

Registration

There is **no registration fee**. However, we ask that you register in advance for meal planning and symposium hand outs.

Phone: Call in the registration information to:
St. Anthony's Memorial Hospital
217.347.1529

Mail: Mail or call information to:
Trisha Katt
Heartland Human Services
P.O. Box 1047
Effingham, IL 62401
217.347.7179 ext. 1062 or 1046

Name: _____

Address: _____

Telephone: _____

I want to attend this 5:00 p.m. small group session: (select from #s 1-4; see inside of flyer)

5:00 PM session # _____

Include me for the meal.

I want to attend the 6:30 p.m. Keynote Address by Monica Vest Wheeler, "Straight Talk Begins with Compassion."

I want to attend these small group sessions at 7:30 and 8:15:
(select from #s 5-8; see inside of flyer.)

7:30 PM session # _____

8:15 PM session # _____

Exhibitors

Addus HealthCare
Brookstone Estates & Suites
CEFS, Golden Circle Nutrition Program
Effingham County Health Department
Effingham Rehabilitation & Health Care
Evergreen Nursing & Rehabilitation
Gowin-Parc
Heartland Christian Village
Heartland Human Services
InHome Medical of SBLHS
Lakeland Rehabilitation & Health Care
Lincolnland Home Care & Hospice
Midland Area Agency on Aging
Resch Siemer Law Office, LLC.
St. Anthony's Memorial Hospital
Senior Renewal, Fayette County Hospital
Senior Services of Effingham County
Spa Retreats & Mobile Day Spa
Turning Empathy into Action

Enjoyment and Relaxation

Chair massages

Kellams' Therapeutic Massage

Paraffin dips

Lake Land College Cosmetology

Hand & Nail Care

Mandy Willenborg, Licensed Nail Technician

Dessert Sponsorship

Effingham Rehabilitation & Health
Care Center

Accommodation Sponsorship

Senior Services of Effingham County
Effingham City/County Committee on Aging

Door Prizes

Drawn throughout the night

Grand Prizes

Drawn at Closing

8TH ANNUAL



FAMILY CAREGIVER SYMPOSIUM

April 7, 2010

4:30 - 9:00 p.m.

Knights of Columbus
1501 W. Fayette Ave.
Effingham, IL 62401

SPONSORS



SYMPOSIUM SCHEDULE

4:30 p.m. Registration & Exhibits Open

SMALL GROUP SESSION

5:00—5:30 p.m.

(Choose 1 of the 4 topics)

1. Complex Caregiving Issues of Alzheimer's Disease. Presenter shares her personal experiences of watching someone you love become someone you've never met.

Cindy Bradham, Family Caregiver Support Group Facilitator
Alzheimer's Association

2. Parkinson's Disease: Let's Talk
Members of PD Support Group, caregivers and care recipients, will discuss disease progression and needs.

Marcia Smith, Support Group Facilitator
Parkinson's Disease Foundation

3. The Financial Side of Caregiving
Paying for long term care needs is a real concern for families. This session will help guide your decision making.

Holly Hotze Lynch, Attorney
Resch Siemer Law Office, LLC

4. The Medical Side of Caregiving
Caring for someone at home requires a cautious eye of the caregiver. Learn what to be on the look out for.

Keith Ballinger, PA-C
Urology Associates

5:30 PM DINNER & FELLOWSHIP

6:30 PM KEYNOTE SESSION



Monica Vest Wheeler
Author,
Alzheimer's, Dementia & Memory Loss.
Owner,
Turning Empathy into Action.



Turning Empathy into Action.

Straight Talk Begins with Compassion

Caregiving for a loved one with a long-term illness or serious injury is a huge challenge. It is often a 24/7 "occupation" and requires a great deal of emotional and physical energy. However, most families only ask for a little compassion as they go through this journey. Topics include ways to find the courage to ask for help and understand the fears of others who don't know what to say or do.

Book available at Caregiver Symposium for \$20.

SMALL GROUP SESSIONS

7:30 - 8:00 and 8:15 - 8:45 p.m.

(Choose up to 2 of the 4 topics)

5. Portable or Permanent Overhead Lift Systems and Grant Availability
Al Hutchison, Owner
Hutchison Medical, Inc
6. Managing Urinary Incontinence: Discussion of signs, symptoms, triggers, & treatment
Leah Passalacqua, Physical Therapist
St. Anthony's Memorial Hospital

7. Caregiver Tips for Transporting Loved Ones in Private Automobiles

Trisha Katt, Caregiver Advisor
Heartland Human Services
Tracy Barczewski, Program Coordinator
Midland Area Agency on Aging

8. Daily De-Stressing Techniques for Your Mind and Body

Judy Johnson, Spa Relaxation & Wellness Coordinator
Spa Retreats & Mobile Day Spa

Symposium Objectives

1. Identify the changes in someone who has Alzheimer's Disease or Parkinson's Disease.
2. Plan for long term care needs.
3. Identify complex medical situations when caregiving at home.
4. Describe ways to ask for help and understand why others don't offer help.
5. Use durable medical equipment to assist with providing care and transportation.
6. Identify signs, symptoms, triggers and treatment of urinary incontinence to extend care recipient's time at home.
7. Utilize relaxation opportunities to prevent caregiver burn-out.
8. List local resources and services to help with caregiving responsibilities.