



AGING IN PLACE CONFERENCE

“THRIVING AT HOME”

October 18th

Radisson Hotel – Ballroom B, La Crosse, WI

9:30 a.m. – 3:00 p.m.

For Seniors and Caregivers who want to thrive at home and age in place.

- 9:30 am Registration & Discover Community Resources
10:00 - 10:30 **“Community Programs & Resources”**
Audra Martine, Director/Manager - ADRC of Western WI
10:30 - 10:45 Break
10:45 - 12:00 **“Home for a Lifetime”** How to make homes more aging-friendly.
Monica Sommerfeldt-Lewis, Certified Aging in Place Specialist
12:00 - 1:00 Buffet Lunch
1:00 - 2:00 **“Thriving At Home”** Thriving is about more than just surviving.
Mary Pierce, Author, Speaker & Humorist
2:00 - 2:15 Break— Snacks & Refreshments
2:15 - 3:00 **“Managing Stress—Powerful Tools for Caregivers”**
Amy Brezinka, ADRC - Dementia Crisis Program/Caregiver Coach

Seniors or Family Caregivers \$20

Professionals \$25

Students \$10

Registration covers conference, continental breakfast & buffet lunch.

For more information or to register please call the Aging & Disability Resource Center of Western WI at 785-5700. Ask for Kelly or Sue.

Or print online registration form at www.lacrossecounty.org/aging

FEATURING:



Monica Sommerfeldt Lewis

Certified Aging-in-Place Specialist (CAPS) is one of the building industry's top professionals with skills and knowledge specific to home modifications for aging-in-place. Lewis is president and owner of Archer Lion Inc.



Mary Pierce

Author and humorist Mary Pierce has been entertaining audiences around the country since 1996. With degrees in education and business, she has worked as a teacher and stockbroker. She is the author of three books of inspirational humor for women: *When Did I Stop Being Barbie and Become Mrs. Potato Head?*; *Confessions of a Prayer Wimp*; and *When Did My Life Become a Game of Twister?*, all from HarperCollins Publishers. With a Master's degree in Clinical Mental Health Counseling, Mary works in Eau Claire as a psychotherapist. She and her husband share six children, eight grandchildren and a West Highland Terrier, Zoey.

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