



# CIRCLES OF CARING

Every caregiver's life is encircled.

You are at the heart of the circles accompanied by your loved one(s), family, and immediate community.

Surrounding you is a host of interdisciplinary traditional and alternative caregiving professionals who offer the essential services that support the health and wellbeing of you, the care receiver and your family.

And, the wider outside circle supports the values of Unconditional Respect, Professional Excellence, Community Involvement, Accountability, and Welcoming into the Circles of Caring.

This year's Conference speaks to each circle and will provide a day rich in meaning, knowledge, encouragement, inspiration, and self-nurturing.

Men...This is Important for You, too. Are you aware that roughly 45% of caregivers are men? Men are caring for their spouses, parents and partners. And yet, men often don't participate in support groups nor do they attend conferences. Join us and receive the support, information, inspiration and respite that can strengthen you as you care for someone you love.

*Honoring & respecting all you do,*

**Anne Cardinale**

*Director, Ulster County Office for the Aging*

**Leslie K. Malin**

*Executive Director, Jewish Family Services of Ulster County, Inc.*

## Today is... All About You!

- Enjoy the Delicious Buffet Breakfast and Sit Down Lunch
- Learn, Laugh and Be Inspired by our Expert Speakers
- Visit with Our Vendors & Discover what is Available for You
- Delight in an Array of Raffle Prizes & Gifts
- Nurture Yourself-From Chair Massage to Meditation
- Stroll The Beautiful Grounds Along the Shores of the Hudson
- Experience a Closing Ceremony That You Will Long Remember
- Respite Care is Available for Your Loved One  
Call 845-338-2980

**First Time Ever!**  
 Can't Attend?  
 Sign up for the  
 Webcast of Conference  
 Highlights!  
 Find out more by going to  
[www.thecirclesofcaring.com](http://www.thecirclesofcaring.com)

This day is made possible by NYSOFA and Ulster County Office for the Aging, Senior Whole Health, HealthAlliance, Catskill Hudson AHEC, and Jewish Family Services along with our other sponsors and vendors.

EDUCATING, INSPIRING & EMPOWERING  
THE CAREGIVING COMMUNITY

Third Annual



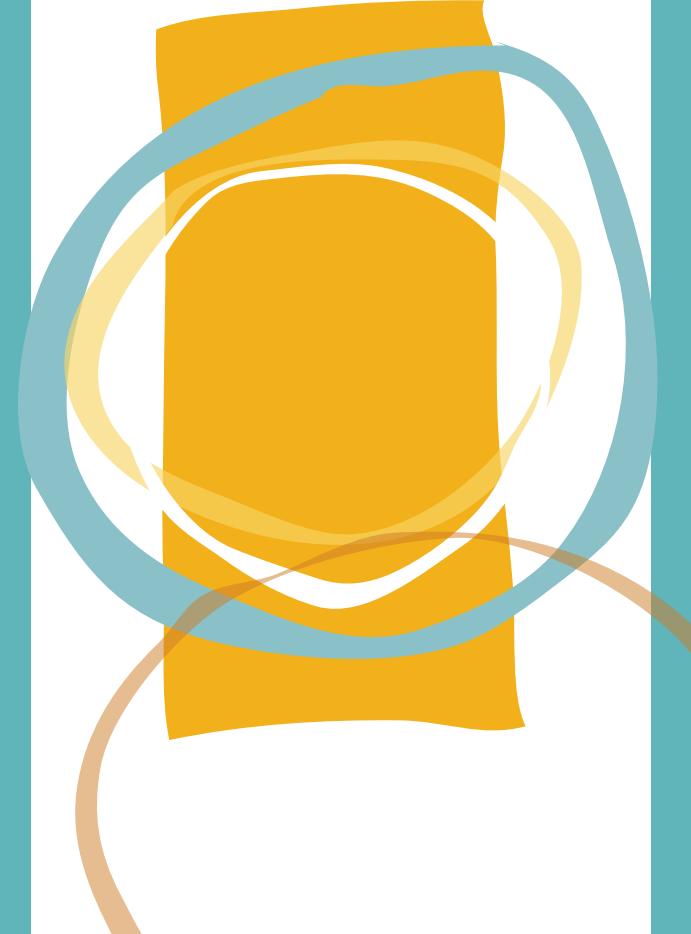
# CIRCLES OF CARING

family caregivers' conference

June 5th

8:00 a.m. - 3:30 p.m.

Mt Saint Alphonsus, Esopus



**The Circles of Caring: Educating, Energizing and Inspiring the Caregiving Community**  
June 5, 2009

Mount Saint Alphonse, Route 9W, Esopus, NY  
Schedule – 8am – 3:30pm

**8am – 9am Sign – In**

Enjoy a Buffet Continental Breakfast, Visit Vendors

**9 – 10 am We Welcome You:**

Anne Cardinale, Director, Ulster County Office for the Aging & Leslie K. Malin, Executive Director, Jewish Family Services of Ulster County, Inc.

**Key Note: *The Gifts of Giving Care***

**Sheila Pearl, LMSW**, a gifted inspirational speaker, healer, singer, caregiver and co-author of *Wake Up Women* and author of her forthcoming book, *Still Life*

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**10: 00 am – Noon:  
8 Inspiring & Empowering Presentations**

**Session A: 10 – 10:50 - Choose from**

- How Can I Do This? A Caregiver's Question
- Looking Inward to Find Your Answers
- Challenges in Caregiving for LGBTQ People
- Long Term Mental Illness – Its Effects on Caregivers

**Session B: 11-11:50 Choose from:**

- It's Time for Long Term Care: What You Need to Know
- The Need for Intimacy for Persons with Dementia
- Empowering Conversation: You & Your Health Care Professionals
- Preventing Falls by Changing Behavior

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**Noon – 1:30pm  
Lunch, Vendors, R&R, Book Signing**

**Luncheon Speaker: Caregiving in New York State:  
*We care because you care***

Michael Burgess, Director of the New York State Office for the Aging (NYSOFA), and Learn about OFA's programs; its vision for the future and its commitment to you and your family.

**Give Yourself Some Well Deserved R&R**

Spend time with our Wellness practitioners

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**Afternoon Session: 1:30 – 3pm  
*When Being Polite Just Isn't Enough!*  
A Dynamic Panel Discussion with Q & A**

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**3-3:30pm Closing Ceremonies  
The Sounds of Care and Healing,  
Amy McTear, Spiritual Counselor & Sound Healer**

**Session A: 10-10:50 a.m.**

**# 1A: Long Term Mental Illness- Its Effect on Caregivers**

**Sally Iannone, LCSW**

Discover ideas for keeping & improving your "sanity", as you learn to better understand mental illness and how it effects us as caregivers.

**#2A: It's Time for Long Term Care: What You Need to Know**

**Bette Ann Moskowitz**

When long-term care becomes an option, it is important to know what questions to ask, what to observe, & how to choose the right facility. As important, is how to make the transition easier, for everyone.

**#3A: Empowering Conversations: You & Health Care Professionals**

**Judith Bromley, RN**

Summoning up the critical thinking skills necessary to negotiate the crises of healthcare challenges is often very difficult. Find out how to become more effective and empowered.

**# 4A:Challenges in Caregiving for LGBTQ People**

**Prof. Peri I. Rainbow**

Caring for loved ones who are lesbian, gay, bisexual, transgender or queer (LGBTQ) poses unique legal, financial, emotional and spiritual challenges for caregivers Care recipients face discrimination all along the health care continuum.

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**Session B – 11am -11:30 am**

**#1B Dementia & the Need for Human Connection**

**Wendy Rudder, LCSW**

Sexuality and the need for intimacy or human connection do not disappear when a person is diagnosed with Alzheimer's disease or dementia. Caregivers often feel guilt, anger or embarrassment. Learn about your loved one's intimacy needs & discuss your feelings.

**#2B: Naikan: Looking Inward to Find Your Answers**

**Barbara Sarah, LCSW**

Naikan, "inward looking" is a practice of self-reflection resulting in a clearer picture of our past and present life, as well as of our connection to those who support and sustain us. An introduction with practical exercises and suggestions for integrating it into our daily lives.

**#3B: How Can I Do This? A Caregiver's Question**

**Marilynn Garziona, Author & Caregiver**

Caring for a loved one with Alzheimer's is often overwhelming. Discover the importance of finding positive ways to offset the frustration, sacrifice, and isolation that you are experiencing.

**#4B Preventing Falls by Changing Behavior**

**Mat Osterhoudt, Director of Lifeline & Darlene Donofrio**

Learn about the prevalence and consequences of falls among older adults. Learn an approach to engage older adults in fall prevention. and discover what causes increased risk of falls & what you can do to increase safety..

**The Circles of Caring**

Ulster County's 3rd Annual Caregiver's Conference  
June 5th 8:00 a.m. - 3:30 p.m.

All participants must be pre-registered. Payment by check or credit card. Scholarships are available

Name: \_\_\_\_\_

Address \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Choose a breakout group – Please indicate your first and 2nd choices for Sessions A & B:

**Sessions A: 10am – 10:50am**

#1A- Mental Illness

#2A- Long Term Care

#3A- Empowering Conversations

#4A- Caring for LGBTQ People

**Sessions B: 11- 11:50am**

#1B- Dementia & Intimacy

#2B- Naikan

#3B- Can I Do This?

#4B- Preventing Falls

Yes, I want to attend The Circles of Caring.

Enclosed is (\$12 per person) \$\_\_\_\_\_ for \_\_\_\_\_ people.

Includes breakfast and lunch.

I would prefer you to use my credit card: Amex, Visa, M/C

Credit Card # \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Security Card # (back of the card) \_\_\_\_\_

**Yes, I want to sign up for the Webcast for \$6.00.**

**For more information & to Register online for the Conference or webcast, visit [www.thecirclesofcaring.com](http://www.thecirclesofcaring.com)**

**Webcast viewing available from June 22-28th.**

**Checks made payable/mailed to:**  
Jewish Family Services of Ulster County  
411 Development Court  
Kingston, NY 12401  
845-338-2980