

CHECK-IN/REGISTRATION - 8:15

Welcome/Announcements -Tom Breaux, Interfaith CarePartners	8:45 - 8:55
Session One Workshops	9:00 - 10:15
Session Two Workshops	10:25 - 11:40
Lunch & Exhibits	11:50 - 12:35
Session Three Workshops	12:45 - 2:00

LUNCH PROVIDED BY

POMODORO's NASA

11:50 - 12:35

HOW DO I REGISTER?

Register Online at

www.gdlc.org or

www.interfaithcarepartners.org

or call 713-682-5995

Session One

- Fall Prevention & Keeping Your Balance**
Paul Cacciapaglia, PT
Learn ways to strengthen your muscles and posture to avoid falls.
- Having THE Conversation**
Andrea Zaitte, LMSW
How to have difficult conversations with your loved one.
- Prescription Overload?**
Andrea Wirt, GNP
Learn to manage medications and avoid interactions.
- Medicare**
Harold Ermsbar, E.D.
An overview of Medicare A, B, C and D, Supplemental Insurance and current Medicare changes.
- Realities of Parkinson's Disease**
Dr. Leanne Burnett
Learn how to help you and your loved one cope and deal with the secondary effects of Parkinson's.
- Spiritual Side of Caregiving**
Mark Robinson, Chaplain
Create opportunities for integrating spirituality into caregiving.

Session Two

- A Life Well Lived**
Karen Pettit, MA Theology
Learn to ask the right questions to help someone connect to and recognize the things which give them meaning in life.
- Care and Living Options**
Doug Reuschel, CMC
Empowering you with available local resources and helping you learn to ask the right questions.
- Medicaid**
Sandra Ard, Attorney
Learn when and how to qualify for Medicaid to cover long term care.
- Understanding Hospice and Palliative Care**
Cynthia Broussard, RN; Joni Faas, CRC; Rebel Heasley, RN
Learn the difference between Hospice and Palliative Care and learn to choose the best option.
- Managing Transitions in Care**
Myra Johnson, LCSW
Discovering strategies to cope with your changing loved one, and helping you organize your medical, legal, and financial information.
- Essential Legal Documents**
Bryan Wilcox, Attorney
Know the proper documents, like Living Wills and Power of Attorney to avoid a court appointed steward.

Session Three

- Laughter Yoga for Caregivers**
Andie Pope
Practicing Laughter Yoga can affect your mind, body and spirit by reducing stress.
- VA Benefits**
Alicia McCarthy
Identify the various benefits available through the Veterans Administration and learn how to apply for them.
- Stop the Blood Glucose Rollercoaster**
Lynn Maarouf, MS, RD, CDE
Discover ways to deal with the ups and downs of diabetes.
- Let Your Brain Keep You Sane!**
Louise Hayes, Ph.D
Learn how choosing your words and caring for yourself can help you be a better caregiver.
- Compassion Fatigue and Caregiver Burnout**
Robyn Horn, MA
Recognize signs and symptoms of compassion fatigue and develop strategies to overcome burnout.
- Connecting Past and Present**
Les Fenter, Spiritual Counselor
Explore ways to maintain a loved one's "story" when memory fades.