

Conference Sessions

KEYNOTE:
**S.A.N.E. Care
for the Caregiver**
Kari Berit

Typical family caregivers give and give until they simply run dry. We want to, feel we have to, or that we have no choice—they're family. While some consciously choose to give care, others simply fall into the role. It doesn't matter if you are currently in the midst of giving care or just beginning, whether you have chosen this role, or it fell into your lap. Kari Berit will teach you how to be a S.A.N.E. caregiver: Supported, Appreciated, Not Guilty, and Energized. Learn tools that you can use in your day-to-day caregiving and regain your energy.

**How to Have
Fulfilling Visits with
Our Aging Parents**
Kari Berit

Visiting our loved ones can be tiresome. What do you talk about? Must you listen to the same stories over and over? And who cares that your brother isn't coming to visit; you're there. Let's explore creative ways to visit your loved ones so that your time feels more rewarding for all parties. We will also explore how different generations can interact in more positive ways. You will take away ideas that you can use on your next visit—whether on the phone, video chat, or in person.

**Hospice 101:
Understanding
End-of-Life Care**
Dr. Larry Skendzel

Are you prepared to make informed decisions about end-of-life care? This session will cover the basics of hospice care, including how it differs from palliative care. You'll learn when each type of care is needed and how hospice supports both patients and their families. It's ideal for anyone wanting clear and helpful information about these important choices.

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Bust the Burnout *Heather Quackenboss*

Feeling overwhelmed or like you want to disappear? When we care for others, we can sometimes lose ourselves and end up burned out. 'Bust the Burnout' will explore the basics of compassion fatigue, stress, and burnout. You'll learn how to care for your own wellbeing, show yourself more compassion, and create a personalized plan to stay healthy while caring for others.

Navigating Long-Term Care: Exploring Your Options *Aging & Disability Resource Center*

Explore the different types of long-term care available, including home care, assisted living, and nursing homes, to gain a clearer understanding of your options. You'll also learn about various payment methods, such as private pay, publicly-funded programs, and long-term care insurance. This session is designed to help you make informed decisions about the best care options for yourself or your loved ones.

Guided Meditation for Relaxation & Clarity *Harlan Bergum*

Participate in calming and focused meditation, helping you relax, clear your mind, and connect with your inner peace. Whether you're new to meditation or experienced, this session will offer a supportive environment to unwind, reduce stress, and gain clarity. Join us for a rejuvenating experience that you can carry with you into your daily life.