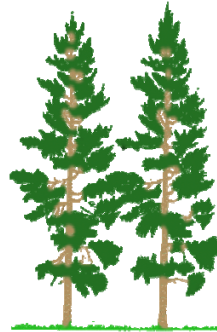


Caregiver Support Network
400 Chapple Ave.
Ashland, WI 54806

THINK and take small steps **BIG**



A Day for Northwood's Caregivers



8th Annual Caregivers Conference For Family & Professional Caregivers

Friday, October 16, 2009
8:30am - 3:45pm
AmericInn
Ashland, WI

Hosted by
**the Caregiver Support Network of
Ashland & Bayfield Counties**

Registration Deadline:
Friday, October 2, 2009

Nonprofit Org.
U.S. Postage Paid
Permit NO. 250
Ashland, WI
54806

About the Conference

Think Big and Take Small Steps.

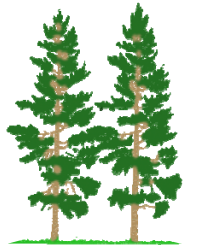


Who Should Attend

Anyone who has a role in caring for an older person or anyone with a genuine desire in aging or caregiving issues:

Family caregivers caring for an older adult with illness or disability
Adult children concerned about aging parents
Paid caregivers-Direct Service Staff
Adult Family Home Providers, Assisted Living Staff, Adult Day Care Staff, Nursing Home Staff
Health or social service professionals

Date: Friday, October 16, 2009
Time: 8:30 a.m. to 3:45 p.m.
Location: AmericInn, Ashland, WI
East Highway 2/Lakeshore Drive
Cost: \$17 per person, includes:
Refreshments, Snacks, Lunch,
Conference sessions and materials



Registration deadline: Friday, October 2, 2009

You must pre-register. No registration will be available at the conference.

**This conference is made possible through
support from the following sponsors:**

Aging Unit of Iron County, Inc.
Alzheimer's Association-Greater Wisconsin
Chapter
American Cancer Society
Ashland County Aging Unit
Ashland County Health & Human Services
Bayfield County Department of Human Services
Chequamegon Communications

Lifespan Respite Care Northern Network
North Country Independent Living
NorthernBridges
Red Cliff Elderly Program
Regional Hospice Services, Inc.
Retired and Senior Volunteer Program
Sawyer County Senior Resource Center
University of Wisconsin Extension-Bayfield County

AGENDA

MORNING

8:30-9 Registration and view exhibits

9-9:15 Welcome, *Carrie Linder*

9:15-10:45 Opening Keynote
"How Thinking Big Saved Two Lives"

Terry Lynch

10:45-11:00 Brain Food Break

11-12:30 BREAKOUT SESSIONS (choose 1)

Track A "The Impact of 'Elderspeak' on Personhood"

Kim Marheine

Track B Introduction to Assistive Technology

John Nedden-Durst

12:30-1:15 Buffet Style Luncheon

AFTERNOON

1:15-2:15 BREAKOUT SESSIONS (choose 1)

Track C Aging and Disability Resource Centers

Carrie Linder, ADRC of the North

Track D "Saving the Future: It's Us but They Don't Get it Yet!"

Terry Lynch

2:15-2:30 Break/Refreshments

2:30-3:30 "Laughter for Life"

Pam VanKampen

3:30-3:45 Wrap Up - Evaluations and DOOR PRIZE DRAWINGS!

SPEAKERS & PRESENTATIONS



Terry Lynch, Keynote Presenter, specializes in helping older people remain self-reliant and involved in community life. He has been advancing the independent living cause since 1977, first in Washington, D.C. and then as an independent living consultant in Wisconsin. Lynch is a member of the AARP-Wisconsin Executive Council and was appointed to the State Board on Aging and Long-Term Care by Wisconsin Governor Jim Doyle in 2006.

How Thinking Big Saved Two Lives: A Story of a Mother and Her Son Lynch and his mother, Leila, learned that eldercare is about much more than "being taken care of." Eldercare can be a powerful force that transforms, and often saves, the lives of frail older people. It can preserve the mental and physical health of family members. It invites everyone involved to "Think Big" and then take small steps. Help can come from many sources, but none more important than the kind of assistance many elders will not accept: Caregivers in their homes. Lynch shares "Eight Rules" to keep life good.

Saving the Future: It's Us but They Don't Get it Yet!

A discussion of the inevitably disastrous consequences of ignoring the contributions to society made by family caregivers, direct care workers and providers, and the urgency of participating in state and national caregiver advocacy campaigns.

Pam VanKampen, is a Registered Nurse, Dietician and Certified Wellness Speaker as well as a Mater Trainer for the Living Well with Chronic Conditions class and a trainer for the Strong Women program. Pam is presently employed with the Greater WI Agency on Aging Resources. She has worked for Area Agencies on Aging in WI for the past 13 years. Her passion is to keep people well through prevention and wellness activities. She loves to educate, motivate, excite and challenge people to live life to the fullest!

Laughter for Life! Laughter and humor are among the best and most holistic medications we can use to stave off illness, reduce stress and increase positive immune-system response to the hazards of living in a stress-filled world.

Kim Marheine holds a bachelors degree in music therapy and a masters degree in Community/Agency Counseling, both from UW-Oshkosh. Kim has worked extensively in the area of long term care and dementia and is currently an Ombudsman Services Supervisor for the State of WI Board on Aging and Long Term Care.

The Impact of "Elderspeak" on Personhood This interactive presentation will demonstrate the value of our words, tone and nonverbal communications as we care for older adults and persons with dementia. The session will encourage caregivers to "change the way I think to change the way I speak, to change the way I act" when caring.

John Nedden-Durst has a background involves working with people with disabilities in a variety of settings for the last 20 years. He has spent the last 13 years working at North Country Independent Living on issues varying from accommodations, awareness training and advocacy, to assistive technology and accessibility.

Introduction to Assistive Technology Come and learn about tips and strategies, devices and equipment that can assist an individual to stay as independent as possible while at home. We will also explore some assistive technology you may be able to use to help with everyday tasks.

Carrie Linder has worked within the Aging Programs for the past 11 years. She now, in addition to coordinating the Aging Programs for Bayfield County, also oversees the Bayfield County Branch Office of the Aging and Disability Resource Center of the North.

Aging and Disability Resource Centers—Providing Information and Helping You understand Long Term Care Options ADRCs are service centers that provide a place for the public to get accurate, unbiased information on all aspects of life related to aging or living with a disability. Carrie will discuss services offered through the Aging and Disability Resource Center of the North and how to access them.



REGISTRATION FORM

8th Annual Caregiver Conference
Friday, October 16, 2009 at AmericInn
8:30am - 3:45pm

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Please indicate I am:

A family caregiver A professional caregiver

A volunteer caregiver Other _____

Please indicate the morning breakout session you wish to attend:

Track A: The Impact of 'Elderspeak' on Personhood

Track B: Introduction to Assistive Technology

Please indicate the afternoon breakout session you wish to attend:

Track C: Aging and Disability Resource Centers

Track D: Saving the Future

Seniors & Family Caregivers, check if needed:

Assistance requested with travel

Assistance requested for respite

Assistance requested for conference fee

Fee: \$17.00/person

Late registration: If after October 2, additional \$10.00/person = \$25.00

Total Registration Fee Payment Enclosed: \$ _____

Please make check or money order payable to:

New Horizons North

Mail your registration form & fee by October 2 to:
UWEX Bayfield County - Attn: Karen
Courthouse, PO Box 218
Washburn, WI 54891

Phone: Karen Bade (715) 373-6104, ext. 245

Fee is refundable if request is made by October 2, 2008. Refunds are not available for cancellations after October 2, but you can send another person in your place if you cannot attend.