

2024 Caregiver's 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

**Susan McKeown- Keynote Speaker, APRN(ret), CPS, MFA
*Introducing the Balance Wheel and Determining What Areas
of Life Might Need Some Attention***

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 - 1:30 PM -- Visit Exhibits/Massages/Reiki/Caregiver Networking**

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

MORNING WORKSHOPS

Workshop A:

I'D RATHER STRIKE A MATCH THAN CURSE THE DARKNESS!

Debi Bennis, BS, Education/Senior Companion and Caregiver/Special Needs Mother & Sibling. Believing the glass is always half full, Debi will promote self-care techniques, encourage setting healthy boundaries and prioritizing daily agendas to prevent caregiver burnout. Capitalizing on the group's collective experiences to brainstorm situational solutions, Debi will utilize the latest research on Compassion Fatigue, invite participation through hands on activities, and offer links to valuable Caregiver resources. Workshop attendees should come prepared to laugh (and cry), be willing to take self-assessment on their pattern of behaviors, and be open to suggestions for changes to help make their caregiving journey easier.

Using her personal and professional expertise as a mother, sister, spouse, daughter, advocate, senior companion, and pastoral associate, Deb will tap into her motivational public speaking and facilitating skills to explore this valuable topic.

Workshop B:

DURABLE POWERS OF ATTORNEY

Tina Annis, Attorney

Many caregivers are asked to serve in the role as agent under a Durable Power of Attorney, whether for financial matters and/or for health care decision making. Durable Power of Attorney documents are important legal documents which create significant duties for the caregiving agent. This presentation will review the purpose of a Durable Power of Attorney, the tasks to be completed by a caregiving agent, and some of the pitfalls that can give rise to liability.

Tina Annis has been a lawyer for over 20 years and her practice has always focused on estate planning. Estate planning includes writing Durable Powers of Attorney and giving advice about them. She has given many presentations in the community on a variety of estate planning topics, including powers of attorney. She works with families every day on these topics.

Workshop C:

HOW TO PREPARE FOR EMERGENCIES AS A CAREGIVER

John Beland, Emergency Preparedness & Response Director, Winnepesaukee Public Health Network, Partnership for Public Health

This program will reference much of the information that is found in the FEMA Disaster Preparedness Guide for Caregivers. We will follow the 3 step preparedness process as defined: Step 1: Identify Barriers and Risks, Step 2: Learn and Connect, Step 3: Make a Plan

John Beland collaborates closely with community partners to prepare for, mitigate, respond to, and recover from public health and natural disasters. He has been actively engaged in efforts to increase community preparedness as director of the Lakes Region Community Emergency Response Team and Lakes Region Medical Reserve Corps. John brings 30 years of experience in the fire and emergency medical services.

Workshop D:

UTILIZING VALIDATION AS AN EFFECTIVE TOOL IN MINDFUL CAREGIVING

Krissy Wuerdeman, MS, CVT, CDP, CIH (Owner, That Place You Know, LLC)

In this workshop, caregivers will learn about the effectiveness of the Validation Method and how to apply validation techniques throughout the caregiver journey. The caregivers will also have the opportunity to brainstorm and identify common obstacles that prevent them from exercising mindfulness and create daily practices that can help reduce stress, anxiety, and burnout from the responsibilities of caregiving.

Krissy is a strong advocate for caregiver support having been a caregiver for her mother for many years. She is the managing director of a social day program that provides respite for families who care for loved ones living with memory loss. She is currently one of only a handful of health care professionals in New England who is a Certified Validation Teacher (CVT), which is a holistic method of communication that utilizes empathy.

AFTERNOON WORKSHOPS

Workshop E:

UNMASKING SCAMS: STRATEGIES FOR PREVENTION AND AWARENESS

Steven Duquette, Senior Service Officer, Manchester Police Department

This will be an interactive session. With the rise of increased technology use and online transactions, scams have become a pervasive threat. One goal of this session is to help equip caregivers with the knowledge and tools needed to protect themselves and those they are caring for. By addressing this issue, we can reduce the financial and emotional toll scams take on victims and foster a safer, more informed society.

Steve Duquette has been with the Manchester Police Department for over 20 years and has been a Senior Services Officers for 7 years. He collaborates with many agencies to better serve older adults, including the Health Department, Adult Protective Services, the Attorney General, and local hospitals. He has been involved with countless investigations. Manchester is one of the few cities in New Hampshire to have this position.

Workshop F:

GUARDIANSHIP & SUPPORTED DECISION MAKING

Deb Jurkoic, NH Family Network Coordinator, NAMI, NH

Cheryl Guerin, Caregiver, NAMI NH Board Member, AVP of HR, Dartmouth

This presentation is designed to provide an overview of Guardianship & Supported Decision Making paired with person-centered tools to guide you through the process. Lived experience is an essential part of how this presentation and tools were developed. We begin with the question of when to consider the options around Guardianship & Supported Decision Making and work together to bring perspective from our own households; one with youth under 18 and one with young adults over age 18.

Deb Jurkoic is the parent of two young adults and has lived experience with mental health, special education, and the big decisions that come at age 18 and when high school ends. Deb is the New Hampshire Family Network Coordinator at NAMI NH where she coordinates events, trainings, and the delivery of information and resources for the youth, parents, and caregivers in the Granite State. Prior to joining NAMI NH, Deb was employed at an area agency where she worked with young adults and their families on how to navigate the transition years.

Cheryl Guerin has lived experience as the step mom of two adult children adopted from foster care and as a single mom with full custody of her two biological children now ages 20 and 18. Her 18-year-old lives with major depressive disorder, social anxiety disorder, and autism. Cheryl is currently the Associate Vice President for Human Resources at Dartmouth College and on the Board for NAMI NH. She brings together a career in HR and her lived experience as a caregiver as a NAMI NH volunteer speaker, teacher, and role play participant.

Workshop G:

GRIEF AND THE CAREGIVER

Rachelle Eaton, MDiv, Granite VNA

A facilitated conversation offering an opportunity for participants to share some of their experiences with grief and loss related to their role as a caregiver (ambiguous or disenfranchised loss). Tools and resources that could be helpful in coping with their grief to include good self-care will be provided.

Rev. Rachelle Eaton, MDiv, has been a spiritual care counselor with Granite VNA since 2020. She graduated from Andover Newton Theological School in 2018 with a Master of Divinity and Certificate in Spiritual and Pastoral Care. She was ordained in the American Baptist Churches in 2019, and completed clinical pastoral education at Dartmouth-Hitchcock Medical Center and Havenwood Heritage Heights. She sees her work as that of a listener, and believes in the healing strength of genuine human connection. She lives in Concord, NH, with her husband and eight-year-old son.

Workshop H:

ADVOCACY: WHAT A CAREGIVER CAN DO!

Michael Padmore, Associate State Director of Outreach and Advocacy, AARP NH

Ashley Davis, Associate State Director of Outreach and Advocacy, AARP NH

In this presentation we help caregivers to feel empowered. We will present the local issues and legislation that AARP watches in order to advocate for caregivers. We will highlight easy ways for busy caregivers to help make a positive impact!

Mike Padmore and Ashley Davis have been working in Advocacy and Human Services for a combined more than 25 years with experience working with caregivers and within the legislature. They have done countless educational presentations and workshops and will engage with all AARP resources at their disposal.