

CONFERENCE AGENDA

Seattle Schedule – Wednesday, 11/04/09

8:00-8:30	Registration and Breakfast
8:30-8:45	Welcome Song- "Hero"-Marshall Howard
8:45-9:30	Caregivers Panel
9:30-10:30	Dr. Ann S. Morrison, PhD, RN- "Demystifying Behavioral Problems"
10:30-10:45	Break
10:45-11:45	John S Palmer, JD-"Estate Planning"
11:45-12:45	Lunch with Entertainment
12:45-1:45	John S. Palmer "Medicaid Eligibility"
1:45-2:00	Break
2:00-3:00	Motivational speaker- TBD
3:00-3:30	Closing Remarks, Evaluation

American Lake Schedule–Thursday, 11/05/09

8:00-8:30	Registration and Breakfast
8:30-8:45	Welcome
8:45-9:30	Song-"Hero"-Marshall Howard
8:45-9:30	Caregivers Panel
9:30-10:30	Dr. Ann S. Morrison, PhD, RN- "Demystifying Behavioral Problems"
10:30-10:45	Break
10:45-11:45	John S Palmer, JD-"Estate Planning"
11:45-12:45	Lunch with Piano Entertainment
12:45-1:45	John S. Palmer, JD-"Medicaid Eligibility"
1:45-2:00	Break
2:00-3:00	Marty Richards- MSW, LICSW "Caring for the Caregiver"
3:00-3:30	Closing Remarks, Evaluation

Massage Therapists: free 15 min chair massages

Paula Snow, LMP	Simi Peddicord, LMP
Puget Sound Massage	Simi's Massage & Spa

ABOUT THE CONFERENCE

- The conference will provide information, education, support and a chance to meet others facing similar challenges as caregivers. It is targeted toward the needs of family members, friends and health care professionals in the community caring for adults with chronic illnesses and/or disabilities.
- Continental breakfast and lunch will be served.
- Resource Information Tables will be provided by community and VA programs.
- The conference is approved by the NASW Washington State Chapter, for 4.0 CEUs. Licensed Social Workers, Marriage and Family Therapists, and Mental Health Counselors are eligible. The Provider number is 1975-223. For those interested, attendance certificates will be awarded at the end of the conference.
- Cascade Park Vista Assisted Living and Elder Health Northwest have made a limited number of daytime respite spaces available for those attendees who need care for their loved one while they attend the conference. To arrange, contact the person below by 10/22/09:
- **Eric Roberson, MSW**
American Lake - 253.583.1174
- **Kris Fredrickson, MSW, LICSW**
Seattle - (206) 764-2188

Entertainment

Seattle & American Lake:

John Weber-pianist; Marshall Howard- vocalist

Heroes of the Heart



**21st Annual VA
Caregiver's Conference
at the Seattle campus
Wednesday November 4, 2009
8:00 am-3:30 pm**

**8th Annual VA
Caregiver's Conference
at the American Lake campus
Thursday November 5, 2009
8:00 am-3:30 pm**

SPONSORED BY: VA PUGET SOUND HEALTH CARE SYSTEM -
SOCIAL WORK DEPARTMENT, GERIATRIC RESEARCH,
EDUCATION AND CLINICAL CENTER, & THE MS CENTER OF
EXCELLENCE, AFGE LOCAL 498, THE AMERICAN LAKE
CREDIT UNION, AND VERITY CREDIT UNION

ABOUT THE SPEAKERS

KEYNOTE:

● Ann Morrison, PhD, RN

She is a clinical nurse specialist Coordinator of the Education Core at the Johns Hopkins School of Medicine, Alzheimer's Disease Research Center. She also is responsible for several clinical drug trials for the treatment of Alzheimer's Disease within the Neuropsychiatry and Memory Group of the Department of Psychiatry. She has been providing care to Alzheimer's patients and families and directing clinical research for eighteen years. She has conducted research projects related to the identification of risk factors for Alzheimer's disease; FDA drug trials for the treatment of Alzheimer's disease; as well as Alzheimer's caregiver research. As an Education Specialist, she has lectured extensively on Biological topics related to Alzheimer's disease as well as Sociological topics related to care of Alzheimer's patients and families. In addition, she has served as Mentor/Master Clinician to Nursing, Social Work, and Gerontology students.

● Marty Richards, MSW, LICSW

She received her Masters of Social Work from the UW in 1970 and has spent her career working as an educator, therapist, care manager and author for more than 40 years. Her books include- *Caresharing: A Reciprocal Approach to Caregiving and Care receiving in the Complexities of Aging, Illness or Disability*; *Choosing a Nursing Home: A Guidebook for Families*; *Eldercare: The Best Resources to Help You Help & Your Aging Relatives*; and *Caregiving: Church & Family Together*. She is a State of Washington Licensed Independent Clinical Social Worker, a member of

the American Society on Aging; the National Association of Social Workers; Academy of Certified Social Workers; and the National Council on the Aging.

● John S Palmer, JD- Attorney at Law

He received his law degree in 1990 from the Franklin Pierce Law Center in Concord, NH and has over 17 years experience as a practicing attorney in Washington State. He has assisted hundreds of clients with a wide range of legal issues including drafting Wills, Trusts, Durable Powers of Attorney, and other estate planning documents and has helped clients obtain government benefits to pay for the long term care. He is a member of the National Academy of Elder Law Attorneys; the Guardianship and Elder Law Section of the King County Bar Association; the Real Property, Probate and Trust Section of the Washington State Bar Association, and is a past Secretary of the WSBA Elder Law Section.

Resource Information Tables

Seattle:

VA/UW Memory Wellness Program** MS Center of Excellence ** Brain Injury Association of WA**Aging Safely** Elder Health NW**Gilda's Club** Senior Services-KC**

American Lake:

VA/UW Memory Wellness Program**MS Center of Excellence**Brain Injury Association of WA**Aging

Safely **Cascade Park Vista**PC Aging & Human Services ** Senior Services**

Directions to VA Hospital in Seattle from I-5

- Take I-5 to the Columbian Way/West Seattle exit (exit is South of downtown Seattle).
- If you are coming from downtown- When the exit "Y's," keep to the left, which will put you onto Columbian Way.
- If you are coming from the South – When the exit "Y's" keep to the right, which will put you onto Columbian Way.
- Get into the right hand lane before the first stop light. You will continue up the hill (the left lanes are forced to turn left).
- As you go up the hill, the road veers to the right. After the other traffic merges with you to the right, get into the left lane.
- There will be a stop light in front of a fruit market and the road goes to the left. Veer with the road to the left.
- At the next light, turn left into the main entrance of the VA Hospital.
- Go through the stop sign and continue up the hill to the main entrance of the hospital. Park in the visitor section or use valet parking, then go to the inpatient lobby entrance.
- Once in the inpatient lobby follow signs to outpatient lobby and take blue elevators down one floor. Go to the left to room BB 108 (chapel and auditorium).

Directions to the VA American Lake Campus

- From I-5, take exit 124, Gravelly Lake Drive. Coming from the South– take a left at the end of the off ramp and if coming from the North, take a right at the end of the off ramp, onto Gravelly Lake Drive.
- Follow Gravelly Lake Drive in the left lane (veering left and the second light) to the third light that will place you at the intersection of Gravelly Lake Drive and Veteran's Drive (approximately ½ mile)
- Turn left at the light onto Veteran's Drive and go for approximately 1 mile until you reach the medical center grounds.

- The Conference is held in Building 9, Auditorium.