



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

Saturday May 4, 2024

Bulmer Telecommunications Center, HVCC 80 Vandenburg Ave., Troy NY 12180

8:00-9:00 a.m. Registration with Vendor and Resource Fair

9:00-9:20 a.m. Welcome and Introductions

9:20-10:00 a.m. Opening Session "Charting the Course: A Caregiver's Journey in Navigating Your Ship" Join us as we dive into the open sea of caregiving. Hear from our panel, who will offer valuable insights and strategies as they share their journeys through the challenges of caregiving. They'll reveal their resilience in the face of often choppy waters. What they have learned about available services, supports, and themselves can help you navigate your ship and chart your own course for smooth sailing. **Presenters:** Caregiver Panel **Facilitator:** Karen Meemken, Aging Life Care Professional®, Resident Services Advisor, Avila Retirement Community

10:00-10:20 a.m. Vendor Information and Resource Fair

10:20-11:05 a.m. Workshop 1 - "Who is in your Lifeboat" - You have heard about other's journeys. We now hope to build upon your sense of empowerment and control. This session will help you identify some essential people and services to keep you afloat. These panelists will give a brief overview of who to consider having on your caregiving team, and how these services can be useful. **Presenters:** Michelle Mazzacco, Executive Vice President of Continuing Care, St. Peter's Health Partners; MaryKate Byrnes, LCSW, Medical Foster Program Coordinator, Stratton VA Medical Center; Karen Meemken, Aging Life Care Professional®; Gwen Rowland, Program Manager, Alzheimer's Association Saratoga County **Facilitator:** Ginger McGehee, Regional Dir. Sales & Marketing, Willow Ridge Senior Living

11:05-11:10 a.m. Stretch/Break

11:10-11:45 a.m. Workshop 2 - "Seaworthy Survival Kit - Technology beyond a Compass" Enhance your caregiver survival kit with gizmos and gadgets that can take you from choppy waters to smooth sailing. Learn about some of the technologies, like safety systems, smart phone apps, tele-health, talking clocks, and even robotic pets **Presenters:** Adrienne Deorocki, OTR/L, PRN Therapies of the Weston Group; Karen Meemken, Aging Life Care Professional®; Andrea McGowen, Program Manager, Trinity Health Alert; Karen Wolff, Operations Manager, Everhome Care Advisors, Everhome Columbia, Inc. and VivaLynx **Facilitator:** Kym Hance, Aging Life Care Professional®, Director Client Care Services, Herzog Law Firm, P.C.

11:45-12:05 p.m. Vendor Information and Resource Fair

12:05-12:40 p.m. Closing Session - "Don't Go Down with the Ship - Laughter is your Life preserver" - It's hard to find funny when you are stuck in a worry cycle. But laughter is a healthy emotional and physical release. Laughing about the dark stress clouds can even bring you closer to the one you are caring for. And the memory of those moments can be renewing when you are experiencing tough times. **Presenters:** Gretchen Moore and Beth Slezak, Program Manager LifePath

12:40-1:00 p.m. Wrap up and Give Aways