"Keeping the Spirit Alive"
A Conference for Caregivers and Those Supporting a Loved One with Dementia

TWIN CITIES JEWISH COMMUNITY ALZHEIMER’S TASK FORCE PRESENTS

FEATUREING KEYNOTE SPEAKERS
CAROL SHAPIRO AND MARK SHAPIRO

Alzheimer’s advocates Carol Shapiro and Mark Shapiro will share their personal journey as loving caregivers for Alan Shapiro, husband and father. While caring for Alan, who has been struggling with young onset Alzheimer’s for 15 years, Carol and Mark inspire countless others with their commitment, compassion and devotion. You too will be inspired.

Mail completed form to
"Keeping the Spirit Alive", c/o JFS of St. Paul,
1633 W Seventh Street, St. Paul, MN 55102

Please register #_____ people for the free conference.

Breakout choices:  Session One  Session Two
(#1–5)         (#1–5)

Person 1  _____  _____  _____
Person 2  _____  _____  _____

Sunday, May 3, 2015
8:30 a.m. – 1:30 p.m.
Sabes Jewish Community Center
4330 S Cedar Lake Road, Minneapolis, MN
Light breakfast served
FREE and open to all!

Gain insights from a Jewish perspective on topics such as:

• Caring for the Caregiver
• Practical Advice and Resources
• Advanced Care Planning
• Preparing for Each New Stage
• Home Care and Housing Options
• Communicating with Your Loved Ones

Register using the form below or at
www.jfssp.org/conference
or call 651-698-0767
Space is limited!
BREAKOUT SESSIONS

Session One 10:10–11:00 a.m.

1. Legal and Health Directives - Getting Your House in Order
   This workshop will provide insight on working with an elder law attorney, advanced health care directives, power of attorney, Physician Orders for Life Sustaining Treatment, health insurance coverage, Medicare, elderly waivers, economic and financial security, medical assistance for nursing home coverage, paying for help, and regulatory rules in regard to hiring.
   Presenter: Stuart Schmitz of Schmitz & Schmidt, P.A.

2. The Oys and Joys of Caring for Yourself While Caring for Others
   This workshop will focus on the importance of self-care, maintaining your identity, coping with ambiguous losses, and staying hopeful in hopeless situations. Included will be simple things you can do that could make a significant difference in your caregiving experience.
   Presenter: Barbara Rudnick, BA, MA, Program Manager of Family Life Education at Jewish Family and Children's Service of Minneapolis

3. Why Do You Get to Make All the Decisions About Mom?
   Caregiving for a loved one with dementia can be a difficult task which often creates tension within families. This session will explore common challenges of living with dementia and describe strategies on how to overcome obstacles while on this journey. In this session, one will learn how a professionally facilitated family meeting can benefit the family and the person living with dementia.
   Presenter: Heidi Haley-Franklin, LSW, LICSW, Vice President of Clinical Services at the Alzheimer’s Association Minnesota-North Dakota Chapter

4. Thoughtful Preparation for the Dementia Journey
   Learn the key points and questions to ask when meeting with your loved one's physician. You will learn what types of supportive technology to use when changes in the disease process occur. This workshop will also focus on how to find real joy with the new ways of "being," as well as adjusting expectations and being okay with accepting outside help, including Safe Return.
   Presenter: Jayne Clairmont, President & CEO at English Rose Suites, bhome Home Care by English Rose Suites

5. The Doctor is In - Q & A
   Q & A session to address questions related to the diagnosis and management of Alzheimer’s disease and associated disorders.
   Presenters: Terry Burelaj, PhD, LP, Director of Neuropsychology at HealthPartners and Regents Hospital; Michael Rosenholm, MD, Clinical Director of HealthPartners Center for Memory and Aging

Panel of Care Partners

Topics addressed:
Care partners from different perspectives will discuss how to be a successful caregiver. Hear directly from adult children, a spouse, and a person living with dementia as they share what has kept their spirits alive and sustained them on their journeys.

Care partners:
Maurrie Salenger, Jerry Greenstein, Michael Greenstein, Lorraine Hertz

Moderators:
Barbara Rudnick, BA, MA, Program Manager of Family Life Education at Jewish Family and Children's Service of Minneapolis

Session Two 11:30 a.m.–12:20 p.m.

1. The Oys and Joys of Caring for Yourself While Caring for Others
   This workshop will focus on the importance of self-care, maintaining your identity, coping with ambiguous losses, and staying hopeful in hopeless situations. Included will be simple things you can do that could make a significant difference in your caregiving experience.
   Presenter: Barbara Rudnick, BA, MA, Program Manager of Family Life Education at Jewish Family and Children's Service of Minneapolis

2. End of Life Care From a Jewish Perspective
   This workshop will focus on the principles that govern decision making in End-of-Life care in America, both ethical and legal. It will also explore how these principles coincide, but at times conflict with Jewish Law. The presenter will explain the denominational differences: Reform, Conservative, Orthodox.
   Presenters: Harold J. Kravitz, Senior Rabbi Adath Jeshurun Congregation
   Max Newman Family Chair in Rabinics and Victor Sandler, MD, Medical Director of Fairview Hospice and Homecare

3. Learning the Language: Communication, Behavior, and Memory Loss
   Communication with dementia can be challenging and frustrating when not understood. This is especially true when individuals with dementia need to use behavior to communicate what they like and don’t like or need. This session will examine both verbal and non-verbal communication techniques to lessen the need for a behavioral response from the person living with dementia.
   Presenter: Debbie Richman, BS, AC-BC, ACC, Vice President of Education and Outreach at the Alzheimer’s Association Minnesota-North Dakota Chapter

4. I think My Loved One Has Dementia. Now What?
   The importance and value of early identification of memory impairment will be reviewed. You will learn when to seek medical advice, what resources are available, and how to plan ahead.
   Presenter: Janet Czerwiec, RN, BC, Coordinator of Education and Outreach at the Alzheimer’s Association Minnesota-North Dakota Chapter

5. Care and Housing Options - I Need Help!
   An overview will be presented on the different types of housing which are available and what the differences are between home care options and senior housing, including questions to ask and resources to be aware of.
   Presenter: Kathleen Dempsey, RN, BC, Founder of Pathfinder Senior Care Management

Panel of Care Partners

Care partners:
Maurrie Salenger, Jerry Greenstein, Michael Greenstein, Lorraine Hertz

Moderators:
Barbara Rudnick, BA, MA, Program Manager of Family Life Education at Jewish Family and Children's Service of Minneapolis

This event is co-sponsored by: