

The Coalition of Caring Planning Committee is pleased to announce.....

# The 17th ANNUAL NEW HAMPSHIRE CAREGIVER'S CONFERENCE



**Wednesday, November 8, 2023**  
**8:00 AM to 4:00 PM**

Courtyard Marriott/Grappone Conference Center  
Concord, New Hampshire

[www.coalitionofcaring.org](http://www.coalitionofcaring.org)

Online Registration: <https://bianh.salsalabs.org/17nhcc>



Keynote Speaker: Rebecca Rule

*We Cried So Hard We Laughed: Stories From New Hampshire Caregivers*



Becky Rule  
Keynote Speaker;  
Storyteller

## We Cried So Hard We Laughed: Stories From New Hampshire Caregivers

Rebecca Rule is a writer, storyteller and hosted the New Hampshire Authors Series for ten years on NHPBS and now hosts *Our Hometown* on NHPBS. She's been telling stories in New England, especially New Hampshire, for more than thirty years. She has not visited every town in the Granite State, but has found her way to many of them — speaking at libraries, historical societies, church groups, and charitable organizations. She likes collecting stories because “they're free and you don't have to dust them.”

For New Hampshire Magazine she writes the monthly AYUH column, humor of our region and our time.

Her books include *N is for New Hampshire*, an ABC book with photographs by Scott Snyder; *The Iciest Diciest Scariest Sled Ride Ever!*, a picture book illustrated by Jennifer Thermes; *Headin' for the Rhubarb*, a New Hampshire Dictionary (well, kinda); and *The Best Revenge*, which was named one of five essential New Hampshire Books by [New Hampshire Magazine](#). Her latest book is *That Reminds Me of a Funny Story*, published by Hobblesh Press.

In today's keynote, she'll tap her first-hand experience of caring for her parents plus 16 years as MC and workshop leader at this conference, where she's made a lot of friends and heard many stories. In her talk, she will retell some of these stories, giving them back to the community with love.



DHHS, Bureau of Elderly & Adult Services  
NH Family Caregiver Support Services Program



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# 2023 Caregivers Conference Schedule

<b>8:00 - 8:45 AM</b>	<b>Breakfast/Registration/Visit Exhibits</b>
	<b>Sign up for Massage and/or Reiki Therapy</b> <b>Pick up your colored bead necklace</b>
<b>8:45 - 9:00 AM</b>	<b>Welcome</b> - Ellen Ederly, Chair, Coalition of Caring Planning Committee - Jonathan Lichtenstein, Psy.D., MBA, BIANH Board President - Lorene Reagan, Vice Chair, Coalition of Caring Planning Committee
<b>9:00 - 10:00 AM</b>	<b>Rebecca Rule - Keynote Speaker, Storyteller</b> <i>We Cried So Hard We Laughed: Stories from New Hampshire Caregivers</i>
<b>10:00 - 10:30 AM</b>	<b>Break / Visit Exhibits/Massages/Reiki</b>
<b>10:30 - 12:00 PM</b>	<b>Concurrent Workshops - Your Choice of Workshop A, B, C, or D</b>
<b>12:00 - 1:30 PM</b>	<b>12:00 - 1:00 PM -- Lunch</b> <b>1:00 - 1:15 PM -- SURPRISE!</b> <b>1:15 - 1:30 PM -- Break</b>
<b>1:30 - 3:00 PM</b>	<b>Concurrent Workshops - Your Choice of Workshop E, F, G, or H</b>
<b>3:00 - 3:30 PM</b>	<b>Break/Apple Crisp Dessert/Visit Exhibits/Massages/Reiki</b>
<b>3:30 - 4:00 PM</b>	<b>Wrap Up With Becky Rule</b> <b>Raffle Prizes</b> <b>Peaceful Send Off with Jeannine</b>

## MORNING WORKSHOPS

### **Workshop A - CAREGIVER WRITING**

**Sarah Kilch Gaffney, CBIS**

In this Writing through Caregiving workshop, caregivers will come together to learn how writing and journaling can help them through their caregiver experience. Participants will hear readings, try out writing prompts, and learn about the benefits of writing and keeping a journal. We will explore writing as a tool for processing and as a form of self-care, and participants will get to bring a journal home with them to continue their writing practice. No writing experience is necessary, and the workshop is appropriate for any stage or degree of caregiving.

### **Workshop B - CREATING CALM IN CHAOS: SIMPLE SUSTAINABLE SELF CARE**

**Victoria Kirby, APRN**

This presentation covers ways to make self-care fit into a busy life by keeping it realistic. In addition to reviewing health habits, Victoria will discuss use of boundaries, journaling, and multiple modalities for finding balance and a calmer nervous system. Caregiver burnout is very real. The statistics are overwhelming as to the health implications. Every caregiver, no matter how robust their support systems are, need the reminder to prioritize their own needs and wellness.

### **Workshop C - SOCIAL ASSISTIVE ROBOT FOR CAREGIVERS OF INDIVIDUALS WITH ALZHEIMER'S DISEASE AND DEMENTIA**

**Sajay Arthanat, Ph.D. OTR/L, ATP, Professor, Department of Occupational Therapy, Graduate Coordinator, Assistive Technology Certificate Program**

Dr. Arthanat will present on a project, funded by the National Institute of Health, to develop social assistive robots (SARs) for care of individuals with cognitive impairments at home. The robot is being designed to relieve care burden and provide personalized care to care recipients through reminders, alerts, prompting, verbal assistance, and activity engagement. Dr. Arthanat will share updates on the robot's prototype, which will be pilot tested with caregiver-care recipient dyads in the community.

**\*\*LIMITED SEATING\*\***

### **Workshop D - HEALING RHYTHMS & SONGS: WEST AFRICAN STYLING DRUMMING TO BUILD COMMUNITY**

**Lindsey Schust, Percussionist & Singer, Grace Schust, Percussionist & Singer  
Concord Community Music School & NH State Council on the Arts Artists in Health Roster**

Grace and Lindsey will give an introduction of how to play the African djembe drum and how to play rhythms together as a community. They will teach songs that go with traditional West African drumming rhythms. Drums have often been used for healing all over the world. Drums can bring people together to celebrate special occasions or mark the passage of time. Grace and Lindsey have used drumming to work with members of Very Special Arts, nursing homes, ADHD students, visually impaired & the blind, people with dementia and businesses needing a community building adventure. The workshop will be a fun, energetic, and encouraging atmosphere. No previous music experience necessary. Drums will be provided.

## MORNING WORKSHOPS PRESENTERS

### **Workshop A - CAREGIVER WRITING**

**Sarah Kilch Gaffney, CBIS**

Sarah Kilch Gaffney is a writer, caregiver, and brain injury advocate living in central Maine. She has been offering community workshops on the power of writing and journaling through difficult times for nearly a decade, and her writing on grief and caregiving has been published widely. You can find her work at [www.sarahkilchgaffney.com](http://www.sarahkilchgaffney.com).

### **Workshop B - CREATING CALM IN CHAOS: SIMPLE SUSTAINABLE SELF CARE**

**Victoria Kirby, APRN**

Victoria has practiced for over 20 years, she runs Victoria Kirby Wellness practice with a specialty in stress management and self-care. She is a reformed people pleaser and living the “sandwich generation” currently with teenagers and a mother who has Alzheimer’s disease.

### **Workshop C - SOCIAL ASSISTIVE ROBOT FOR CAREGIVERS OF INDIVIDUALS WITH ALZHEIMER’S DISEASE AND DEMENTIA**

**Sajay Arthanat, Ph.D. OTR/L, ATP, Professor, Department of Occupational Therapy, Graduate Coordinator, Assistive Technology Certificate Program**

Professor Arthanat teaches coursework in the occupational therapy program related to neurologically-based function and dysfunction, provision of assistive technology services, technology design for disability, and research engagement. His research interests include optimizing interaction of people with disabilities and assistive technology (AT) in wide ranging contexts, measuring outcomes of assistive technology interventions, usability testing of AT, and consumer product designs for persons with disabilities, cross-cultural models of disability, and community based rehabilitation.

### **Workshop D - HEALING RHYTHMS & SONGS: WEST AFRICAN STYLING DRUMMING TO BUILD COMMUNITY** **Lindsey Schust, Percussionist & Singer, Grace Schust, Percussionist & Singer** **Concord Community Music School & NH State Council on the Arts Artists in Health Roster**

Grace Schust has been drumming since the early 80’s and has studied with some of the great master drummers. She founded the Songweaver Drumming program at the Concord Community Music School and has been directing the drummers and teaching drumming at the school for over 25 years. She co-teaches workshops around New Hampshire with her daughter Lindsey. Grace is also a singer and visual artist and has a bachelor’s degree in fine arts from Colby-Sawyer College.

Lindsey Schust grew up with African drums because of her mother’s passion for West African drumming and singing traditions. She started to learn the drums at age 8 from Grace. She continued to learn drumming with master drummers from West Africa and the Caribbean in high school and college and beyond. She is also a composer and singer-songwriter. She co-directs the Songweaver Drumming program with Grace and runs her family band “The Ragged Mt. Band”, she is an international recording artist and an ADHD coach.

## AFTERNOON WORKSHOPS

### **Workshop E - *CANDLE LIGHT GUIDED MEDITATION AND RELAXATION TO HELP EASE TENSION AND STRESS***

**Jeannine Romeo, Monadnock Regional School District Wellness Integrationist**

This guided meditation will give participants an easy way to create a peaceful relaxed state of mind. It encourages you to have your eyes open as you gaze at a tea light. This provides a sense of warmth and safety for the mind to settle. The benefits of this practice is to ease stress and tension, improve focus, concentration, cognition, lower blood pressure, and improve the quality of your sleep. If you have been to a bonfire, have a fire, or lit candles you know how mesmerizing and hypnotic a fire can be. Come and experience this with Jeannine!

### **Workshop F**

#### **LIVING YOUR STORY – A PERSON CENTERED APPROACH TO LIFE PLANNING!**

**Lesley Blecharczyk, Certified PCT (Person Centered Thinking) Trainer**

**Kelly Erhart, President of People First of NH**

**Devin Girard, Founder of Concord NH Self Advocates**

When one finds them self-connected to a system of care, sometimes the story of who they are, what matters to them and what they want in life becomes a “system-centered-story.” We have all heard this term “person centered” and know that systems are required to uphold person centered practices, but what does that really mean? In this interactive and engaging workshop, we will explore key concepts behind person-centered thinking, planning and approaches. You will be introduced to strategies and tools you can apply to control the narrative of your own life story, past, present and future!

### **Workshop G**

#### ***CARING FOR YOURSELF: WHAT DOES THAT MEAN AND HOW CAN IT BE DONE?***

**John Richards, MSW, LICSW**

Caregivers are well aware that caregiving is tiring. There is worry that there is more to do, worry that there is no help, that your loved one is getting worse, and worry that if you could just find the one right pill or the right doctor, it could help your loved one get better. In this workshop we will think that a more rested, confident, well-supported caregiver who takes care of themselves is ultimately the best formula for both their success and the success of their loved one. We will look at several strategies, including exercises, and reflecting on these dynamics to support caregivers in self-care.

#### **\*\*LIMITED SEATING\*\***

#### ***Workshop H - HEALING RHYTHMS & SONGS: WEST AFRICAN STYLING DRUMMING TO BUILD COMMUNITY, Lindsey Schust, Percussionist & Singer and Grace Schust, Percussionist & Singer Concord Community Music School & NH State Council on the Arts Artists in Health Roster***

Grace and Lindsey will give an introduction of how to play the African djembe drum and how to play rhythms together as a community. They will teach songs that go with traditional West African drumming rhythms. Drums have often been used for healing all over the world. Drums can bring people together to celebrate special occasions or mark the passage of time. Grace and Lindsey have used drumming to work with members of Very Special Arts, nursing homes, ADHD students, visually impaired & the blind, people with dementia and businesses needing a community building adventure. The workshop will be a fun, energetic, and encouraging atmosphere. No previous music experience necessary. Drums will be provided.



## AFTERNOON WORKSHOPS PRESENTERS

### **Workshop E - CANDLE LIGHT GUIDED MEDITATION AND RELAXATION TO HELP EASE TENSION AND STRESS**

**Jeannine Romeo, Monadnock Regional School District Wellness Integrationist**

Throughout Jeannine's 29 years of teaching in the elementary, middle and high school programs, staff, and community members, she has integrated the practice of yoga and mindful practices to reduce stress and anxiety and to increase focus and attention. Connecting to our brain, body, and breath, gives students, parents, educators and community members meaningful and practical tools to apply to their lives in and out of the classroom, work, and homes.

### **Workshop F**

#### **LIVING YOUR STORY – A PERSON CENTERED APPROACH TO LIFE PLANNING!**

**Lesley Blecharczyk, Certified PCT (Person Centered Thinking) Trainer**

**Kelly Erhart, President of People First of NH and Devin Girard, Founder of Concord NH Self Advocates**

Lesley Blecharczyk has worked in the developmental services system for over 25 years, holding numerous roles with Community Bridges from Family Support Specialist to Director of Operations. Her current role in Training and Program Development allows Lesley to promote the implementation of person-centered practices to assist people and families all across the lifespan to develop their vision for a good life, and access necessary supports and resources. Her parents, and a sibling with a developmental disability, fostered a passion for engaging and empowering families, and impacting organizational and systems change to promote family capacity, choice and direction. Lesley is a nationally certified trainer for Person Centered Thinking, and Ambassador and national Coach with the Charting the Lifecourse™ Nexus.

Kelly Erhart is the current president of People First of NH and a disability justice activist. She is a believer in using person centered practices to determine what she wants in her future, to express what she appreciates and needs for support, and to decide how to manage her own services. Hear her thoughts and ideas about family and caregiver role and needs for support.

Devin Girard is the founder of Concord NH Self Advocates. A personal dream of hers is to share her story and "...be a role model for other women with disabilities." Devin and her family will share how over the years they have collaborated to support Devin to reach her goals, no matter how scary it may be for her family, or how long it takes. Hers is a story of vision, tenacity and reliance on those around you to reach your dreams.

### **Workshop G**

#### **CARING FOR YOURSELF: WHAT DOES THAT MEAN AND HOW CAN IT BE DONE?**

**John Richards, MSW, LICSW**

John Richards is a lifelong resident of NH who has worked in human services for over 30 years, most often involved in supporting people with a variety of disabilities. He has also been on the receiving end of caregiving at a couple points in his life. He has been actively involved in BIANH for 25 years where he was Board President. He presently works for the Association on a variety of special projects.

### **Workshop H- HEALING RHYTHMS & SONGS: WEST AFRICAN STYLING DRUMMING TO BUILD COMMUNITY,**

**Lindsey Schust, Percussionist & Singer and Grace Schust, Percussionist & Singer**

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## 2023 Coalition of Caring Planning Committee



*What the Coalition of Caring is all about...*


The coalition was created in October of 2006. Its mission is to promote and strengthen the well-being of caregivers who provide care for a disabled or ill child, adult, or seniors through a statewide annual caregiver's conference. The coalition is comprised of caregivers and organizations that support older adults, children with disabilities, adults with disabilities and diseases, hospice patients, and individuals with chronic illness. It is our intention to continue to invite all that is interested to our committee as we continue our community outreach.

Check out the Coalition of Caring's Website at [www.coalitionofcaring.org](http://www.coalitionofcaring.org). Please help us with caregiver outreach by spreading the word about our annual caregiver's conference. Next year consider inviting a fellow caregiver who has never attended the conference.

## LEAD SPONSORS



The New Hampshire Department of Health and Human Services (DHHS) is the largest agency in New Hampshire state government, responsible for the health, safety and well-being of the citizens of New Hampshire.



**Partnering to keep  
our communities on  
the path to health**

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We are proud to  
support the 17<sup>th</sup> Annual  
Caregiver's Conference

**Learn More:**  
[wellsense.org](http://wellsense.org)



**WellSense**  
HEALTH PLAN

WellSense is a nonprofit health plan serving Medicare, Individual & Family, and Medicaid plan members in Massachusetts & New Hampshire. Founded 25 years ago as Boston Medical Center HealthNet Plan, we provide plans and services that work for our members, no matter their circumstances.



# BRAIN INJURY ASSOCIATION OF NEW HAMPSHIRE

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Specialized Care Coordination  
Choices for Independence - Case Management Provider  
Brain Injury Case Management  
Brain Injury Support Groups  
Transition Program  
Veterans Program

For more information, visit our website at [www.bianh.org](http://www.bianh.org).



*Our Mission: To create a better future through brain injury prevention, education, advocacy, and support.*

52 Pleasant Street – Concord, NH – 03301  
Phone: 603-225-8400 — Helpline: 1-800-773-8400

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We aim to **educate, value and respect** our workforce who are dedicated to supporting individuals with developmental disabilities in having a meaningful life.



Presented by the 2023 DSP Awards Planning Committee



GSIL is a statewide nonprofit promoting quality of life with independence for people with disabilities through advocacy, information, education, support and transitional services. We serve over 1500 consumers of all ages through 17 consumer directed programs and services. We fill the gaps turning challenges into opportunities so everyone can live their best life.

We are proud to sponsor the 2023 Caregiver's Conference and would like to thank all caregivers who make true community inclusion a reality for people with disabilities on a daily basis.

Thank you for all that you do!



NEW HAMPSHIRE COUNCIL ON  
DEVELOPMENTAL DISABILITIES

The council is dedicated to the pursuit of dignity and justice, authentic community inclusion, cultural competency, and self-determination.



Take a listen to our podcast, **That's Inclusive!**, where we learn about how people in NH are working to build a more inclusive community.

## Life imagined



The Institute on Disability expands New Hampshire's capacity to respond to the needs of people with disabilities through research, practice, and education.

contact.iod@unh.edu  
[iod.unh.edu](http://iod.unh.edu)

 University of  
New Hampshire  
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# 2023 Caregivers Conference Sponsors

## LEAD SPONSORS

Brain Injury Association of New Hampshire  
Bureau of Developmental Services  
Northern Business Machines  
The New Hampshire Family Caregiver Support Program  
Well Sense Health Plan

## ALTRUISTIC SPONSORS

DSP Awards Planning Committee  
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The New Hampshire Council on Developmental Disabilities

## BENEVOLENT SPONSOR

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*There are only four kinds of people in the world-  
those who have been caregivers; those who are  
currently caregivers; those who will be  
caregivers and those who will need caregivers.*

*-Rosalyn Carter*

## **Directions & Reservation Information**

From I -93 North or South: Take Exit 15 West. Turn right at the first stoplight onto Commercial Street. Follow Commercial Street 1/4 mile to Constitution Avenue.

A block of rooms has been reserved at a discounted rate for Tuesday evening, November 7, 2023. Please contact:

Courtyard by Marriott Concord  
70 Constitution Ave, Concord, NH 03301  
Phone: (603) 225-0303

**Exhibit Opportunities Are Still Available**  
**Coalition of Caring**

*Proudly presents*

**17<sup>th</sup> New Hampshire Caregiver's Conference**

**When: Wednesday, November 8, 2023**

**8:00 am – 4:00pm**

**Courtyard Marriott Grappone Conference Center  
Concord, New Hampshire**

**Set up time:** Wednesday, Nov. 8, 6:30 am – 8 am      **Exhibit time:** 8am – 4pm

**Cost:** \$500 for a 6' table. Table drapes provided. Internet and electricity available. Breakfast and Thanksgiving Luncheon included. 2 seats per table

**Registration deadline October 30, 2023:**

Please fill out registration below and send along with check to: Caregiver's Conference  
c/o Ellen Ederly, 20 Constitution Way, Rochester, NH 03867

Please make check payable to "**BIANH**"

**Lead Sponsors: BIANH, Bureau of Developmental Services, NBM, Inc.,  
The New Hampshire Family Caregiver Support Program, Well Sense Health Plan**

Contact Name \_\_\_\_\_ Title \_\_\_\_\_

Company/Organization \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Telephone ( ) \_\_\_\_\_ Fax ( ) \_\_\_\_\_

E-mail \_\_\_\_\_ Electricity Required \_\_\_\_\_ YES \_\_\_\_\_ NO

Details will be emailed (or mailed) to each exhibitor in September

**CAREGIVERS CONFERENCE REGISTRATION**

Wednesday, November 8, 2023

**Registration Deadline: October 30, 2023 -- Limited Seating!***ONLINE REGISTRATION PREFERRED - GO TO: <https://bianh.salsalabs.org/17nhcc>*

(PLEASE PRINT CLEARLY)

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

I am a:  family caregiver  professional caregiver  other \_\_\_\_\_**WORKSHOP PREFERENCES: Please circle only one choice per session****MORNING WORKSHOP SESSIONS****AFTERNOON WORKSHOP SESSIONS**

First Choice A B C D

First Choice E F G H

Second Choice A B C D

Second Choice E F G H

**EARLY BIRD REGISTRATION postmarked on or before October 16, 2023 - NO REFUNDS** \$50.00 -- Family Caregiver \$80.00 -- Professional Caregiver**Registration through October 30, 2023 -- NO REFUNDS** \$60.00 -- Family Caregiver \$90.00 -- Professional Caregiver

To increase your chances of getting into your first choice for workshops, please register early, note that room capacity for each workshop is limited. We will do our best to assign you to the workshop of your first choice using a "first come first serve" basis on the order in which registration is received.

Would you like to be seated during lunch with caregivers providing care for similar populations as you are?

 Yes  No If so, please check which describes your caregiving role. Caregivers caring for spouses/significant others Caregivers caring for a young child Caregivers caring for individuals with mental illness Caregivers caring for individuals with dementia/cognitive issues Caregivers caring for veterans Caregivers caring for parents Caregivers caring for an adult child Caregivers caring for grandchildrenRegistration sponsorships and respite funds available for those with financial need. Complete form on website at [www.coalitionofcaring.org](http://www.coalitionofcaring.org). Contact Ellen Ederly at [Ellen@bianh.org](mailto:Ellen@bianh.org) or 603-834-9570.

Please make registration check payable to BIANH, mail along with registration form to:

Caregiver's Conference  
 C/o Ellen Ederly  
 20 Constitution Way  
 Rochester, NH 03867

Please check if you would be willing to participate in the following:

 I would like to join the 2024 Conference Planning Committee. I can be contacted for a follow up evaluation on the conference. I would like to donate a sponsorship to a fellow caregiver, enclosed is an additional \$50.00.**PLEASE NOTE ANY DIETARY OR ACCESSIBILITY ACCOMMODATIONS:**

\_\_\_\_\_

\_\_\_\_\_

Brain Injury Association of New Hampshire  
52 Pleasant Street  
Concord, NH 03301

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