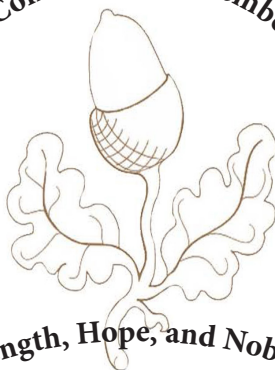


The Coalition of Caring Planning Committee is pleased to announce.....

The 19th ANNUAL NEW HAMPSHIRE CAREGIVER'S CONFERENCE

Caregiver's Conference * November 7, 2025



Strength, Hope, and Nobility



Keynote Speaker: Annie Kuster
Member of Congress 2013-2025

The Last Dance: Facing Alzheimer's with Love and Laughter

**Friday, November 7, 2025
8:00 AM to 4:00 PM**



Courtyard Marriott/Grappone Conference Center
Concord, New Hampshire
www.coalitionofcaring.org

Online Registration: <https://p2p.onecause.com/19acc>



Department of
**HEALTH &
HUMAN SERVICES**

Division of
Long Term
Supports
and Services

Bureau of Developmental Services

105 Pleasant Street

Concord, NH 03301

603-271-5034

www.dhhs.nh.gov/programs-services/disability-care/developmental-services

OUR MISSION

The developmental services system joins with local communities to support individuals of all ages with developmental disabilities or acquired brain disorders and their families to experience as much freedom, choice, control and responsibility over the services and supports they receive as desired.

BDS takes a leadership role in developing the network of supports and resources that will make community presence and participation a reality for every eligible person who chooses community based services and whose treatment professionals have determined that community supports are appropriate.

The NH developmental services system offers individuals with developmental disabilities and acquired brain disorders a wide range of supports and services within their own communities.

Supports include:

- Service coordination,
- Day and vocational services,
- Personal care services,
- Community support services,
- Early Supports and Services and Early Intervention,
- Assistive technology services; and
- Specialty services and flexible family supports including respite services and environmental modifications.



Annie Kuster
Member of Congress 2013-2025
Keynote Speaker

The Last Dance: Facing Alzheimer's with Love and Laughter

Ann McLane Kuster is an attorney, public policy advocate, and former member of Congress serving New Hampshire's Second District for six terms from 2013 - 2025.

Writer of *The Last Dance* her family's story about learning to "swim in the deep end of the lake" when the woman her family loved best, their matriarch, former N.H. Senator Susan McLane, was slipping away one day at a time to Alzheimer's disease.

A positive approach to dealing with Alzheimer's, *The Last Dance* is a book of courage and inspiration. Susan McLane was a pioneer and public servant advocating for the families and the environment of New Hampshire over her 25 years in the NH State Senate. *The Last Dance* tells the story of her struggles with Alzheimer's disease interwoven with memories of a lifetime.

Annie lives with her husband Brad, an environmental lawyer, near Hopkinton, New Hampshire, where they raised their two sons Zach and Travis.



BRAIN INJURY ASSOCIATION OF NEW HAMPSHIRE

Programs & Services Include:

Advocacy, Prevention, Education & Training
Information & Resources Services
Neuro-Resource Facilitation Program
Acquired Brain Disorder (ABD) Waiver
Developmental Disability/Intellectually Delayed (DD/ID) Waiver
Choices for Independence (CFI) Waiver
Specialized Care Coordination
Brain Injury Case Management
Brain Injury Support Groups
Transition Program
Veterans Program

For more information, visit our website at 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

REBECCA RULE

Mistress of Ceremonies



Photo Credit: Schyuler Scribner

Rebecca Rule gathers and tells stories. She's the author of many books for children and adults, including *NH Trivia* and *That Reminds Me of a Funny Story*. Her new picture book from Islandport Press, *Who Loves Blueberries?*, will be out in the spring of 2026.

For NHPBS she hosts *Our Hometown*. Each show in the series features a different New Hampshire town and its stories told by those who live there and love it best.

Also, she enjoys chickens.



"Caregiving often calls us to lean into love we didn't know possible." — Tia Walker

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Supporting NH Caregivers Every Step of the Way

The Bureau of Adult & Aging Services (BAAS) – formerly BEAS – offers a full range of programs to support New Hampshire’s older adults, caregivers, and families.

- Respite Care & Support Groups
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Visit: www.dhhs.nh.gov/programs-services/adult-aging-care

Call: 603-271-9203 (BAAS)

We’re here for you – every caregiver matters.



Department of
**HEALTH &
HUMAN SERVICES**

Division of
Long Term
Supports
and Services

2025 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	<p>Welcome</p> <ul style="list-style-type: none"> - 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	Annie Kuster, Keynote Speaker, <i>The Last Dance: Facing Alzheimer's with Love and Laughter</i> - with Moderator Alana Cullen, Coalition of Caring Planning Committee Member
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	<p>12:00 - 1:00 PM -- Lunch</p> <p>1:00-1:30 PM Visit Exhibits/Massages/Reiki</p>
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	<p>Wrap Up with Becky Rule</p> <p>Raffle Prizes</p> <p>Peaceful Sendoff with Jeannine Romeo</p>

MORNING WORKSHOPS

Workshop A:

Beginning a Personal Mindfulness Meditation Practice

Scott Gordon: Science Department Head, Meditation Teacher, Reiki Master Teacher

Meditation is easier than you think. This workshop will provide a basic and understandable overview of the science behind mindfulness meditation. There will be a brief discussion of the parts of the brain affected as well as discussion of the many health benefits associated with mindfulness that have come out of thousands of published studies in recent decades. Attendees will be shown how to access the two key aspects of mindfulness: interoceptive awareness and breathing.

Scott has taught meditation to students for a decade and provides high school credit for a program at his institution. He has completed two Reiki Master certification programs of which meditation is a basic cornerstone. This past year, he taught mindfulness to a large group (50+) of first responders that are part of a search and rescue team. He currently teaches small groups of special needs students. He formally taught educators at district-wide professional development meetings. Additionally, he is finishing his third-related certification - Meditation Teacher Training Certification through the Mindfulness Center in Bethesda, MD. Scott has a regular meditation practice Rising Earth Reiki in Dover, New Hampshire.

Workshop B:

Rest & Renew: Yoga and Breathwork for Caregivers

Lindsey Doyle, RYT-200 (Registered Yoga Teacher through Yoga Alliance)

Caring for others often means putting yourself last. In this workshop, caregiver, yoga teacher, educator, and practitioner Lindsey Doyle shares her personal journey of returning to yoga as a lifeline during caregiving. She will show how simple breathwork and gentle movement can reset the nervous system, interrupt stress cycles, and restore balance. With guided demonstrations of breathing techniques, restorative postures, and chair yoga, you'll leave with practical tools to support your own well-being—anytime, anywhere.

As a caregiver for her ex-husband who survived a ruptured brain aneurysm and required constant care during his recovery, Lindsey experienced an always-on fight-or-flight response, sleeplessness, and overwhelming stress. Lindsey also cared for her mother at the end of her life as she passed from metastatic cancer. These experiences drew Lindsey toward yoga, where she could for just one hour at a time bring herself back to the present, to herself, without the fears and anxieties caregiving can bring. She went on to become a yoga teacher with over 1,000 hours of teaching experience in a yoga studio. Lindsey is a 200-hour registered yoga teacher with the Yoga Alliance, and is in the process of getting her 300-hour advanced teacher certificate, she is Reiki certified, and a yoga educator teaching 200-hour training programs to aspiring yoga teachers.

Workshop C:

My Caregiver Recipe

Jeannine Romeo, Educator

As a care provider for family members, friends, neighbors, community members or as a profession, when you take care of others, how do you take care of yourself? This interactive workshop will explore simple, practical ideas for participants to identify what they are already doing and then develop and/or "Create Your Own Self-Care Recipe".

Jeannine is a family member of two children with brain injuries and is an Executive Board Member for the Brain Injury Association of New Hampshire and a member of the New Hampshire Caregivers Conference Planning Committee. She has 28 years professional experience in education for K-12th grades, has 18 years in elementary education, and 10 years in middle and high school education. Jeannine is a Monadnock Regional District Wellness Coordinator, a graduate of Keene State College, has earned a BA in Science from Keene State College, received an ME for Educational Leadership from New England College, Curriculum and Instruction, and is currently in the Plymouth State College doctoral program. Mrs. Romeo's experience includes YogaKids instructor, teaching Kripala Yoga to high school students, and is certified as an American Association of Aerobics instructor..

Workshop D:

Caring for Others in Our Lives: There is a Toll – How Do I Stay Resilient?

Donna McCarten White

When caring for others in any capacity, individuals may have limited knowledge of the variants as well as the impact of compassion fatigue and secondary stress on themselves, and their personal lives. In doing this work, they may unknowingly, neglect personal self-care skills needed to employ for everyday resilience. Caregivers will be presented with a holistic sense of wellness and restorative wholeness in developing work and life patterns. Useful strategies will be employed during the sessions.

Donna has been an advanced-level practitioner in healthcare for over four decades. Her dissertation in 2022 was in Compassion Fatigue and Stress. She has since dedicated her career to this subject as well as education of Substance Use Disorders. She has two professional licenses, two fellowships, and six certifications -- two of which specialize in Compassion Stress, etc. She has been a caregiver to her own parents until their deaths. Ms. McCarten White is fully aware of the stress caregivers deal with on a daily basis, juggling life, family, work, and school.

AFTERNOON WORKSHOPS

Workshop E:

How Do We Solve a Problem Like the Direct Support Professional (DSP) Crisis?

Isadora Rodriguez-Legendre, Executive Director, NH Council on Developmental Disabilities

Vanessa Blais, Director of Policy and Planning, NH Council on Developmental Disabilities

Join our DSP and Caregiver crisis think tank where we check our conventional thought at the door and throw ideas at the wall. Use your combined life experience to create innovative solutions to the critical issue.

Isadora has been the Executive Director at the New Hampshire Council on Developmental Disabilities since 2016. She holds a master's degree in social work and for many years worked in New York City providing homeless prevention, re-housing, and employment services to very low-income community residents and veterans, with and without disabilities. With a passion for social justice and a background in supporting individuals and families in advocacy and accessing supports and services for community inclusion, Isadora promotes the idea that people with disabilities be at the forefront of conversations related to diversity, equity, inclusion, and access. She has served as a member of the DSP Planning Committee for over nine years.

Vanessa has served at the NHCDD for seven years. She became interested in disability justice during her 15 years working in supportive education with students from the ages of 3 to 21. In her role as policy director and support to the council membership in the development and execution of the five year plan, the DSP and Caregiver crisis has remained front and center as a barrier to people with disabilities, their families, and those who support them opportunities to pursue their rights to live person-centered, lives of choice. She has served as a member of the DSP Planning Committee for 6 years, having the privilege of working alongside leaders and advocates in the DSP and Caregiver fields.

Workshop F:

The Scam Landscape: Staying Safe

AARP New Hampshire

Scammers steal billions of dollars from unsuspecting consumers every year. The impact on victims and their families can be financially and emotionally devastating especially for older Americans. This presentation will help protect you and your loved ones.

AARP NH is thriving with more than 215,000 members. AARP serves as a one-stop resource for Granite Staters 50-plus. We provide information about local offerings, community engagement, educational presentations, volunteer opportunities, advocacy, and fun events. We are focused on advancing age-friendly communities, promoting fraud prevention, celebrating and supporting family caregivers, protecting financial security and making your voice heard.

Workshop G:

Supporting New Hampshire Residents; No Wrong Door, NH Care Path and Aging and Disability Resource Centers

Kate Kaplan, Aging & Disability Resource Center Administrator, Bureau of Adult and Aging Services, DHHS

Kara Washam, Person-Centered Counseling Program Specialist IV, Division of Long Term Supports & Services, Bureau of Adult and Aging Services, NH DHHS.

The "No Wrong Door" system, represented locally as "NHCarePath" and its incorporation with Aging and Disability Resource Centers, offers a model for streamlined access to long-term support and services for New Hampshire residents of all ages, incomes, and abilities. A key takeaway is its function as a single-entry point, represented by the client being able to access various services like housing, mental health, substance use treatment, employment assistance, and healthcare from any starting point. This approach ensures a consistent and person-centered experience, where individuals receive tailored options counseling to make informed decisions that emphasize independence, dignity, and individual preferences, including one-on-one assistance for diverse populations and their caregivers.

Kate oversees the contracts for New Hampshire's Aging and Disability Resource Centers across the state.

Kara is actively involved in the No Wrong Door Governance and assists the state's ADRCs with their NHCarePath work.

Workshop H:

When Caregiving Meets Grief: Honoring Both Journeys

Sarah Kilch Gaffney, CBIS

BIAA-ME/BIANH

In this presentation, Sarah will share her personal caregiver journey and how learning to recognize and navigate grief is so important in caregiving. She will share helpful lessons, practical tips, and additional supports that she has learned to lean on along the way. Sarah will bring her knowledge together to help support other family caregivers in acknowledging and processing their grief while honoring their caregiver journeys at the same time.

Sarah Kilch Gaffney is a writer and brain injury advocate from Maine who has been a family caregiver in a variety of roles for the last 16 years. She is also a bereavement volunteer and a support group facilitator for caregivers, grieving individuals, and brain injury survivors. Much of her work in the brain injury field is focused on caregiver supports and resources, and she has been teaching community writing workshops for over 10 years.

ALTRUSTIC SPONSORS



Get the family caregiving help you need with resources in New Hampshire.

The AARP Family Caregiver Resource Guide for New Hampshire helps family caregivers access key programs, services and agencies in their community.

To order a copy of the guide, call the AARP Family Caregiving Resource Line at **1-877-333-5885** and request the AARP Family Caregiver Resource Guide for New Hampshire. Or view it online at aarp.org/CaregiverResources.

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Visit eastersealsNH.org/senior-services to learn more.



Thank You

The DSP Planning Committee wants to express how grateful we are for those who dedicate their lives to caring for and supporting our loved ones.

DSP
Planning Committee

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COMMUNITY SERVICES

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Caregiver's Conference

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Family Caring for Family



THAT'S INCLUSIVE!
presented by the New Hampshire Council on
Developmental Disabilities

That's Inclusive Podcast

**Conversations about what
inclusive living really means for
people with intellectual and
developmental disabilities.**

The NH Council on Developmental Disabilities is proud to sponsor the 2025 Caregiver's Conference. We 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!

Listen to our latest episodes at
<https://www.youtube.com/@NHCDD/videos>



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2025 Caregiver's Conference Sponsors

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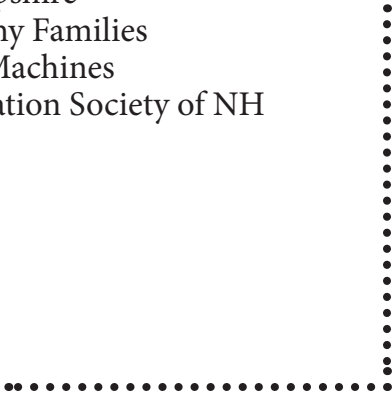
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The New Hampshire Family Caregiver Support Program

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Caregiver's Colored Bead Necklaces

At registration, pick up your colored bead necklace!

Your necklace provides an opportunity to meet fellow caregivers who may have similar caregiving experiences!

Each color represents a specific population of caregivers:

WHITE	Caregivers Caring for Spouses/Significant Others
RED	Caregivers Caring for a Young Child
BLACK	Caregivers Caring for Sibling
BLUE	Caregivers Caring for Parents
SILVER	Caregivers Caring for an Adult Child
GREEN	Caregivers Caring for Grandchildren
PINK	Caregivers Caring for Individuals with Mental Illness
PURPLE	Caregivers Caring for Individuals with Dementia/ Cognitive Issues
GOLD	Caregivers Caring for Veterans

"A good laugh and a long sleep are the two best cures for anything." - Irish Proverb

2025 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 are interested to our committee as we continue our community outreach.

Check out the Coalition of Caring's website at
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.

*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

The Coalition of Caring Planning Committee is pleased to announce that caregiver respite stipends and scholarships are available for caregivers attending the conference. For additional information and to complete the requested forms, visit www.coalitionofcaring.org.

“Be a rainbow in someone else’s cloud.” — Maya Angelou

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.

Please contact hotel for room reservations

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



Exhibitor Opportunities

Coalition of Caring Planning Committee

Proudly presents

19th New Hampshire Caregiver's Conference

When: Friday, November 7, 2025

8:00 am – 4:00pm

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

Set up time: Friday, November 7th, 6:30 am – 8 am **Exhibit time:** 8am – 4pm

Cost: \$600 for a 6' table. Table drapes provided. Breakfast and Thanksgiving Luncheon included. 2 seats per table.

Online Registration at <https://p2p.onecause.com/19acc> or mail check payable to
"BIANH" to: Caregiver's Conference, BIANH, 52 Pleasant Street, Concord, NH 03301

Registration Deadline October 24, 2025

Contact Name _____ Title _____

Contact Name _____ Title _____

Company/Organization _____

Address _____ City _____ State _____

Zip _____ Telephone () _____ Fax () _____

E-mail _____



CAREGIVERS CONFERENCE REGISTRATION

Friday, November 7, 2025

Registration Deadline: October 24, 2025-- Limited Seating!

ONLINE REGISTRATION PREFERRED - GO TO: <https://p2p.onecause.com/19acc>

(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

Registration through October 24, 2025 – NO REFUNDS

☐ \$70.00 -- Family Caregiver ☐ \$100.00 -- 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 sibling
- ☐ Caregivers caring for parents
- ☐ Caregivers caring for an adult child
- ☐ Caregivers caring for grandchildren
- ☐ Caregivers caring for individuals with mental illness
- ☐ Caregivers caring for individuals with dementia/cognitive issues
- ☐ Caregivers caring for veterans

Registration sponsorships and respite funds available for those with financial need. Complete form on website at www.coalitionofcaring.org. Contact Ellen Edgerly at Ellen@bianh.org or 603-834-9570.

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

Caregiver's Conference

BIANH

52 Pleasant Street

Concord, NH 03301

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

☐ I would like to join the 2026 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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