



SUNY Plattsburgh

Center for Neurobehavioral Health presents

The 2016 Caregiver Conference Programs, Perspective and Peacefulness for Caregivers of People with Alzheimer's Disease and Other Dementia

Tuesday, November 15, 2016
Angell College Center, SUNY Plattsburgh

8:30am - 9:00am Dr. Richard Durant, Project Director
**Welcome, Introduction and Review of the Alzheimer's
Disease Caregiver Support Initiative**

9:00am - 10:30am Keynote presenter - Jim Comer

The Joys and Jolts of Caregiving

Jim Comer recounts — with generous doses of humanity and laugh-out-loud humor — the joys and jolts of unexpectedly becoming a caregiver to his elderly parents. In sharing the lessons learned in his 14-year journey, Jim's audiences laugh a lot, cry a little, and learn valuable tips on how to prepare for, and ease the trials of caregiving. Jim helps caregivers learn how to watch for and appreciate the tender moments: the times of unexpected growth, joy and celebration. An accomplished writer, speaker and speech coach, Jim chose to quit his corporate job and relocate to Texas. As he learned how to do his new "job," Jim committed three years to writing a book and creating a speech — dedicated to his parents — as his mission to help others to be better prepared when it is their turn.

"I was at the peak of my career and enjoying a southern California lifestyle, having worked for almost three decades in New York and Los Angeles. I hadn't lived near my parents since college. Suddenly, I received a panicked call from my parents' neighbor in Dallas. The only surviving child, I was suddenly thrust into the role of caregiver for my 86 year old father - reeling from a massive stroke — and my 84 year old mother, suffering from Alzheimer's. That call changed my life – and that of my parents – forever..."

10:30am - 10:45am Break

10:45am - 12:00pm Erica Salamida, Associate Director
**of Programs and Services: Community Outreach,
Education & Early Stage Initiatives for the Alzheimer's
Association of Northeastern New York**

Behaviors and Communication Strategies

This session will help attendees develop a better understanding of the basics of Alzheimer's Disease and other related dementias, why behaviors happen and how to improve communication techniques.

12:00pm - 12:45pm Lunch

12:45pm - 2:00pm Doris Green, MPA, New York State
Caregiving and Respite Coalition Managed by Lifespan

Accessing and Accepting Respite as a Tool for Addressing Isolation and Depression

This session will review the work of the New York State Caregiving and Respite Coalition, the need for caregiver's to identify respite resources and tools necessary to do so. Also, attendees learn how identifying and addressing isolation and depression can ease the emotional strains of caregiving, difficult family relationships, grief and guilt.

2:00pm - 2:15pm Break

2:15pm - 3:30pm Susanne Murtha, ERYT500, PYT,
TIYT, Living Well Coaching, Wellcoaches Certified and
Licensed Health Coach

Counterbalancing Stress: Tools for Caregivers to Strengthen Resilience

For caregivers and people in the helping professions it's almost impossible to eliminate the sources of stress. Rather, it's essential to strengthen our capacity to handle life's challenges, to think about stress in healthy ways and to increase everyday positive experiences in order to counterbalance stress. Join Susanne to add evidence-informed strategies to your toolkit.

Susanne Murtha, E-RYT500 is a Certified Health Coach, Yoga Teacher and iRest Meditation Facilitator who is passionate about providing accessible tools and personalized support to increase life satisfaction and balance. She loves to help everyday people realize just how extraordinary they really are.

3:30pm - 3:45pm Dr. Richard Durant, Project Director
Closing

**Attendees: Your Opinion Matters.
Please Complete and Hand In Evaluations!!!**

Alzheimer's Disease Caregiver Support Initiative
These services are supported in part by a grant from the
New York State Department of Health



Target Audience:

- Non-Professional Caregivers and Professional Caregivers
- Loved Ones of Individuals with Dementia
- Loved Ones of Individuals with Alzheimer's Disease
- Aging Service Providers
- Health Professionals
- Students In Training
- Any Interested Individuals

Conference Cost and Registration:

- 👉 Professionals: \$25.00
- 👉 Family Caregivers and Students: No Charge

👉 Registration is requested by November 8, 2016

•Register online: www.plattsburghcas.com

Click on Conferences & Events

•Mail: Checks can be made payable to: College Auxiliary Services.

Confirmation will be e-mailed upon receipt of registration and payment.

??Questions??:

For registration questions, contact Kate Chilton
Email: kate.chilton@plattsburgh.edu
Phone: 518-564-3054.

For questions regarding content, contact Valarie Drown
Phone: 518-564-3364
Email: drownvl@plattsburgh.edu.

Cancellation:

Registration refund must be requested at least 5 business days prior to the conference. No refunds for late cancellations or no shows. Contact College Auxiliary Services at 518-564-3054 or kate.chilton@plattsburgh.edu should you need to cancel.

Parking:

Parking is available in Lot # 27/28 on Draper Ave. **Car pooling is advised.**

Directions to Angell College Center, Parking Lot 27/28:

- Route 87 North (Adirondack Northway) to Exit 37
- Right onto Route 3
- Follow Route 3 to Burger King on the right.
- At this traffic light bear right onto Broad St.
- Continue on Broad St. to traffic light at Draper Ave.
- Take a right onto Draper and follow to Parking Lot #27/28 located behind Angell College Center.
- Parking lot 27/28 is also accessible from Sanborn Ave
- Take the walkway to Angell College Center between Feinberg Library and ACC.



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for Caregivers of People with Alzheimer's Disease and Other Dementia
Tuesday, November 15, 2016 - 8:30 am - 3:45 pm - Angell College Center, SUNY Plattsburgh**

- Professionals: \$25 Family Caregivers/No Charge Students/No Charge
- My Loved one is accompanying me and requires respite.

Name(s) _____

Organization _____

Address _____ Email _____

City/State/Zip _____ County _____ Phone _____

- Check enclosed. Amount: \$ _____ Payable to College Auxiliary Services
- Please charge my Visa Discover Mastercard

Account # _____ Expiration Date _____

Signature _____ Home Zipcode _____

Pre-Registration is requested by November 8, 2016.

Professionals: Payment or purchase order must accompany your registration.

Registrations will be confirmed by email.

Return this form and payment to: College Auxiliary Services, SUNY Plattsburgh, Clinton Hall,
101 Broad Street, Plattsburgh, NY 12901-2681 Phone: 518-564-3054

To expedite, register online at www.plattsburghcas.com - click on "Conferences & Events" then "Upcoming Events".