

Feel Better Care Better



Feel Better – Care Better is all about taking good care of yourself so you can take good care of your loved ones. As caregivers, we are less likely to give good care to our loved ones if we are feeling down. Winter is an especially hard time for many, and this quote sums it up:

Being negative only makes a difficult journey more difficult. You may have been given a cactus, but you don't have to sit on it!

We can be proactive in taking care of ourselves so we can take good care of our loved ones. As caregivers, it is essential that we find a way to keep our spirits and energy levels up by focusing on spiritual, mental and physical health. Let's go on a **feel better** journey so we can all **care better**.

Sponsored by:



Thursday, April 18, 2019

8:30 a.m. – 3:30 p.m.

WITC-Ashland

2100 Beaser Ave. • Ashland, WI 54806

Registration Fee: \$29 (\$8.87 for 62+)

6 CEUs available

Light breakfast and lunch included



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Continuing Education

8:30–9 a.m.	Registration		
9–9:05 a.m.	Welcome <i>Carrie Linder, Bayfield Co. Dept. of Human Services</i>		
9:05–10:30 a.m.	Feel Better—Care Better <i>Kevin Stranberg, Memorial Medical Center</i>		
10:45–11:45 a.m.	Breakout Sessions		
	Funeral Planning <i>Mark & Mitchell Mountain, Mountain Funeral Homes</i>	A Caregiver's Journey Through Grief and Loss <i>Jennifer Ellis, WITC</i>	
11:45–12:45 p.m.	Lunch & Vendor visits		
12:45– 1:15 p.m.	Tai Chi <i>Suzanne Rooney, ARDC Bayfield County</i>		
1:15–2:15 p.m.	Breakout Sessions		
	Chemical Dependency <i>Mark Panasierwicz, Gookomis Endaad</i>	Estate Planning <i>Ryan Long, Sturgul & Long Law Office</i>	Eat Well/Care Well <i>Pam VanKampen, Greater WI Area Agency Resources</i>
2:15–2:30 p.m.	Break		
2:30–3:15 p.m.	Smile Like You are Watching <i>Paula Gibson, Azura Memory Care</i>		
3:15–3:30 p.m.	Closing & door prizes		

Feel Better – Care Better

- Understand the importance of caring for ourselves to be able to care for our loved ones
- Try out a number of everyday Feel Better tactics to support spiritual, mental and physical health



Presented by Keynote Speaker: Kevin Stranberg, Ashland Memorial Medical Center– Kevin Stranberg is a speaker, facilitator and marketing/communications expert with over 25 years of experience in the field. Kevin has served as Director of Strategy & Patient Experience for Memorial Medical Center (MMC) in Ashland and is the owner of Stranberg & Associates, a firm that works with individuals and organizations nationwide to get them on the right track.

A Caregiver's Journey through Grief and Loss

- Examine the types of grief and their correlation to caregiving
- Explore participants' experiences with grief and loss
- Distinguish available resources and support to lessen caregiver burnout



Presented by Jennifer L. Ellis, MS, HS-BCP, WITC– Jennifer is the Program Director and northern tier, full-time instructor of the Gerontology-Aging Services Professional Program at WITC. She brings extensive experience as a human services and gerontology educator and practitioner. She has specialized training and experience in therapeutic recreation programming for individuals with dementia.

Funeral Planning

- To educate on the importance of the funeral
- To educate on the importance and ease of pre-need



Presented by Mark and Mitchell Mountain, LFD, Mountain Funeral Homes–Mark and Mitchell were born in New Richmond, WI, attended U.W. Stout and also mortuary science school in Chicago. Mark has been in the field for over 34 years, he worked in funeral homes in Park Falls and New Richmond before purchasing his current funeral home in Ashland. Mitchell has held licenses in WI and MN since April 2018.



Tai Chi

- Provide an enjoyable mid-day moment
- Create the desire to learn more about and engage in Tai Chi



Presented by Suzanne Rooney, Certified Tai Chi Instructor, Reiki Master/Teacher–Born and raised in Superior, Suzanne has lived all over the United States during her 25 year sales career with a major corporation. She returned home to Wisconsin for the people and the land and is a happy contributor to the Cable Community.

Chemical Dependency

Presented by Mark Panasierwicz, LCSW, Clinical Director, Gookomis Endaad Mental Health/AODA Treatment–Mark is a veteran of the United States Airforce who went on to get his Bachelors in Psychology from Michigan Technological University and then received his Master's in Clinical Social Work from Michigan State University. At Gookomis Endaad Mark works to provide a therapeutic setting that incorporates clinical and traditional tribal healing practices to support the relatives in their holistic healing journey.

An Introduction to Estate Planning and Paying for Long-Term Care

- Identify documents necessary for an effective estate plan
- Identify issues when planning for long-term care & possible solutions



Presented by Ryan Long, Attorney, Sturgul & Long–Ryan J. Long is a partner with Sturgul & Long where he practices primarily in the area of elder law, including estate planning, nursing home planning and Medicaid planning. He is a member of the National Academy of Elder Law Attorneys, as well as the Elder Law Sections for Wisconsin, Michigan and Minnesota.

Eat Well, Care Well

- Discover easy and nutritious snack and meal ideas that will have a positive impact on the nutritional health of the care recipient and the caregiver
- Become empowered and energized to take practical steps for eating well and caring well



Presented by Pam VanKampen, Nutrition Specialist/Older Americans Act Consultant/Senior Center Representative, Greater Wisconsin Agency on Aging Resources–Pam is part of the Nutrition Team for the Greater Wisconsin Agency on Aging Resources (GWAAR). GWAAR is a large statewide non-profit Area Agency on Aging that oversees 70 counties and 11 tribal aging offices throughout Wisconsin.

Smile Like You Are Watching

- Find ways to identify joy
- Learn how to weave this joy into your life and your caregiving experience



Presented by Paula Gibson, Regional Director of Communications and Engagement, Azura Memory Care–Paula is the Regional Director of Communications and Engagement for Azura Memory Care, which provides safe, loving homes for those with Alzheimer's disease and dementia in numerous communities throughout Wisconsin. Paula is a Certified Dementia Practitioner, Certified Virtual Dementia Tour Trainer, Certified Cognitive Stimulation Provider and the creator of "MOSAIC Connections" a training program that equips Azura Team Members with the knowledge and understanding to bolster residents' self-worth and create a true failure-free, less threatening world for those with memory loss.



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REGISTRATION FORM

for Continuing Education (non-credit) Courses

LOCATION

Last Name First Name M.I. Former Last Name (if applicable)

Date of Birth

Age 62+?

Employer

WITC Student ID No.

Social Security No.

I've taken classes at WITC in the past.

Email address (required for WITC alerts and important communication)

Home phone

Cell phone

Home address

City

State

ZIP

Highest grade

COMPLETED (K-12): _____

Resident of (check one): Township Village City County

School District where you live

Last high school attended

The information below is required for state and federal reporting purposes, and will be kept confidential.

Gender: Male Female **Ethnicity:** Hispanic/Latino origin? Yes No

Race (check all that apply): American Indian/Alaska Native Asian Black/African American Native Hawaiian/Other Pacific Islander White

Highest Credential Earned

- | | | | |
|---|---|--|--|
| <input type="checkbox"/> 01 = No Credential | <input type="checkbox"/> 05 = Some college credit | <input type="checkbox"/> 08 = 2yr Diploma | <input type="checkbox"/> 11 = Baccalaureate |
| <input type="checkbox"/> 02 = GED | <input type="checkbox"/> 06 = Short-term diploma or certificate | <input type="checkbox"/> 09 = Associate Degree | <input type="checkbox"/> 12 = More than Baccalaureate |
| <input type="checkbox"/> 03 = HSED | <input type="checkbox"/> 07 = 1yr Diploma | <input type="checkbox"/> 10 = Associate Degree | <input type="checkbox"/> 99 = Student Declined/Unknown |
| <input type="checkbox"/> 04 = High School Diploma | | Plus Additional Credential | |

OFFICE USE ONLY

Term: _____

38.14 Contract # _____

Employer # _____

Course Fees \$ _____

Senior Fee \$ _____

Other _____

Received By/Ext. _____

Date/Time _____

It is your responsibility to contact WITC to officially drop a class. If you decide to drop, you should do so immediately as a single day can affect your refund amount. A full refund will be given if you notify WITC prior to the first scheduled class meeting.

CLASS NO.	CATALOG NO.	CLASS TITLE	LOCATION	START DATE	CLASS FEE
25619	47-520-405	Caregiver Conference	Ashland	04/18/19	\$29 (\$8.87 for 62+)
Once registered for a course(s), you have created a liability with WITC and a promise to pay.					TOTAL

PAYMENT METHOD: Check or money order payable to WITC Cash MasterCard Visa Discover Exp. Date _____ Security Code _____
 Agency Bill/Sponsored Registration - complete information below; attach required authorization Month / Year

Credit Card No. Name on Card Cardholder Signature

Sponsored Registration:

If an agency or employer has agreed to pay your tuition, complete the section below and attach written authorization.

Name of Business/Agency _____

I authorize WITC to forward information regarding the completion of this course to the sponsor listed above. _____
Student Signature



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Ashland, WI 54806

Caregiver Conference

SAVE
THE
DATE



Thursday, April 18, 2019
8:30 a.m. – 3:30 p.m.

Don't miss this exciting and educational conference for family caregivers and professionals. This special day will include light breakfast and lunch, speakers and vendors.

WITC-Ashland

2100 Beaser Avenue, Ashland, WI 54806

WITC is an Equal Opportunity Educator/Employer.

2019 Annual Ashland & Bayfield County Caregiver and Dementia Conference

Feel Better – Care Better



Kevin Stranberg is a speaker, facilitator and marketing/communications expert with over 25 years of experience in the field. His candid, straightforward approach to issues makes him a sought after speaker on a number of topics, including healthcare through the eyes of the patient and the importance of making a personal and professional plan. Kevin has served as Director of Strategy & Patient Experience for Memorial Medical Center (MMC) in Ashland and is the owner of Stranberg & Associates, a firm that works with individuals and organizations nationwide to get them on the right track.

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HOW DO I REGISTER?



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VISA, MasterCard, Discover



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Send registration & payment
to WITC-Ashland



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Visit Student Services at
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