

2023 Caregivers Conference Schedule

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

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.

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

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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, after 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 Concord Community Music School & NH State Council on the Arts Artists in Health Roster

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