Birth \_\_\_\_\_

Employer \_\_\_\_\_ Age 62+?

WITC Student ID No. \_\_\_\_\_ Social Security No. \_\_\_\_\_  I've taken classes at WITC in the past.

Email address (required for WITC alerts and important communication) \_\_\_\_\_ Home phone \_\_\_\_\_ Cell phone \_\_\_\_\_

Home address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Resident of (check one):  Township  Village  City  County \_\_\_\_\_ School District where you live \_\_\_\_\_ Last high school attended \_\_\_\_\_ Highest grade COMPLETED (K-12): \_\_\_\_\_

The information below is required for state and federal reporting purposes, and will be kept confidential.

Gender:  Male  Female Ethnicity: Hispanic/Latino origin?  Yes  No

Race (check all that apply):  American Indian/Alaska Native  Asian  Black/African American  Native Hawaiian/Other Pacific Islander  White

**Highest Credential Earned**

- 01 = No Credential
- 02 = GED
- 03 = HSED
- 04 = High School Diploma
- 05 = Some college credit
- 06 = Short-term diploma or certificate
- 07 = 1yr Diploma
- 08 = 2yr Diploma
- 09 = Associate Degree
- 10 = Associate Degree Plus Additional Credential
- 11 = Baccalaureate
- 12 = More than Baccalaureate
- 99 = Student Declined/Unknown

It is your responsibility to contact WITC to officially drop a class. If you decide to drop, you should do so immediately as a single day can affect your refund amount. A full refund will be given if you notify WITC prior to the first scheduled class meeting.

OFFICE USE ONLY	
Term:	_____
<input type="checkbox"/> 38.14 Contract #	_____
<input type="checkbox"/> Employer #	_____
Course Fees \$	_____
Senior Fee \$	_____
Other	_____
Received By/Ext.	_____
Date/Time	_____

CLASS NO.	CATALOG NO.	CLASS TITLE	LOCATION	START DATE	CLASS FEE									
65765	47 520 405	Caregiver Conference	Rice Lake	10/27	\$30 (\$10.17 for 62+)									
<p><b>Breakout Sessions: Please choose one breakout topic per session.</b></p> <table border="0"> <tr> <td style="vertical-align: top;"> <p><b>Session 1:</b></p> <input type="checkbox"/> Transitions in Care Panel</td> <td style="vertical-align: top;"> <p><b>Session 2:</b></p> <input type="checkbox"/> Ambiguous Loss and Grief in Dementia</td> <td style="vertical-align: top;"> <p><b>Session 3:</b></p> <input type="checkbox"/> The Role of an Ombudsman in Long Term Care</td> </tr> <tr> <td style="vertical-align: top;"> <input type="checkbox"/> Dealing with Differing Personalities: What Do I Do With All of Snow White's Dwarfs?</td> <td style="vertical-align: top;"> <input type="checkbox"/> Navigating the Aging of our Blended Families</td> <td style="vertical-align: top;"> <input type="checkbox"/> Life Balance: Stumble or Stand</td> </tr> <tr> <td style="vertical-align: top;"> <input type="checkbox"/> Eat Well, Care Well</td> <td style="vertical-align: top;"> <input type="checkbox"/> The Prepared Elder</td> <td style="vertical-align: top;"> <input type="checkbox"/> Yoga for Wellness</td> </tr> </table>				<p><b>Session 1:</b></p> <input type="checkbox"/> Transitions in Care Panel	<p><b>Session 2:</b></p> <input type="checkbox"/> Ambiguous Loss and Grief in Dementia	<p><b>Session 3:</b></p> <input type="checkbox"/> The Role of an Ombudsman in Long Term Care	<input type="checkbox"/> Dealing with Differing Personalities: What Do I Do With All of Snow White's Dwarfs?	<input type="checkbox"/> Navigating the Aging of our Blended Families	<input type="checkbox"/> Life Balance: Stumble or Stand	<input type="checkbox"/> Eat Well, Care Well	<input type="checkbox"/> The Prepared Elder	<input type="checkbox"/> Yoga for Wellness	<p>Light breakfast &amp; lunch included. *If you have special dietary requirements, please contact wendy.loy@witc.edu or 800.243.9482, ext. 5239</p>	
<p><b>Session 1:</b></p> <input type="checkbox"/> Transitions in Care Panel	<p><b>Session 2:</b></p> <input type="checkbox"/> Ambiguous Loss and Grief in Dementia	<p><b>Session 3:</b></p> <input type="checkbox"/> The Role of an Ombudsman in Long Term Care												
<input type="checkbox"/> Dealing with Differing Personalities: What Do I Do With All of Snow White's Dwarfs?	<input type="checkbox"/> Navigating the Aging of our Blended Families	<input type="checkbox"/> Life Balance: Stumble or Stand												
<input type="checkbox"/> Eat Well, Care Well	<input type="checkbox"/> The Prepared Elder	<input type="checkbox"/> Yoga for Wellness												
				<b>TOTAL</b>										

**PAYMENT METHOD:**  Check or money order payable to WITC  Cash  MasterCard  Visa  Discover  Agency Bill/Sponsored Registration - complete information below; attach required authorization

Exp. Date \_\_\_\_\_ Security Code \_\_\_\_\_  
Month / Year

Credit Card No. \_\_\_\_\_ Name on Card \_\_\_\_\_ Cardholder Signature \_\_\_\_\_

## Four Easy Ways to Register!



**ONLINE:** Register and submit your credit card payment online at [witc.edu/search](http://witc.edu/search).



**IN PERSON:** Our regular office hours are Monday - Thursday, 8AM-6:30PM and Friday 8AM-4:30PM. Cash checks and credit cards are accepted.



**BY FAX OR PHONE:** You may fax your registration to 715.234.5172. Register by phone at 800.243.9482, ext. 5045. Only credit card payments will be accepted by fax or phone.



**BY MAIL:** Fill out the attached registration form and mail it with your payment to:  
WITC-Rice Lake  
ATTN. Continuing Ed  
1900 College Drive  
Rice Lake, WI 54868



WISCONSIN  
INDIANHEAD  
TECHNICAL  
COLLEGE

1900 College Drive  
Rice Lake, WI 54868

# Celebrate Caregiving: Finding Joy in the Journey



*Don't miss this empowering and educational conference for family caregivers and professionals. This special day will include vendors, breakout sessions, and door prizes.*

**Friday, October 27, 2017  
8:00am–3:30pm**

WITC is an Equal Opportunity Educator/Employer.

## REGIONAL CAREGIVER CONFERENCE

# Celebrate Caregiving: Finding Joy in the Journey

**Friday, October 27, 2017  
8:00am–3:30pm • WITC-Rice Lake**



WISCONSIN  
INDIANHEAD  
TECHNICAL  
COLLEGE



Aging & Disability Resource Center  
of Barron, Rusk & Washburn Counties

### Gold Sponsors:



Barron, Cumberland, Dallas, Ladysmith