



Northwood
Technical College

Join the Douglas County Caregiver Coalition as we host the spring Caregiver Conference! This in-person event will include four educational sessions on topics important for caregivers and families, plus snacks, an on-site resource fair, conference materials and resources.

Also offered Online Live via Zoom.
(Online live link will be emailed to students 1-2 days prior to the event.)

Conference Registration Fees:

➤ Family Caregiver:
RSVP for FREE by calling or emailing the Douglas County ADRC Office.
715.395.1322
leah.crist@douglascountywi.gov

➤ Professional Caregiver (CEUs):
Register online at:
bit.ly/superiorcaregiver2025
Fee: \$35 | \$20.05 (62+)

Hosted by the Douglas County Caregiver Coalition.



Spring Caregiver Conference

Supporting the Supporters: Tools and Resources for Caregivers



Tuesday, May 13, 2025

12 p.m. - 5 p.m.

Northwood Technical College – Conference Center
600 N. 21st Street, Superior, WI

Conference Agenda

- 12 - 1 p.m. Resource Fair/Registration Check-In
- 1 - 1:05 p.m. Welcome
- 1:05 - 2 p.m. **Keynote Presentation: The Science and Practice of Well-Being for Caregivers**
by Randy Barker
- 2 - 2:10 p.m. Break
- 2:10 - 3 p.m. **Hospice 101**
by Sara Olson
- 3 - 3:10 p.m. Break
- 3:10 - 4 p.m. **The Role of the Ombudsman**
by Jessica Toscano
- 4 - 4:10 p.m. Break
- 4:10 - 5 p.m. **Preparedness Tips for Caregivers**
by Caleb Sorvik

Spring Caregiver Conference

Session Descriptions



Keynote Presentation: The Science and Practice of Well-Being for Caregivers

Randy Barker, Director
of Student Health,
Counseling, and
Well-Being at
UW-Superior

This workshop, given by the Pruitt Center for Mindfulness and Well-Being, is a presentation on the PERMANENT Model of Well-Being (Present Moment Awareness, Emotional Intelligence, Relationships, Meaning, Achievement, Needed Sleep, Exercise, Nutrition, & Thinking), a proactive/preventative approach to living well in mind, body, and spirit. In addition to learning well-being concepts and strategies to help caregivers flourish both personally and professionally when faced with stressful situations, they will also experience and reflect on lessons from the most up-to-date scientific research, including the fields of positive psychology, emotional intelligence, neuroscience, and lifestyle well-being.

Randy Barker M.S.Ed., LPC is the Director of the Student Health and Counseling Services and the Pruitt Center for Mindfulness and Well-Being at the University of Wisconsin-Superior. The Pruitt Center's mission is to promote and enhance the science of mindfulness and well-being to students, faculty, staff, and the greater community. Randy has worked in higher education for the past 20 years, as a college counselor, taught undergraduate and graduate courses, and has provided a vast array of training and workshops surrounding the diverse areas of mindfulness and well-being.

Hospice 101

Sara Olson, LSW, Hospice Care Consultant,
Moments Hospice-Duluth

This presentation will broaden participants' awareness of hospice care, with the goal that everyone understands basic services provided, qualifications for hospice, and the Medicare hospice benefit. We will also work to dispel common myths of hospice and have a robust question and answer segment.

The Role of the Ombudsman

Jessica Toscano, Regional Ombudsman, State of
Wisconsin Board on Aging & Long Term Care

The Long-Term Care Ombudsman Program provides advocacy services to individuals who are age 60 and older who are consumers of Wisconsin long term care programs. The Ombudsman Program has, by law, the authority to have contact with any resident or tenant of a Wisconsin nursing home, Community Based Residential Facility (CBRF), Residential Care Apartment Complex (RCAC), Adult Family Home (AFH), or person served by the Options Program or the Family Care/Partnership/PACE program. In this session, learn what is an Ombudsman, examples of casework and when and why to call an Ombudsman.

Preparedness Tips for Caregivers

Caleb Sorvik, Lead Fire Inspector, Superior Fire
Department

This session covers essential topics for safety and preparedness. The presenter will discuss services available through your local fire department, provide practical risk management tips to stay safe in your home, and offer valuable preparedness advice specifically for caregivers.

Northwood Tech
600 N. 21st St.
Superior, WI 54880

Tuesday, May 13, 2025

Attend Virtually or In-Person!

CAREGIVER CONFERENCE



Supporting the Supporters: Tools and Resources for Caregivers

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Thank you to our conference sponsors. For a full list, please visit the event page.



REGISTER



Visit the event page:

bit.ly/superiorcaregiver2025