

EDUCATING, INSPIRING & EMPOWERING  
THE CAREGIVING COMMUNITY

Third Annual



# CIRCLES OF CARING

family caregivers' conference

June 5, 2009

Mt Saint Alphonse, Esopus

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

*Conference is open to all family caregivers.  
Respite Care available with advanced notice*

## Key Note:

Sheila Pearl, LMSW - The Gifts of Giving Care  
Coauthor: *Wake Up Women* & Author of forthcoming book, *Still Life*

## Powerful Presentations

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

## Lunch Time Keynote Speaker;

Michael Burgess, Director, New York State Office for the Aging

## Afternoon Session:

When Being Polite Just Isn't Enough! A Dynamic Panel Discussion

## Closing Ceremony:

Singing Bowls: The Sounds of Care & Healing , Amy McTear, Spiritual Counselor & Sound Healer

**\$12 donation includes Buffet Breakfast and Lunch** Scholarships Available

## Register Today!

Space Limited. Payment by Credit Card or Check  
Go to: [www.thecirclesofcaring.com](http://www.thecirclesofcaring.com) for more info and to register online

Call: Jewish Family Services of Ulster County  
845-338-2980

Email: [contactus@thecirclesofcaring.com](mailto:contactus@thecirclesofcaring.com)

This day is made possible by NYSOFA and by Ulster County Office for the Aging Sponsors: OFA,

