

CEU'S AVAILABLE

17th Annual Caregiver Conference When Caregiving Calls

Don't miss this exciting and educational conference for caregivers! Join us for an engaging and informative conference featuring keynote presenter Aaron Blight, author, international speaker, and consultant on caregiving, aging and healthcare. This event is hosted by the New Richmond Caregiver Coalition.

The conference is available **In-Person** at Northwood Tech Conference Center in New Richmond and **Online Live**. Also available via **Livestream** at other locations throughout Northwest Wisconsin (see locations at right). Agenda may vary by location, see event webpage for each specific agenda.

Visit the webpage at:
bit.ly/caregiver_sept2023



Scan the QR code to visit the event page.



Friday, September 22, 2023
8:30 a.m. - 3 p.m.

- > In-Person at Northwood Tech
New Richmond Conference Center
- Livestream Locations:**
- > Northwood Tech-Rice Lake Conference Center
- > Northwood Tech-Superior Conference Center
- > Sawyer County:
 - > Hayward Senior Resource Center
 - > Winter Waldo Community Center
 - > LCO
- OR-
- > Online Live via Zoom
Home, work or other quiet location

Conference Agenda

- 7:45 - 8:30 a.m. In-Person and Livestream Registration/
Resource Fair
- 8:30 - 8:35 a.m. Welcome & opening Remarks
- 8:35 - 10 a.m. **Keynote Presentation: When
Caregiving Calls**
- 10 - 10:10 a.m. Break
- 10:10 - 11 a.m. **Breakout Session I**
- 11 - 11:10 a.m. Break
- 11:10 a.m. - 12 p.m. **Breakout Session II**
- 12 - 1 p.m. Lunch/Resource Fair
- 1 - 1:50 p.m. **Breakout Session III**
- 1:50 - 2 p.m. Break
- 2 - 2:45 p.m. **Closing Presentation: Boundaries and
Caregiving**
- 2:45 - 3 p.m. Wrap-up, Evaluations

Keynote Speaker

Aaron Blight | Author, Speaker, Consultant

Aaron Blight, Ed.D., is an international speaker and consultant on caregiving, aging, and healthcare. His book, *When Caregiving Calls: Guidance as You Care for a Parent, Spouse, or Aging Relative*, received a 2020 Best Indie Book Award, a 2021 IPPY Award, and a 2022 Mom's Choice Award. The Founder of Caregiving Kinetics, Dr. Blight has served as a family caregiver, home care company owner, caregiving scholar, and policy leader at the Centers for Medicare & Medicaid Services. His doctoral degree is from George Washington University, and he is an Adjunct Professor of Public Health at Shenandoah University.



Dr. Blight is an honorary board member of the Well Spouse Association, an advisory board member of the Duet Meaning & Hope Institute, and an advisory board member of Seniors First. He lives in the Shenandoah Valley of Virginia with his wife, Jessica. Together they have four children and six grandchildren.

8:35 a.m. - 10 a.m.

***Keynote Presentation: When Caregiving Calls**

Join keynote speaker Aaron Blight as he discusses building caregiver resilience and framework for care.

Caregivers are usually so busy with the tasks of caregiving that they rarely reflect upon the significance of their activities, including how caring changes their identity: their view of self, their relationships with others, and their place in society. This thoughtful and inspiring presentation draws upon research to explain caregiving as a phenomenon of social science. Knowledge gained from the discussion will offer caregivers a framework for processing their experiences and developing the resilience needed to continue supporting the people who depend on them.

10:10 a.m. - 11 a.m.

***Caregiver Stress: What It Is, and What You Can Do About It** | Aaron Blight, Author, International Speaker and Consultant on caregiving, aging and healthcare

Caregiver stress is a frequent and real outcome of devoting yourself to ongoing care for your loved one. In this presentation, we will examine the nature of caregiver stress, explore how stress leads to burnout, and review strategies for stress reduction that will produce improved well-being for caregivers. Knowledge gained from the presentation will help caregivers recognize the impact of stress in their personal situations and learn how to cope more effectively.

^Six Pillars of Brain Health | Kimberly Bauer, Dementia Care Specialist, Aging and Disability Resource Center (ADRC) of St. Croix County

Did you know that your lifestyle choices have a profound impact on your brain health? What you eat and drink, how much you exercise, how well you sleep, the way you socialize, and how you manage stress are all critically important. So, what can you do today to protect your brain down the road? Start by learning about the 6 pillars of brain health.

- Asterisked sessions * are available at all in-person and livestream locations and via online live/Zoom.
- All sessions marked ^ will be available in-person in New Richmond on Sept. 22.
- All sessions on this page will be available to view as a recorded video for seven days after the event by all registered attendees (any format/location).

11:10 a.m. - 12 p.m.

***Legal Tools for Estate Planning**

Jennifer O'Neill, Certified Elder Law Attorney and Owner, O'Neill Elder Law, LLC, Hudson, WI

Don't miss this informative discussion about options to control distribution of assets after death. You will learn what issues impact estate planning, what is probate and how can it help, and four options to control distribution of assets.

^The Power of Connecting with Positive Emotions as a Self-Care Strategy

Danette Hopke, RN, BSN, MSed., Behavioral Health Program Manager, Health & Well-Being Institute, UW-Madison Division of Extension

UW-Madison Division of Extension has been working in partnership with Dr. Judy Moskowitz of Northwestern University to teach and evaluate her work on the importance of connecting with our positive emotions during times of stress and difficulty. Dr. Moskowitz's research has included working with those that are caring for someone with chronic diseases including diabetes, dementia, and Alzheimer's. This session will highlight the core skills of the WeCOPE (connecting with our positive emotions) program and share the research findings noting the value of these skills as healthy coping strategies and the positive impact our brains and bodies can experience as a result of using them, even during times of great stress. Learn the importance of self-care for mental and physical well-being, as well as many self-care and coping strategies.

1 p.m. - 1:50 p.m.

***Common Scams & Frauds Targeting Seniors**

Jeffrey Kersten, Agency Liaison, Bureau of Consumer Protection, Wisconsin Department of Agriculture, Trade and Consumer Protection

The Wisconsin Bureau of Consumer Protection will discuss the details of common scams that target seniors, the warning signs of a scam, and what to do if you or someone you know falls victim to a scam or fraud. Helpful fact sheets

from The Bureau of Consumer Protection will be available. As Wisconsin's lead agency for consumer protection, the Bureau of Consumer Protection at the Wisconsin Department of Agriculture Trade and Consumer Protection, provides information and education, mediates complaints, investigates cases, and takes enforcement actions to fight fraudulent and deceptive practices that harm consumers and honest businesses.

^Alone & Lonely: The Science, Health Impact and Movement to Support Older Adults who are Lonely and Socially Isolated | Kris Krasnowski, Executive Director, Wisconsin Institute for Healthy Aging (WIHA)

Loneliness and social isolation are on the rise in the U.S. and are responsible for very real physical, emotional and psychological impacts – especially in older adults and people with disabilities. While the pandemic has both exacerbated the issue and heightened awareness, it has long been recognized as a serious public health problem with implications for family caregivers. Learn more about the issue, the challenges in supporting people who are lonely and socially isolated, and community responses that range from national efforts to a new state initiative that uses a collective impact approach to address the challenges.

2 p.m. - 2:45 p.m.

***Closing Presentation: Boundaries and Caregiving** | Dr. V. Simon Mittal, MD, MMM & Maren Mittal, LICSW, CDWF.

In this presentation, we will explore the concept of boundaries in caregiving and how they can help us to work with compassion, integrity and generosity. We will learn what boundaries are, why they are important, and how to set and respect them in different situations. We will also discuss the signs and consequences of having unclear or unhealthy boundaries, and how to cope with anxiety and stress that may arise from boundary issues. By the presentation's end, you will have a better understanding of how to live BIG (Boundaries, Integrity, Generosity) in your caregiving role and beyond.



REGISTRATION FORM

for Continuing Education (non-credit) Courses

| | | | | |
|-----------|------------|------|----------------------------------|---|
| Last Name | First Name | M.I. | Former Last Name (if applicable) | Date of Birth <input type="checkbox"/> |
| Employer | | | | Age 62+? |

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 _____

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 Plus Additional Credential | <input type="checkbox"/> 99 = Student Declined/Unknown |
| <input type="checkbox"/> 04 = High School Diploma | | | |

OFFICE USE ONLY

Term: _____

38.14 Contract # _____

Employer # _____

Course Fees \$ _____

Senior Fee \$ _____

Other _____

Received By/Ext. _____

Date/Time _____

*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.

| CLASS NO. | CATALOG NO. | CLASS TITLE | LOCATION | START DATE | CLASS FEE |
|---|-------------|-------------------------------|--------------------------|------------|-----------|
| | 47-520-405 | Regional Caregiver Conference | In-Person or Online Live | Sept 22 | |
| Once registered for a course(s), you have created a liability with Northwood Tech and a promise to pay. | | | | | TOTAL |

Check the location you plan to attend:

- | | | |
|--|---|---|
| <input type="checkbox"/> Northwood Tech-New Richmond | <input type="checkbox"/> Hayward Senior Resource Center | <input type="checkbox"/> Online Live/Zoom |
| <input type="checkbox"/> Northwood Tech-Rice Lake | <input type="checkbox"/> Winter Waldo Community | |
| <input type="checkbox"/> Northwood Tech-Superior | <input type="checkbox"/> LCO | |

Check the appropriate box below before proceeding to payment method:

- | | |
|---|--|
| Professional Development/CEU Options: | Family Caregiver Options: |
| <input type="checkbox"/> \$65 43.07 (62+) In person, any location (includes lunch) #65980 | <input type="checkbox"/> \$35 13.07 (62+) In person, any location (includes lunch) |
| <input type="checkbox"/> \$65 43.07 (62+) Online live/webinar #65982 | <input type="checkbox"/> \$35 13.07 (62+) Online live/webinar |

*If registering a group or if business is paying and wants to be invoiced, contact melissa.buxton@northwoodtech.edu for information.

PAYMENT METHOD: Check or money order payable to Northwood Tech Cash Mastercard Visa Discover Exp. Date _____ Security Code _____
Month/Year

Agency Bill/Sponsored Registration - complete information below; attach required authorization

Credit Card No. _____ Name on Card _____ Cardholder Signature _____

* For registration questions, please visit bit.ly/caregiver_sept2023 or contact Melissa Buxton at Melissa.Buxton@northwoodtech.edu

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

When Caregiving Calls Friday, Sept. 22, 2023

Attend Virtually or In-Person!

CAREGIVER CONFERENCE



For full agenda and details for each location,
please visit bit.ly/caregiver_sept2023 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_sept2023



MAIL

Send registration & payment
to Northwood Tech - New Richmond



PHONE

VISA, MasterCard, Discover

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