



4TH ANNUAL EACH ONE, TEACH ONE ~ CARE CONFERENCE 2018

Workshop 1 (3 CEU's) (Guardianship 3 General) 8:45am – 12:30pm



Sarah Blanchette

a Program Manager with the State of Washington Developmental Disabilities Program Training Unit. Sarah has over 20 years of experience in human services including Developmental Disabilities Administrations, Child Welfare, Community Mental Health as well as Aging and Disability Services. Sarah Blanchette has been a trainer for over 15 years and believes passionately in Person-Centered Thinking is a way to revolutionize service delivery within our systems of care and transform lives..

Meaningful Activities: How They Help, How to Create Them

Finding meaningful activities for persons with chronic conditions and disabilities can be challenging.

This person-centered approach will help you find the right activities that can positively impact health and behavior, and increase a sense of purpose and value in the person needing care.

BEHAVIORAL LEARNING OBJECTIVES:

Caregivers will be able to:

1. Identify the importance of meaningful activities
2. List 3 benefits to meaningful activity, for the caregiver and the care receiver
3. Identify 3 activities their care receiver would enjoy or find meaningful
4. Begin Collaboratively Creating Person-Centered Calendars for those they support



Michelle Sturdevant-Case

studied special Education at Boston University completing her formal education at UW. In Boston, she connected with disability rights activists at Boston Center for Independent Living and her real education around challenging ableism began. Michelle has worked in employment and residential agencies always with a focus on empowering the individuals she serves. Michelle has provided trainings locally, regionally and nationally on topics ranging from sexuality, systems navigation, person centered planning and many others. She has been with DDA for 14 years where she continues to push for person centered approaches within the DDA system.

Dignity of Risk-Balancing Self-Determination and Safety

Caregivers often struggle with balancing the personal choices and safety of the person they care about. Where is the balance between what's important FOR someone and what's important TO them? What can or should caregivers try to control? When is independence more important than safety? Hear how you can clarify your role, and help the person in your care have the greatest sense of personal control possible. experiences, she shares ways to hit it off with new clients. Learn the importance of connecting with your client, and three simple words to always keep in mind for every shift.



Ezra Sauter

a licensed Occupational Therapist at Careage Home Health and has been practicing in the greater Seattle and Bellevue area for the past two years after moving from Minneapolis, Minnesota. Ezra graduated with a Masters in Occupational Therapy from the University of Texas Health Science Center in San Antonio in December, 2015. The majority of his work has been with patients in their homes and Assisted Living Communities with an emphasis on improving their physical fitness, ADL performance, & decreasing risk for falls.



Oana Butnarusu

a licensed Physical Therapist at Careage Home Health and has been practicing in WA area for the past 3 years after moving from Chicago, IL. Oana graduated with a Doctor of Physical Therapy degree from University of New England in Maine in May, 2015. Oana has been practicing as a PT in different settings: hospitals, SNF, Home Health with an emphasis on: post-op rehabilitation, fall prevention strategies, patient/ family education, balance and strengthening programs for community dwelling adults.

Fall Prevention, Body Mechanics and Transfers to Keep Everyone Moving Safely

Careage Home Health staff members, Ezra Sauter, OTR, and Oana Batnarusu, DPT will be leading a discussion on fall prevention measures from a multidisciplinary perspective. They will be discussing the role of intrinsic and extrinsic risk factors, environmental hazards, the role of biomechanics, & adaptive equipment in decreasing the risk for falls of the elderly. The presentation will aim to increase caregiver knowledge and confidence, decreasing the risk for caregiver injury, and therefore improving the quality of life for the caregiver client.





With a Little Help, Inc

Home Care with Heart

Is pleased and proud to present



4TH ANNUAL EACH ONE, TEACH ONE ~ CARE CONFERENCE 2018

Workshop 2 (4 CEU's) (Guardianship- 1 Ethics, 1 Communication, 2 General) 1:00 pm – 5:15 pm



Sally McLaughlin

Executive Director of End of Life Washington, formerly Compassion & Choices of Washington, has developed and implemented EOLWA's Advance Planning Seminars across the state and has presented on end-of-life choices and Washington's Death with Dignity law to physicians, nurses, social workers, clinics, hospices, retirement communities, service organizations and many others. Sally is committed to promoting education on advance planning for health care and expanding choice at the end of life throughout Washington State.



Steve Byrne

Co-founder of Final Roadmap, a secure, comprehensive online guide and toolkit for end of life preparation. He is an entrepreneur and businessman. He has started numerous small businesses and has a track record of outstanding customer service and customer sensitivity. His volunteer resume includes working with hospice patients and adults with special needs.



Don't Get Stuck in the Middle: Defining the Ethical Dilemmas at End of Life

Sally and Steve will explore the various ways that family members, professional caregivers, social workers, care managers, health facility administrators, nurses and others are confronted with ethical dilemmas as they seek to manage the myriad issues that present themselves at end of life. We will examine ways to avoid such dilemmas and will consider how to effectively address them should they prove unavoidable.



Hazel Borden

holds an MBA from Marylhurst University with background in marketing and communications and has been with the Alzheimer's Association for 4 years. Having two grandmothers who battled dementia, and a child with multiple medical needs, it has become her mission to empower others with knowledge of programs and services available in our communities. Helping break the stigma on Alzheimer's means embracing the disease and Hazel currently travels across Snohomish County raising concern and awareness through education.



Effective Communication with Persons with Dementia

Improving communication with persons with dementia can lead to a decrease in dementia-related behaviors and distress and to improved quality of life for both care recipient and care partner. This class is designed to provide practical information and resources to help dementia caregivers learn to decode verbal and behavioral messages. Participants will learn to understand and enter the world of the person with dementia and implement technique for improving communication. It will also provide a brief overview of dementia basics.



Dana Brothers

is passionate about making connections with people and teaching ways to improve lives through relationships. With a life-long love for all animals, Brothers began her career at age 13 in a veterinary clinic. Ten years later she graduated from U.C. Davis and developed an incubation and hatching consultation business for ratites on the west coast. After a close encounter with an angry ostrich, she segued into healthcare. Today she uses her extensive knowledge to connect people with resources available in the community.



The Science and Benefits of Emotional, Therapy and Service Animals

In this workshop the history of animal assisted interventions is explored. The human/animal bond is defined as well as the social learning that occurs between species. The various animal species that are commonly used in this work, their 'job descriptions' along with a clear definition of different animal tasks and therapies commonly in practice today are shared. Concepts like Mindfulness, Threat versus Reward and common myths about animal therapy are addressed.



Meg Harmon

the creator of Collective Harmony and a practicing board certified music therapist. She has studied classical, popular, jazz, and sacred genres for voice and piano in addition to earning a degree in music therapy from Seattle Pacific University. Her notable work in hospice care, memory care, and with the Seattle Symphony reflects Meg's passion for making music accessible to all and aging with grace, dignity, and zest.



Activities of Daily Living Through Music

You don't have to be a trained musician to utilize the power of music. In this interactive training, caregivers will identify myths about music and music therapy, understand the research and science behind music therapy, learn tangible methods to integrate music in ADLs and other caregiving tasks, consider accommodations for positive musical interactions, and create an individualized action plan to implement music as an effective tool in caregiving.



4TH ANNUAL EACH ONE, TEACH ONE ~ CARE CONFERENCE 2018

Workshop 3 - (3 CEU'S) (Guardianship- 1 Communication, 2 General) 5:30 pm - 9:00 pm

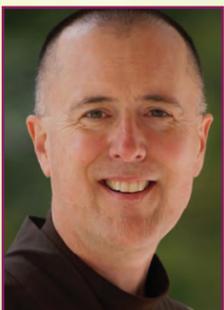


Lisa Stuebing

Coach Lisa is a Medical Exercise Specialist and owns Mud Puddle Fitness. Her specialties are brain health, chronic pain management, movement disorders and falls prevention. She offers in-home programming as well as Team Brain, a member driven athletic activities group and group exercise classes for brain health.

Helping People Thrive-The Roll of Memory & Movement

Transfers and falls are risky business for both client and care giver. The client spends most of the day seated or napping. You see your client getting weaker. Choices for exercise options may seem slim -- but this is not true! We will develop a strategy for keeping the lower body strong and the mind engaged for balance.

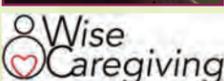


Jonathan Prescott

founder of Wise Caregiving, a non-profit dedicated to helping people become effective, sustainable, and empathetic caregivers. Jonathan's career as a hospice, cancer-care and hospital Chaplain, along with his spiritual practice as an ordained student of Zen Master Thich Nhat Hanh, gives him a unique perspective on how to thrive within the helping professions. His trainings help people learn the arts of listening, balance, boundaries, and presence as a therapeutic tool.

Compassion Fatigue

Compassion fatigue often blocks our best intentions to serve others. We withdraw, acquire emotional and physical ailments, and develop unhealthy coping skills. This workshop defines compassion fatigue, highlights those susceptible to it, and suggests ways of serving that are sustainable, joyful, and effective.



Cathy Rider

an enthusiastic management coach, trainer and public speaker. For over 30 years, she has worked with individuals and organizations in 45 states as well as the United Kingdom, conducting over 800 private and public workshops. Her work has focused on the processes and skills of leadership, customer service, conflict and change management, teamwork and communication. Her clients span a wide variety of disciplines from medical organizations, banking institutions, manufacturers to public entities. She is a Certified Facilitator from ODI in Boston, Massachusetts and has been on the board of directors for multiple not-for-profit organizations.

The Art of Managing Your Own Stuff

Cathy first developed, "The Art of Managing (Your Own Stuff)" to build a foundation of skills, tools and processes that help individuals better manage what is theirs to do. If you don't manage you... someone else will! "The Lost Art of Customer Service" builds upon this foundation and focuses on managing customer expectations while supporting quality and preventing recurring problems. By customizing these systems to meet her clients' current needs, she establishes the basis for ongoing individual, team and organizational success. These personal management systems, are based on the non-negotiables of respect, integrity, personal responsibility and continuous improvement. What you do matters, and quite often what YOU DON'T DO matters even more!





4TH ANNUAL EACH ONE, TEACH ONE ~ CARE CONFERENCE 2018

Workshop 4 (3 CEU's) (Guardianship- 2 Diversity, 1 General) 8:45am - 12:30pm



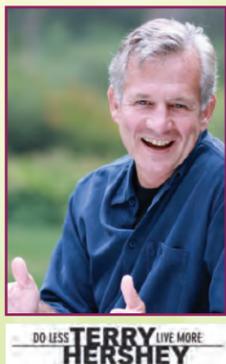
Michele Peake Andrasik, PhD

Dr. Michele Andrasik is a clinical health psychologist. She is the Director of Social Behavioral Sciences and Community Engagement for the Fred Hutch-based HIV Vaccine Trials Network (HVTN), Senior Staff Scientist in the Fred Hutch Vaccine and Infectious Disease Division and an Affiliate Clinical Professor in the Department of Global Health at the University of Washington. Her research interests include health disparities, resilience, social and structural drivers of disease, identifying and reducing barriers to HIV prevention, community-based participatory research and qualitative methods.

Dr. Andrasik is highly committed to developing collaborative relationships between researchers and community members and brings extensive expertise utilizing Community-Based Participatory Research (CBPR) approaches, Qualitative Research methods and working with communities and community organizations, both as a researcher and as a service provider.

Exploring Biases in Health Care

Dr. Andrasik will lead attendees in an exploration of implicit bias and how it impacts our work. She will address the following questions: (1) What is implicit bias and how does it impact our attitudes, beliefs, perceptions and behaviors as caregivers; (2) What evidence do we have that bias impacts health and well-being?; (3) How does individual implicit bias impact institutional/organizational bias?; and (4) What are we able to do to reduce the impact of bias?



Terry Hershey

an author, humorist, inspirational speaker, dad, ordained minister, golf addict, and smitten by French wine. He divides his time between designing sanctuary gardens and sharing his practice of "pausing" and "sanctuary." Terry's book, *Sanctuary: creating places for grace in your life*, offers the permission to slow down and to be gentle with ourselves. Most days, you can find Terry out in his garden—on Vashon Island—because he believes that there is something fundamentally spiritual about dirt under your fingernails.

Reclaiming the CareGiver Within

Care of any kind—compassion, generosity, communication, service, giving—begins with and is nourished by self-care. In the words of Charlie Parker, "If it ain't in you it can't come out of your horn." Care begins with the intentional choices we make about being present. About wholeheartedness, passion, grace, play and laughter. Self-care creates space for a wholeheartedness without judgement or defensiveness or selective blindness. We reclaim the caregiver within.



Beth Eagen, MSW

Beth has worked in healthcare and aging, with the mission of maintaining the fullest quality of life, dignity, and choice, for seniors for almost 30 years. Beth has developed adult day, housing, and health services that include supportive memory care, rehabilitation, and enrichment.

She has worked with those experiencing memory loss, brain injury, and complex health issues. She's managed teams of compassionate nurses, rehab therapists, social workers, and caregivers, focusing on supporting individuals and families.



Glen Felias-Christensen

Glen Felias-Christensen has been a registered nurse for 25 years, spending most of that time in a variety of ambulatory care specialties and settings, including home health, clinical research, community health, senior housing, geriatric care management and long-term care. After receiving her Master's degree in Public Health, Glen began focusing on health and wellness counseling with older adults through the EnhanceWellness (EW) program. She now serves as the T-Trainer for the EW program and travels nationwide training new counselors to provide the program, which utilizes Motivational Interviewing and Behavior Change theory as its framework.

Meeting a client where they are at or:

I don't want to stop driving my car, I can manage my own medications, why are you in my house?

Active discussion and overview of therapeutic communication focusing on building rapport and engagement with clients, even the most resistant to care and support. Finding approaches to our work, through our communication that concentrate on client goals and trust; yet balancing with safety and manageable long-term plans. Bring clinical experiences to share!





With a Little Help, Inc

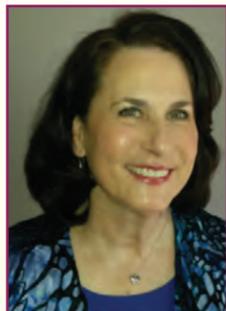
Home Care with Heart

Is pleased and proud to present



4TH ANNUAL EACH ONE, TEACH ONE ~ CARE CONFERENCE 2018

WORKSHOP 5 (4 CEU's) (Guardianship- 2 Diversity, 2 General) 1:00pm-5:15pm



Diane Lasichak MA, MSW, LICSW, BC-DMT, CMC

Diane Lasichak MA, MSW, LICSW, BC-DMT, CMC, is the owner of Active Aging and Care Transitions. As a Certified Aging Life Care Manager Diane engages with clients and their families developing short and long-range planning for medical, social, financial, psychological and housing options. Diane is a certified by the American Council on Exercise as a Health Coach, Group Exercise instructor and is a Board- Certified Dance Therapist. Her offerings include classes in Strength and Balance, Moving for Better Balance and neuroplasticity.

Ageless Grace ~Mind and Body Connection ~ 21 Simple Tools for Lifelong Comfort and Ease

Ageless Grace is a cutting-edge brain fitness program based on neuroplasticity that activates all 5 functions of the brain: analytical, strategic, kinesthetic learning, memory/recall, creativity and imagination and simultaneously addresses all 21 physical skills needed for lifelong optimal function. The program consists of 21 simple exercise based on everyday movements and focus on the healthy longevity of the body and mind. The movements can be performed seated or standing near a chair.



Jennifer Gillick, APDA Program Director

Jennifer Gillick is the Program Director at the Northwest Chapter of American Parkinson's Disease Association (APDA). APDA Northwest's mission is to provide the support, education, and research that will help everyone impacted by Parkinson's disease live life to the fullest. This dual mission of helping people live a better today, while we also fight for a better tomorrow, is unique in the Northwest. As Program Director, Jen is responsible for providing families with information, education, support, and referrals to local resources.

Parkinson's disease 101:

Parkinson's disease is a complex neurological disease whose trajectory can vary greatly from person to person. In this presentation we will discuss the causes and signs of PD and how it is diagnosed. You will learn about both the motor and non-motor symptoms of Parkinson's disease, understand treatment options, and learn tips, tools, and resources available to those who are impacted by Parkinson's disease.



Kristen Knox, MD, MPH, ABIHM

Dr. Knox is a recently retired Family Practice and Integrative Medicine Physician. She received her medical degree from UCLA where she also earned a Master's Degree in Public Health. She is a diplomate of the American Board of Integrative and Holistic Medicine.

She has extensive international experience where she learned the value of medical traditions in Asia, India, Bangladesh and Mexico. She included some of those approaches in her own practice of medicine. Nutritional medicine is her passion.

Understanding the Spectrum of Dementia

In this presentation Dr. Knox will teach you how to distinguish different types of dementia as well as conditions that can mimic dementia. Learn about the newest research and advances in diagnosis, treatment and prevention of dementia including genetic testing, diet and lifestyle changes, medications and nutritional supplements.



Jeffrey Gerhardstein

first began at Sight Connection in 2007. He is a Masters level social worker practicing since 1984 with an independent WA license. In his previous years in community mental health, private psychotherapy and public housing, Jeffrey found that no work was more heartwarming than the mission at Sight Connection. And nowhere else has he been part of such a gracious and welcoming community than our low vision and blind community.

Living Well With Vision Loss

Participants will learn about the personal adjustment to vision loss and will hear stories of overcoming vision loss and/or of caring for someone with vision loss. The role of the community support group will be discussed and other community resources such as our public libraries, 5th Avenue Theatre and in local sports. Key visual aids for folks with low vision such as a magnifier, a white support cane or the talking book player for the blind will be demonstrated. All Sight Connection services, its store, its clinic and outreach services will be reviewed.





With a Little Help, Inc

Home Care with Heart

Is pleased and proud to present



4TH ANNUAL EACH ONE, TEACH ONE ~ CARE CONFERENCE 2018

Workshop 6 (3CEU's) (Guardianship- 1 Ethics, 1 Communication, 1General) 5:30pm- 9:00pm



Karen Nelson

became a Field Agent The Assurance Group after having personal experience dealing with an insurance agent who told Karen what she wanted to know, not what I should know...Karen vowed not to be "That Agent". She earned her Insurance License in Life and Disability in 2012, and has focused primarily in the world of Medicare Products. Karen's goal is to share her knowledge allowing clients to make the choices that best suit their health needs and budgets. And let's not forget that Karen is speaking on her birthday!

Medicare-Everything You Need To Know And Understand

Medicare with all its moving parts and costs can be overwhelming and confusing for most people. Karen will break down the basics in a simplistic format. We will go over the differences between coverage and how that affects our senior population we care for, as well as availability to change plans mid-year. Living in Washington has its perks, and Karen will share some little known facts about state specific rights and options available. Plenty of time will be allowed for questions because that is her favorite part of this presentation! Do you have a question that can stump her?



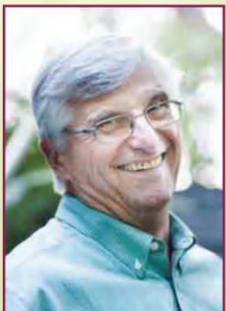
Stephanie Haslam

an attorney who practices in the legal areas of Life Care Planning and Asset Preservation, Wills, Trusts, Medicaid, Guardianships and Probate. Stephanie is also a member of the National and Washington Academy of Elder Law Attorneys.

Stephanie received her J.D. degree from Seattle University School of Law where she was honored two years in a row with the law school's Trustees' Scholarship. Prior to law school, she worked for a decade as an Occupational Therapist with adults in long term care and home health settings.

Mastering the Maze of Adult Legal Capacity

In this presentation Stephanie will walk us through the distinctions between mental capacity and competency, the continuum of legal capacity and thresholds for executing legal documents, documents to put in place to ensure surrogate decision making in the event of incapacity and establishing guardianship in the event of incapacity.



Don Desonier

Don Desonier, Certified Senior Advisor (CSA)®, provides individual coaching, along with family facilitation and mediation services, to caregivers and families of loved ones with Alzheimer's disease or related dementias. Don has a Certificate in Gerontology from the University of Washington Professional and Continuing Education Program. He also has a Juris Doctor degree, and has been trained as an Elder and Adult Family Mediator.

Transitions in Dementia Care - Addressing Challenging Behaviors

When someone with cognitive impairment cannot effectively communicate unmet needs or interests, their resultant anxiety and fear can be expressed in erratic, angry behavior. Care Partners, be they a family member or a professional, are faced with the challenge to avoid a reactive and mindless response. This interactive workshop will discuss how to journey under the surface of challenging behavior with presence and compassion; be patient, loving and kind; and ask curious questions.



THANK YOU TO ALL OF OUR AMAZING SPEAKERS!

THANK YOU TO OUR SPONSORS:

alzheimer's 
association®

CAREPARTNERS
SENIOR LIVING