

CAN I SURVIVE AS A CAREGIVER?

2018 Ogema Caregiver Conference

Monday, November 12

Sign In: 8:30AM

Program: 9:00AM -
3:00PM

Ogema Baptist Church -
Conference Center

W5091 State Hwy. 86
Ogema, WI

SHOWCASE your Business!

EXHIBITOR Space Available
\$40 + Please bring a Door Prize
Keynote Speaker to Mention
Community Resources!

This Event is **FREE** for

Unpaid Caregivers

RESPIRE CARE Provided
Please Call to Reserve

Professional Caregivers
are INVITED - \$10 per person.

**REGISTRATION
REQUIRED**

Call Taylor County
Commission on Aging

715-748-1491

or email

nathanael.brown@co.taylor.wi.us

by November 5th.

Are you a caregiver? Are you a family member or friend who provides unpaid care for your spouse, parent, other relative or friend? Caregivers often assist with meal preparation, personal cares, shopping, cleaning, doctor visits, managing finances, or transportation.

JOIN US for a day of education and support focused on you. You will learn positive strategies for caregiving, enhance your skills, connect with resources and service providers, and enjoy a delicious lunch!

Can I Survive as a Caregiver?

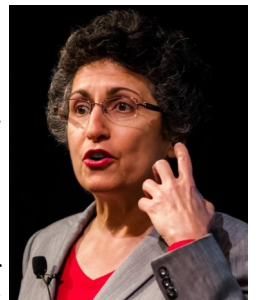
Presented by Brenda Avadian, MA
TheCaregiversVoice.com

After moving her father and his unwanted friend (Alzheimer's) from Wisconsin to her home in California, Brenda was in over her head. She learned from the experts and drew on fellow caregivers' experiences.

Be ready for a whirlwind caregiving adventure filled with humor, inspiration, and knowledge — including types of dementia, care options, why caregivers don't ask for help, the Five-Minute Respite, and the Diamond Tip.



You may never view caregiving the same again!



Eat Well, Care Well

Presented by Pam VanKampen, RDN, CD
Greater Wisconsin Agency on Aging Resources, Inc.



Please join us for a fun, interactive and informative session to learn the nutrients that are vital to aging well. Pam will be sharing some easy, nutritious and tasty recipes and meal ideas to get you excited about eating well. As Virginia Woolf stated, *"One cannot think well, love well, sleep well, if one has not dined well."*



Presented by

Taylor County Commission on Aging & Price County Senior Services