



# Tools for Caregivers: Resources You Can Use When a Senior Relies on You

Saturday, May 6, 2023

# Schedule of the Day

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Our FREE caregiver event was made possible with the  
generous support of our community partners:



### **8:00-9:00 am Registration/Vendor Tables**

Vendor tables will be available from 8:00am-11:40am. We invite you to stop by and find valuable caregiver resources!

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### **9:00 am: Welcome and Opening Presentation: Overview of Services for Caregivers**

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#### **9:40-10:20 am: Workshop Session 1** (choose one of two)

##### Session 1A:

#### **Legal and Financial Issues Facing Caregivers**

*Description: Overview of health care proxy, power of attorney, estate planning in a crisis, Medicare/Medicaid, and protecting the family home.*

Presenter: JulieAnn Calareso, Esq.

##### Session 1B:

#### **Caregiving for Newbies: Decoding the Lingo, Knowing What to Ask Next, and Heading You in the Right Direction on this Caregiving Journey**

*Description: An overview of acronyms, abbreviations, and terminology that will help you navigate what services you may need and when to use them.*

Presenters: Ginger McGehee and Angela Bartels

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### **Vendor Fair (10:20am-10:40am) Visit the Vendor Tables for Resources and Information**

**Workshop Session 2 (10:50am-11:30am)**  
(choose one of two)

Session 2A

**Care for the Caregiver—Self Care is not Just a Bubble Bath**

Description: *Learn to promote your own well-being, while having fun and caring for your loved one.*

Presenter: Jenn Harvey

Session 2B

***Expect the Unexpected—Easy Ways to Improve Safety, Reduce Worry and Prepare for Emergencies***

Description: *Are you worried about your loved one getting hurt, not eating, missing medications? Learn about some readily available solutions suggestions and safety tips and tools.*

Presenters: Beth Slezak and Melonie Pratt

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**11:40am-12:20pm: Keynote Presentation:  
Letting Go of Guilt—Creating a Guilt Free Zone for Caregivers**

Description: *Tips, Tools and Techniques to accept that you are doing the best job that you can!*

Presenters: Jackie Weckesser and Gretchen Moore

**12:20-1:00pm: Closing Session:  
Q&A with Workshop Presenters and Gift  
Basket Giveaways**

Complete your evaluation and enter it to win  
wonderful gift baskets!

***Must be present to Win!***

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*Capital Region Caregiver Coalition Members  
come from the following organizations:*

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<i>Albany Guardian Society</i>	<i>Eddy Community Services Division-Eddy Visiting Nurse and Rehabilitation, Eddy SeniorCare PACE, Community Hospice</i>
<i>Alzheimer's Association of Northeastern New York</i>	
<i>Avila Retirement Community</i>	<i>Eddy Senior Living—Memory Care at Hawthorne Ridge</i>
<i>Catholic Charities Senior and Caregiver Support Services</i>	<i>Gleason, Dunn, Walsh &amp; O'Shea, Attorneys</i>
<i>Center for Excellence in Alzheimer's Disease at Albany Medical Center</i>	<i>LifePath-Supportive Services for Older Adults</i>
<i>Choice Connections: Senior Living Advisors</i>	<i>Touching Hearts at Home- Home Care</i>
<i>Eddy Alzheimer's Services</i>	

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