

# Connections for Those Who Care

- a family caregiver conference series

**FAMILY<sup>SM</sup>  
ALLIANCE<sup>INC.</sup>**  
Comprehensive Care Services

## ABOUT THE SERIES:

Caregiver stress can often lead to increased risks of depression and physical illness that may impact a person's ability to continue providing care.

This series is designed to help family caregivers connect with the supports and information needed to reduce that level of stress and improve the caregiving experience.

Attendees may attend any or all of the sessions at either of our Woodstock or Huntley locations. If you miss one at one location, you can catch it at the other on another date (see schedule at right).

The doors open at 8 AM. Sessions generally run from 9 AM to 1 pm, and are followed by lunch.

## **FAMILY ALLIANCE**

### Huntley

12555 Farm Hill Dr, Ste 800  
Huntley, IL 60142

### Woodstock

2028 N Seminary Ave  
Woodstock, IL 60098

## SCHEDULE OF CONFERENCE SESSIONS:

### Huntley

**April 25, 2015:**

***MOMENTS MATTER: Caring for a Person Living with Dementia***

-Josh Lavigne, PhD

-Authors Tom and Karen Brenner on their book "You Say Goodbye and We Say Hello: The Montessori Method for Positive Dementia Care"

-Cheryl Levinson, RN-BC on "Mindfulness Practices and Memory Loss"

-Inez Young, Support Group Leader: "If I knew Then What I Know Now"

**July 25, 2015:**

***PRACTICAL MATTERS: a Toolbox for Family Caregivers***

-Kathy Ering: Safety in the Home

-Rhonda Rosenthal & Jeanette Schwemler: Estate Planning

-Sue Grossinger, Senior Health Insurance Program (SHIP)

**October 24, 2015:**

***SUPPORT MATTERS: Getting the Help You Need When Caregiving***

-Meg LaMonica and Sharon Mueller on long term placement and what to look for in a facility

-Attorneys Rhonda Rosenthal & Jeanette Schwemler: Estate Planning

### Woodstock

**May 16, 2015:**

***YOUR HEALTH MATTERS***

-Donna Kirkpatrick- Pinson EdD., LCPC, NCC, NCSC on caregiver stress

-Maria Morrill, MHP, NCPT IV on resources, living arrangements, spousal imoverishment

-Eileen Filler, RN on laughter yoga

**August 29, 2015:**

***MOMENTS MATTER: Caring for a Person Living with Dementia***

-Josh Lavigne, PhD

-Dori Thompson, Art Without Boundaries

-Cheryl Levinson, RN-BC on "Mindfulness Practices and Memory Loss"

**November 7, 2015:**

***PRACTICAL MATTERS: a Toolbox for Family Caregivers***

-Kathy Ering: Safety in the Home

-Melissa Wick, JD: Estate Planning

-Sue Grossinger, SHIP

**January (date TBD), 2016:**

***SUPPORT MATTERS: Getting the Help You Need When Caregiving***

-Melissa Wick, JD on estate Planning

-Sue Grossinger, SHIP

- Meg LaMonica and Sharon Mueller on long term placement and what to look for in a facility

**Call 815-338-3590 for more information or learn more online at [www.FamilyAllianceInc.org](http://www.FamilyAllianceInc.org).**