

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

# **The 10<sup>th</sup> ANNUAL CAREGIVER'S CONFERENCE**



## **Strength, Hope and Nobility**

### **Wednesday, November 2, 2016**

8:00 am to 4:00 pm

**Courtyard Marriott**

Grappone Conference Center • Concord, New Hampshire

***Keynote Speaker Rob Peck***

***"Keeping all the Balls in the Air"***

***(How to Cope with Constant Change & Still Stay Sane)***

***Rebecca Rule – Mistress of Ceremony***

## Keynote Speaker Rob Peck

### **KEEPING ALL THE BALLS IN THE AIR!** **(How to Cope with Constant Change & Still Stay Sane)**



To really make a difference Caregivers have to juggle more multiple responsibilities than ever. When people are coping with constant change, nurturing their resiliency and their sense of humor is pivotal. Studies show shared laughter reduces workplace stress, raises morale, and fosters increased teamwork.

With humor and heart, Rob's presentation honors Caregivers' vital contributions. Using a fast paced mix of variety entertainment and motivational speaking, he shows how accentuating the positive fosters a can-do spirit that empowers people to think fast on their feet and come up with "Plan B's" that result in more creative solutions and healthier communities.

A good attitude is vital for good morale, and both bring out people's best in tough times. Caregivers who know how to handle adversity with a sense of humor model a healthy way to manage stress when coping with rapid changes.

#### *Take Away Value*

- Each attendee will leave with a handy reference guide: *Tips for Getting a Grip on Overload and Overwhelm* (includes several 20-30 second Refresh & Reframe techniques to recharge their energy and rejuvenate their outlook)
- Caregivers have a better handle on using humor to keep problems in perspective, and experience its positive impact on team chemistry and morale.
- Participants experience a greater sense of optimism-based on increased confidence that they can stay focused, stay flexible- and still have fun!
- Caregivers go back to work motivated to overcome obstacles by deepening their resiliency, pooling their resources, and playing to people's strengths.

[www.ZESTWORKS.com](http://www.ZESTWORKS.com)

Colorful Keynotes & Uplifting Seminars-Defying Convention & Gravity!

## *A Special Thanks to Our Patron Sponsors*



### **2016 Caregivers Conference Morning Schedule**

- 8:00 - 8:45 a.m. Breakfast/Registration/Visit Exhibits  
**Sign up for Massages and/or Reiki Therapy**  
Pick up your Colored Bead Necklace
- 8:45 - 9:00 a.m. **Welcome**—Beck Rule, Mistress of Ceremonies  
Dr. Robin Kenney, BIANH Board Vice President  
Ellen Edgerly, Chair, Coalition of Caring
- 9:00 - 10:30 a.m. Keynote Speaker— **Rob Peck**
- 10:30 - 11:00 a.m. Break/Visit Exhibits/Massages/Reiki
- 11:00 -12:00 p.m. Concurrent Workshop  
*Your Choice of Workshop A, B, C or D*

### **Afternoon Schedule**

- 12:00 - 1:05 p.m. Lunch  
Patron Sponsor Recognition
- 1:15 - 2:15 p.m. Concurrent Workshop  
*Your Choice of Workshop E, F, G or H*
- 2:15 - 2:45 p.m. Break/Visit Exhibits/Massages/Reiki
- 2:45 - 4:00 p.m. Wrap Up with Becky Rule  
Peaceful Send Off with Jeannine  
Raffle Prizes



# 2016 Caregiver Conference Morning Workshops

## Workshop A

**LAUGHTER IS THE BEST MEDICINE...PLUS, NO COPAYS! (HOW HUMOR HELPS US GET A HANDLE ON OVERLOAD & OVERWHELM)**

**Rob Peck**

*Studies show that humor fuels more flexible thinking and more innovative problem solving both of which strengthen our effectiveness in managing stress, coping with constant change, and maintaining a good life balance with our caregiving responsibilities. This workshop will have lively, cooperative learning activities and provide a safe, supportive environment for deepening resiliency and resourcefulness. It will lead to a lot of shared laughter!*

## Workshop B

**COMPASSIONATE FATIGUE: HOW TO IDENTIFY IT, HOW TO HONOR IT AND HOW TO RESOLVE IT**

**Lynn Kelly Devlin, Hospice and Palliative Care Nurse Practitioner**

*"The best way to find yourself is to lose yourself in the service of others" Mahatma Gandhi. Compassionate Fatigue can occur when caregivers are doing more than they are able to do, or more than they want to be doing for someone else. This can cause serious physical, emotional and spiritual distress. This interactive talk will discuss causes, symptoms and ways to prevent or recover from compassion fatigue*

## Workshop C

**TAKE CARE TO GIVE CARE**

**Polly Bernard & Beverly Bolduc, RN**

*Caregiving can be a rewarding experience, but it is also physically and emotionally demanding. This workshop will give veteran caregivers a safe place to explore the many challenges they face.*

## Workshop D

**CAREGIVING CONVERSATIONS, CONNECTIONS, NETWORKING**

**Facilitated by Dr. Donna McCarten White**

*We listened to you! This workshop/support group will provide an interactive opportunity for caregivers to have an open facilitated forum with Dr. Donna McCarten White that will address: lone- soldier syndrome, overwhelming caregiver tasks, anticipatory fear and physical stress symptoms. The session will end with basic tenets of wellness techniques and collegial contacts for support.*

# 2016 Caregiver Conference Afternoon Workshops

## Workshop E

**“IS YOUR BUS READY TO ROLL”?**

**Pattie Hayes, Senior Care Specialist**

**Founder Care Company Family Solutions, LLC**

*Ever wonder if you have all the information you need to make an informed decision about aging options? Navigating the world of senior care can quickly become a full-time job. Come, learn and leave with a better understanding of how to take an active role in your future.*

## Workshop F

**THRIVE AS I GRIEVE? YES, IT IS POSSIBLE AND NECESSARY IN YOUR CAREGIVING ROLE**

**Michael Bloom, Founder**

**Caregiving Without Regret.com**

*During this nurturing and resource filled presentation, caregivers will discover ways to:*

- *Cope with understandable periods of grief so you can navigate the rockiest of health periods for your loved one.*
- *Take inspired action to live your passion by pursuing personal and/or professional interests beyond caregiving.*

## Workshop G

**CAREGIVER MINDFULNESS/SILENCE**

**Jeanine Leclerc, Educator**

*The use of silence (2 to 10 minutes or more) is growing because of the number of the research and articles documenting the benefits of periods of meditation. There are many benefits that people report from brief periods of silence and even more from the practice of mindfulness. The benefits include increased ability to focus and pay attention, and decreased level of stress and anxiety. This interaction session will introduce caregivers to two minutes of silence/meditation through the use of 5 sensory activities.*

## Workshop H

**CAREGIVING? ABSOLUTELY!**

**Theresa Tanous**

*Caregivers will share solutions, struggles and gaps. The session begins with a brief presentation, followed by an interactive but structured discussion designed to identify and address common caregiving challenges and share best practices. The presentation will cover Stages of Caregiving; Illness Trajectories; Dyad Resources; Caregiver Negotiating the Resources, Caregiver Burden.*

## About the 2016 Caregiver's Conference Presenters

**Polly Bernard** is a licensed independent clinical social worker who has worked as a social worker for the past 20 years. She has worked in various settings including hospitals, school system and currently at the Veterans Administration, where she enjoys her role as Caregiver Support Coordinator.

**Michael Bloom**, Certified Professional Coach and Caregiving Without Regret™ Expert A. Michael Bloom, MA, MS, CPC, has energized hundreds of caregivers with soul-saving coping strategies that support them in saving lives, including their own. With a wealth of practical expertise as both a family and professional caregiver, Michael serves as a welcome and sought-after catalyst to guide caregivers to stay energized and committed to work that has never been more important than it is today.

**Beverly Bolduc** has worked as a registered nurse for 38 years, primarily in psychiatry. Over the years she has done a variety of things from case management to working in both inpatient and outpatient settings for mental health. She has been in the US Army nurse corps for 30 years, now inactive. She was a direct commission in psychiatry. As an Army nurse she had the benefit of working with both individuals with mental illness and veterans with substance abuse issues. In her present role as caregiver support coordinator she provides support to those that provide care and support to veterans who have physical and/or psychological problems. She grew up in Killington, Vermont and attended high school in Rutland. She lives in Concord, NH with her youngest daughter and dog Opie. She attended nursing school in Maine and New Hampshire.

**Lynn Kelly Devlin** is a Hospice and Palliative Care Nurse Practitioner who lives and works in New Hampshire. The author of *Cancer Widow*, *The Caregivers Journal*, *Last Hours and Days of Life* and *The Seven Stages of Alzheimer's*, she is a frequent speaker for book clubs, students and healthcare providers about end of life care planning. But the accomplishment of which she is most proud of is her two amazing daughters and four grandchildren!

**Patti Hayes** is an organizer, educator and referral powerhouse. She draws on more than a decade of experience as a champion for seniors and senior care. She launched Care Compass Family Solutions to ensure families are empowered with knowledge and options to make the best decisions for their aging loved ones.

## About the 2016 Caregiver's Conference Presenters

**Jeannine Leclerc** is a member of the NH Brain Injury Board executive board, co-chair and founder of the Monadnock Regional Brain Injury Steering Committee. She has worked in the Monadnock regional school district as an elementary teacher, high school Remediation Coordinator, and is currently a school Integration Specialist.

Jeannine is a fitness Instructor at the Keene Family YMCA. She is a certified YogaKids and AAAI yoga, group fitness, and spin instructor. In 1999, Jeannine's eleven year old son suffered a moderate head injury from an 18 passenger van hitting them. Later that same year, her fifteen year old son was riding a three wheeler at his friend's house without a helmet, the brakes failed and he suffered a traumatic head injury. Since these accidents, Jeannine has tried to encourage, promote awareness, support, and educate others about brain injuries and the effects on survivors and their families. Yoga and mindfulness is a vehicle Jeannine uses to help cope with stress, share her experiences with others, and balance her mind, body, and spirit."

**Dr. Donna McCarten White** is the statewide Chairperson of the Massachusetts Nurses Association Addictions Council, is certified by the Green Cross Foundation as an educator and therapist in Compassion Fatigue concerns and is a specialist in Addictive Disorders, Compassion Fatigue and Vicarious Traumatization in Healthcare Professionals. In addition, She is a member of the International Trauma Specialists Dr. White is a Clinical Instructor for Boston Area Colleges of Nursing graduate NP programs as well as baccalaureate level for Community Health Clinical work and is a Visiting Scholar for local Colleges of Nursing.

**Rob Peck's** highly original approach to keynote speaking results from a rather unique educational background. After graduating the University Of Pennsylvania (Phi Beta Kappa) and doing post-graduate studies at Harvard and The Sorbonne University in Paris, France, Rob enrolled in the Antic Arts Academy (founded by 4 former Ringling Brothers Clown College "professors" including MacArthur Genius Grant recipient Michael Moschen) After a 20 year career as a touring performing artist- including a long running one man show, commissioned by and performed at the Smithsonian Institute, as well as feature slots on cable and network television programs such as Donahue, Evening Magazine, and Amazing America, Rob turned in his clown nose and took up public speaking with a passion.

**Theresa Tanous** served in the U.S. government for 33 years with the Department of Veterans Affairs. For more than twenty years Theresa worked at the national level in health care information technology. A graduate from the School of Business at Boston College, Theresa received her Master of Health Administration from the University of New Hampshire. Her schooling and work experience, as well as avid reading and continuous learning, have helped to prepare her for her second career, that of Primary Family Caregiver for a loved one.

# **2016 Caregiver's Conference Sponsors**

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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***

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

***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 discounted accommodation rate is being offered for Coalition of Caring Caregivers Conference attendees at the Courtyard Marriott. Please contact them at (800) 321-2211 and specify that you are attending the conference.

If you have any questions about this conference,  
contact Ellen Edgerly at (603) 332-9891  
or e-mail address at [Ellenedge@metrocast.net](mailto:Ellenedge@metrocast.net).

NH Department of Health and Human Services, Bureau of Elderly and Adult Services, US Administration on Aging Title III-E Family Caregiver Support Program Funding



**CAREGIVERS CONFERENCE REGISTRATION**  
**Wednesday, November 2, 2016, Concord, New Hampshire**  
**Registration Deadline October 25, 2016!! Limited Seating**

**Name:** \_\_\_\_\_  
(please print clearly)

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

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

**Phone:** \_\_\_\_\_ **e-mail:** \_\_\_\_\_

I am a:  Family Caregiver  Professional Caregiver  Other \_\_\_\_\_

**Please indicate your workshop preferences:**

**AM Workshop Session** (choice of one)  A  B  C  D

**Second Choice Session** (choice of one)  A  B  C  D

**PM Workshop Session** (choice of one)  E  F  G  H

**Second Choice Session** (choice of one)  E  F  G  H

**Early Bird Registration postmarked on or before October 7, 2016**

**Family Caregivers \$35.00 Professional Caregivers \$65.00**

**Registration through October 25, 2016**

**Family Caregivers \$45.00 Professional Caregivers \$75.00**

*Remember to register early to get the "early bird" discount and to increase your chances of getting into your first choice for workshops. 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 served" approach based on the order in which we receive your registration.*

**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 an adult child
- Caregivers caring for grandchildren
- Caregivers caring for individuals with dementia or cognitive issues
- Caregivers caring for individuals with mental illness
- Caregivers caring for veterans

