

**CEU'S AVAILABLE**

# 18th Annual Caregiver Conference Journey of a Caregiver

Don't miss this exciting and educational conference for caregivers! Join us for an engaging and informative conference featuring keynote presenter Karla Hult, founder of So Many Goodbyes and an award-winning journalist, reporter and anchor for KARE 11. This event is hosted by the Five County Regional Caregiver Coalition.

The conference is available **In-Person** at Northwood Tech Conference Center in New Richmond and **Online Live**.

Visit the webpage at:  
[bit.ly/caregiver\\_sept2024](https://bit.ly/caregiver_sept2024)



Scan the QR code to visit the event page.



**Friday, September 27, 2024  
8:30 a.m. - 3 p.m.**

- In-Person at Northwood Tech  
New Richmond Conference Center
- OR-
- Online Live via Zoom | 8:30 a.m. - 11:30 a.m.  
Watch privately from your home or office.
- OR-
- Local watch parties. For information on locations and to RSVP, contact your local ADRC office, including:
  - Sawyer County: 866.663.3607
  - Barron County: 715.537.6225

## Conference Agenda

Online live sessions indicated with asterisk (\*)

- 7:45 - 8:30 a.m. .... Registration/Resource Fair/Breakfast
- 8:30 - 8:40 a.m. .... \*Welcome & Opening Remarks
- 8:40 - 10:15 a.m. .... \***Keynote Presentation: From the Long Goodbye to So Many Goodbyes**
- 10:15 - 10:30 a.m. .... Break
- 10:30 - 11:30 a.m. .... **Breakout Sessions**
  - \*Hospice & Palliative Care
  - Sharing the Burden
- 11:30 a.m. - 12:15 p.m. .... Lunch/Resource Fair
- 12:15 - 1:45 p.m. .... **Skills Activities:**
  - Skills Fair
  - Conducting Difficult Conversations with Loved Ones
- 1:45 - 2 p.m. .... Break
- 2 - 2:50 p.m. .... **Closing Presentation: The Generations Unmasked**
- 2:50 - 3 p.m. .... Wrap-up, Evaluations, Door Prizes

**8:40 a.m. - 10:15 a.m.**

**\*Keynote Presentation:  
From the Long Goodbye  
to So Many Goodbyes**

**Karla Hult, Founder of  
So Many Goodbyes,  
(somanygoodbyes.com)  
award-winning journalist,  
reporter and anchor for  
KARE 11, the NBC affiliate in  
Minneapolis. See Karla's full  
bio on event webpage.**

If you're living with or caring for someone with Alzheimer's disease or other dementia, you may feel isolated and overwhelmed. But truly, you're not alone. In this presentation, we'll review the scope of this crisis, from the personal, national and global perspectives. We'll share more about the costs -- emotionally, physically and, yes, financially -- to families, communities and our health care system. But we won't end there... Because we'll also shine a light on this dark disease. We'll talk about how to still find hope and joy in this journey, by learning more about the caregiving strategies, skills and resources available to each of us. Yes, we may often feel isolated and overwhelmed when living with or caring for someone with Alzheimer's or other dementia... but truly, none of us is alone.

**10:30 a.m. - 11:30 a.m. | Breakout Sessions**

**Hospice and Palliative Care | *Dr. V. Simon Mittal, MD, MMM***

The terms "palliative care" and "hospice care" are often used interchangeably due to their shared focus on providing comfort and support to individuals facing serious illnesses. However, these two types of care are distinct in their timing, goals, and eligibility criteria. Palliative care and hospice care are two very different approaches when it comes to providing support and comfort to individuals with serious illnesses. Understanding the differences between palliative care and hospice care is essential to making informed decisions about the appropriate care for yourself or a loved one.

**Sharing the Burden | *Jennifer O'Neill, certified elder law attorney and owner, O'Neill Elder Law, LLC, Hudson, WI***

Caregiving is hard! How can you create opportunities to share the burden of financial management? Consider powers of attorney, but also trusts! Trusts are helpful during life and upon death. Learning about powers of attorney for property and finance; learn about the use of trusts during life; will a trust help protect assets from yourself?

**12:15 p.m. - 1:45 p.m. | Skills Activities**

**Skills Fair | *Adoray and Western Wisconsin Health Therapists***

This engaging skills fair will help you learn practical skills with hands-on demonstrations by a physical therapist (PT), occupational therapist (OT), and speech therapist (ST) so that you can learn new approaches for providing daily care. There will be time for questions and group sharing.

**Conducting Difficult Conversations with Loved Ones | *Brad Gingras, professional trainer, facilitator, generational strategist and consultant; Executive Director of Northwest Wisconsin Area Health Education Center (NWAHEC) and Kimberly McDonald, MSW, LCSW, CPG, Gerontology - Aging Services Professional Program Instructor, Northwood Technical College***

Stressful, confusing, anxiety-ridden, frustrating...these are all emotions that can occur from having to have a difficult or crucial conversation with a loved one, especially when it can produce change to their lifestyle. Your approach to the conversation can be just as impactful as the results you hope to achieve. This session will outline the various approaches, scenarios and strategies for conducting a difficult or sensitive conversation appropriately.

**2 p.m. - 2:50 p.m. | Closing Presentation**

**The Generations Unmasked | *Brad Gingras, professional trainer, facilitator, generational strategist and consultant; Executive Director of Northwest Wisconsin Area Health Education Center (NWAHEC)***

Generational conflict and misunderstanding has been present for decades, however the divide between each generation seems to get further apart. The Generations Unmasked identifies key influences, traits and characteristics of the predominant generations in the workforce, but more importantly strategies to help understand what makes each age cohort succeed and engage. No matter which generation you fit into, this session will be relevant, entertaining and help you better understand your coworkers and individuals throughout your life.



# REGISTRATION FORM

for Continuing Education (non-credit) Courses

|           |            |      |                                  |   |
|-----------|------------|------|----------------------------------|---|
| Last Name | First Name | M.I. | Former Last Name (if applicable) | Date of Birth<br><input type="checkbox"/> |
|-----------|------------|------|----------------------------------|---|

Employer

Northwood Tech Student ID No. \_\_\_\_\_ Social Security No. \_\_\_\_\_  I've taken classes at Northwood Tech in the past.  
\*Why do we ask for SSN? NorthwoodTech.edu/SSN

Email address (required for college alerts and important communication) \_\_\_\_\_ Home phone \_\_\_\_\_ Cell phone \_\_\_\_\_

Home address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Resident of (check one):  Township  Village  City  County School District where you live \_\_\_\_\_ Last High school attended \_\_\_\_\_ Highest grade COMPLETED (K-12): \_\_\_\_\_

Gender:  Male  Female Ethnicity: Hispanic/Latino origin?  Yes  No  
 Race (check all that apply):  American Indian/ Alaska Native  Asian  Black/African American  Native Hawaiian/Other Pacific Islander  White

Highest Credential Earned:

- |   |   |  |  |
|---|---|--|--|
| <input type="checkbox"/> 01 = No Credential       | <input type="checkbox"/> 05 = Some college credit               | <input type="checkbox"/> 08 = 2yr Diploma      | <input type="checkbox"/> 11 = Baccalaureate            |
| <input type="checkbox"/> 02 = GED                 | <input type="checkbox"/> 06 = Short-term diploma or certificate | <input type="checkbox"/> 09 = Associate Degree | <input type="checkbox"/> 12 = More than Baccalaureate  |
| <input type="checkbox"/> 03 = HSED                | <input type="checkbox"/> 07 = 1yr Diploma                       | <input type="checkbox"/> 10 = Associate Degree | <input type="checkbox"/> 99 = Student Declined/Unknown |
| <input type="checkbox"/> 04 = High School Diploma |   | Plus Additional Credential                     |  |

\*It is your responsibility to contact Northwood Tech to officially drop a class. If you decide to drop, you should do so immediately as a single day can affect your refund amount. A full refund will be given if you notify Northwood Tech prior to the first scheduled class meeting.

|   |
|---|
| <b>OFFICE USE ONLY</b>                          |
| Term: _____                                     |
| <input type="checkbox"/> 38.14 Contract # _____ |
| <input type="checkbox"/> Employer # _____       |
| Course Fees \$ _____                            |
| Senior Fee \$ _____                             |
| Other _____                                     |
| Received By/Ext. _____                          |
| Date/Time _____                                 |

| CLASS NO.   | CATALOG NO. | CLASS TITLE                   | LOCATION                 | START DATE | CLASS FEE |
|---|-------------|-------------------------------|--------------------------|------------|-----------|
|   | 47-520-405  | Regional Caregiver Conference | In-Person or Online Live | Sept 27    |           |
|   |             |                               |                          |            |           |
|   |             |                               |                          |            |           |
| Once registered for a course(s), you have created a liability with Northwood Tech and a promise to pay. |             |                               |                          |            | TOTAL     |

Check the appropriate box below before proceeding to payment method:

**Professional Development/CEU Options:**

- In-Person: \$65 | \$ 32.43 (62+)  
 Online Live: \$35 | \$27.43 (62+)

**Family Caregiver Options:**

- In-Person: \$35 | \$27.43 (62+)  
 Online Live: \$19.95 | \$5 (62+)

\*If registering a group or if business is paying and wants to be invoiced, contact [melissa.buxton@NorthwoodTech.edu](mailto:melissa.buxton@NorthwoodTech.edu) for information.

|   |                    |                                     |
|---|--------------------|-------------------------------------|
| PAYMENT METHOD: <input type="checkbox"/> Check or money order payable to Northwood Tech <input type="checkbox"/> Cash <input type="checkbox"/> Mastercard <input type="checkbox"/> Visa <input type="checkbox"/> Discover |                    | Exp. Date _____ Security Code _____ |
| <input type="checkbox"/> Agency Bill/Sponsored Registration - complete information below; attach required authorization   |                    | Month/Year _____                    |
| Credit Card No. _____   | Name on Card _____ | Cardholder Signature _____          |

\* For registration questions, please visit [bit.ly/caregiver\\_sept2024](http://bit.ly/caregiver_sept2024) or contact Melissa Buxton at [Melissa.Buxton@NorthwoodTech.edu](mailto:Melissa.Buxton@NorthwoodTech.edu)

Northwood Tech  
1019 S. Knowles Ave  
New Richmond, WI 54017

**Journey of a Caregiver**  
**Friday, Sept. 27, 2024**

Attend Virtually or In-Person!

**CAREGIVER CONFERENCE**



For full agenda and details, please visit [bit.ly/caregiver\\_sept2024](https://bit.ly/caregiver_sept2024) or scan the QR code to visit the event webpage.

Thank you to our conference sponsors!  
See the full list on the event webpage.



**REGISTER**

**ONLINE**

[bit.ly/caregiver\\_sept2024](https://bit.ly/caregiver_sept2024)

**MAIL**

Send registration & payment to New Richmond Campus

1019 S Knowles Ave. New Richmond, WI 54017 | 715.246.6561