



**Spring Caregiver Conference 2019**  
**8:00 a.m. – 2:00 p.m. / Gloria Dei Lutheran Church**  
**18220 Upper Bay Road, Houston, TX 77058**

Equipping and encouraging family caregivers through skill-building workshops and resources.  
A free community service event presented by CarePartners and Gloria Dei Lutheran Church  
and generously underwritten by Providence Home Health - Hospice.

8:00 a.m.	Check In/Exhibits/Breakfast
8:30-8:45	Opening Remarks
9:00-10:15	Session 1
10:30-11:45	Session 2
11:45-12:45	Remarks/Lunch/Exhibits
12:45-2:00	Session 3

**Session 1 9:00-10:15**

<b>Caregiving &amp; Movement Disorders</b>	Learn practical information important to understanding and managing care of someone living with Parkinson's. Included will be information regarding numerous programs and services available to the Parkinson's community. <i>Celeste Harris, LMSW – Social Worker &amp; Special Programs Coordinator, Houston Area Parkinson's Society (HAPS)</i>
<b>Celebrating Your Own Life While Caring for Others</b>	Helping caregivers and those they love to see life's experiences with new perspectives and context. Attendees will learn to find the keys to joy, courage, success, faith and happiness because of life's experiences, not despite them. <i>Dion McInnis, LIFElines</i>
<b>Essential Legal Documents</b>	You may think that Estate Planning (wills, trusts, power of attorney) is not necessarily a priority but this workshop will show you that prioritizing and addressing these documents can avoid the possibility of a court appointed steward and save you and your loved ones heartache and financial distress. <i>Bryan Wilcox, Attorney at Law, Wilcox Law Firm</i>
<b>V A Benefits &amp; Programs</b>	Identify the various benefits available through the Veterans Administration and learn the application process. <i>Alicia McCarthy, LMSW, Veterans Administration</i>
<b>Identity Crisis: From Family Member to Geriatric Caregiver</b>	Explore the framework in which to view the role of family caregiver and identify strategies to support caregivers who are responsible for their aging relatives. <i>Robyn Horn, M.A., H.I.S. Cornerstone</i>
<b>Prepare to Care – A Caregiving Guide for Families</b>	Designed to help make planning ahead and caregiving more manageable, this presentation includes information on how to have vital conversations with older family members, organize important documents, assess your loved one's needs and locate important resources. <i>AARP Representative</i>

**Break 10:15 – 10:30**

**Session 2 10:30 – 11:45**

<b>Music &amp; the Brain</b>	Learn how music can impact the brain and body in unexpected ways – how it affects our health, our moods, our memories and behavior. <i>Antonio Santiago Milland, MT, Houston Methodist Hospital</i>
<b>Understanding Hospice &amp; Palliative Care</b>	Learn the differences between Hospice and Palliative Care and how to choose the best option for your loved one. <i>Cynthia Broussard, RN &amp; Rebel Heasley, RN – Houston Methodist Clear Lake Joni Faas &amp; Ranay Danek, RN – Providence Home Health - Hospice</i>
<b>Public Benefits and Caregiver Services</b>	This workshop provides information on public benefits, programs and eligibility requirements for caregiver services provided through Harris County Area Agency on Aging (HCAAA) and Care Connection Aging and Disability Resource Center (ADRC). <i>Janice Sparks, Ph.D., Senior Staff Analyst, Care Connection Suzanne Terry, Administration Manager, HCAAA.</i>

<b>The Loneliness of Caregiving</b>	The isolation of caregiving often leads to feelings of loneliness. Take a deep breath and learn strategies for self-preservation and building your own support system. <i>Mark Robinson, Chaplain, Traditions Hospice</i>
<b>Understanding Medicare</b>	Most individuals are willing to admit they do not understand Medicare. This popular workshop will give you an overview of Medicare A, B, C (Advantage) & D, and will discuss changes in coverage and enrollment along with tips for navigating the system. <i>Harold Ermshar</i>
<b>Fraud Watch - AARP</b>	This presentation will focus on how to keep your identity safe online and how to protect yourself from other types of scams and fraud. Comes with the Fraud Watch handbook and contact sheet. <i>AARP Representative</i>
<b>Final Remarks/Lunch/Exhibits    11:45 – 12:45</b>	
<b>Session 3    12:45 – 2:00</b>	
<b>Hope for Caregivers: Alzheimer's Education from a Faith-based Perspective</b>	Vic shares his personal experiences and knowledge as an Alzheimer's Educator, Support Group Facilitator and primary caregiver for his mother, Alice. Through faith and education, we can all make it through our journey with this disease. <i>Vic Mazmanian, Senior Director of Faith Outreach, Silverado</i>
<b>Laughter Yoga</b>	Proving that "laughter is the best medicine", laughter yoga is based on the belief that voluntary laughter provides the same psychological benefits as spontaneous laughter. Yoga pants and sitting on the floor are not required – this workshop is about contagious laughter and letting go. <i>Sandy Harris, CLYL</i>
<b>The Art of Caregiving: The hurt and healing of caregiving as seen through the eyes of Rembrandt</b>	Rembrandt's painting <u>The Prodigal Son</u> is a picture, of any moment, in the journey of caregiving. The people in this masterpiece represent not only the obvious relationships but the emotions of guilt, judgement, relief and perseverance. It is by examining this work and four other masterpieces by Rembrandt, that the phases and challenges of caregiving are illustrated. And what advice does Rembrandt have for surviving caregiving and reframing ourselves? <i>Brennan Kraut</i>
<b>Medicaid &amp; Asset Preservation in the Event of a Disability</b>	Caring for someone with long-term health issues or disability can be very costly and often puts families under financial stress. This workshop introduces Medicaid and approaches involved in paying for care while preserving assets. <i>Sandra Ard, Attorney at Law, Ard Law Firm</i>
<b>Understanding Alzheimer's &amp; Dementia</b>	Alzheimer's is not normal aging. It is a disease of the brain that causes problems with memory, thinking and behavior. Learn about the impact of Alzheimer's, the differences between Alzheimer's and other dementias, disease stages and risk factors, research, and Alzheimer's Association resources. <i>Alzheimer's Association Community Educator</i>
<b>Fall Prevention &amp; Keeping Your Balance</b>	A workshop returning by popular demand, learn ways to strengthen your muscles and posture to avoid falls and maintain strength and flexibility. <i>Dr. Ganesh Rajamani, Synergy Rehab &amp; Wellness</i>