

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.



REGISTRATION FORM

for Continuing Education (non-credit) Courses

LOCATION	

ast Name		First Name	M.I.	Former l	ast Name (if applicable)	Dat	e of Birth
mployer						— А	ge 62+?
lorthwood Te	ech Student ID No.	Social Security No. *Why do we ask for S		ech.edu/SSN	I've taken classes at Nort	hwood Tech in the p	east.
nail address (required for college ale	erts and important comi	munication)	Home phone	<u> </u>	Cell phone	
ome address	one): □Township □Villag	e □City □County	School District	City where you live	State Last High school attended	Highest gr COMPLETE	
nder: □Male ce (check all tha ghest Credentia 01 = No Creder 02 = GED 03 = HSED 04 = High Scho	at apply): ☐ American India al Earned: 15 = Sor 16 = Sho 17 = 1yr	r: Hispanic/Latino origin? n/ Alaska Native	08 = 2yr Diplc 09 = Associate 10 = Associate	oma e Degree	ian/Other Pacific Islander	OFFICE USE ONLY Term: 38.14 Contract Employer # Course Fees \$ Senior Fee \$	#
	sibility to contact Northwoo ur refund amount. A full refu			to drop, you shou	ald do so immediately as a single scheduled class meeting.	Other Received By/Ext Date/Time	
y can affect you		und will be given if you not		to drop, you shou		Other Received By/Ext	
y can affect you	ur refund amount. A full refu	and will be given if you not	ify Northwood Tec	to drop, you shou	scheduled class meeting.	Other Received By/Ext Date/Time	
CLASS NO.	ur refund amount. A full refu	und will be given if you not C Spring Care	ify Northwood Tec	to drop, you shouth prior to the first	scheduled class meeting.	OtherReceived By/Ext Date/Time START DATE	CLASS FEE
y can affect you	ur refund amount. A full refu	c Spring Care Spring Care	ify Northwood Tec	to drop, you shouth prior to the first see (Family)	LOCATION In-Person	OtherReceived By/ExtDate/TimeSTART DATE May 13	CLASS FEE
CLASS NO. MC 185 MC 186	cATALOG NO. 47-520-405	Spring Care Spring Care Spring Care	LASS TITLE giver Conference giver Conference	to drop, you shouth prior to the first the (Family) the (CEU)	LOCATION In-Person In-Person Online Live	OtherReceived By/ExtDate/Time	CLASS FEE
CLASS NO. MC 185 MC 186 Once registe	CATALOG NO. 47-520-405 47-520-405 ered for a course(s), your ppropriate box below.	Spring Care Spring Care Spring Care Spring Care Spring Care Under the spring Care	LASS TITLE giver Conference	to drop, you shouth prior to the first the (Family) the (CEU) the (CEU) wood Tech and the method we)	LOCATION In-Person In-Person Online Live d a promise to pay.	OtherReceived By/ExtDate/Time	CLASS FEE
CLASS NO. MC 185 MC 186 Once registe Check the a Family C. Free	CATALOG NO. 47-520-405 47-520-405 ered for a course(s), your perpendite box beloaregiver g a group or if busines HOD: Check or money	Spring Care	LASS TITLE giver Conference conference giver Conference conference giver	to drop, you shouth prior to the first the (Family) the (CEU) the (CEU) wood Tech and nent method ve) n or Online Live)	LOCATION In-Person In-Person Online Live d a promise to pay. :	OtherReceived By/Ext	CLASS FEE Free

 $^{^*} For \ registration \ questions, \ please \ visit \ bit.ly/superior caregiver 2025 \ or \ contact \ Melissa \ Buxton \ at \ Melissa. Buxton \ @Northwood Tech.edu$



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

Tuesday, May 13, 2025

Attend Virtually or In-Person!



Supporting the Supporters: Tools and Resources for Caregivers

Tuesday, May 13, 2025 | 12 p.m. - 5 p.m.

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







Visit the event page:

bit.ly/superiorcaregiver2025