

Heart Rhythms:

A CAREGIVER'S JOURNEY OF LOVE, LOSS AND RENEWAL

A Conference for Caregivers and Professionals Who Serve Them

Friday, June 24, 2005
8 am – 4 pm

Hilton Irvine/Orange County Airport
18800 MacArthur Boulevard
Irvine, CA 92612



AARP is a nonprofit, nonpartisan membership organization that helps people 50+ have independence, choice and control in ways that are beneficial and affordable to them and society as a whole. We produce *AARP The Magazine*, published bimonthly; *AARP Bulletin*, our monthly newspaper; *AARP Segunda Juventud*, our bimonthly magazine in Spanish and English; *NRTA Live & Learn*, our quarterly newsletter for 50+ educators; and our website, www.aarp.org. AARP Foundation is an affiliated charity that provides security, protection, and empowerment to older persons in need with support from thousands of volunteers, donors, and sponsors. We have staffed offices in all 50 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands.

About the Conference

The purpose of the conference is to help family caregivers and the professionals who serve them identify new ways to reduce stress, decrease isolation, and enjoy a break from caregiving duties.

Learning Objectives:

Upon completion of this conference, participants will be better able to:

- List five beliefs about life and/or patterns of behavior that consistently drain their energy, and list five passions (activities, thoughts) they bring into their lives that renew their energy daily.
- List five therapeutic effects of a guided imagery relaxation exercise.
- Define respite and identify the benefits, learn to craft activities and create opportunities during respite, learn what respite costs and where to find it, and create their own individual respite plan.
- Manage stress by performing simple T'ai Chi Chih movements that focus on the mind, body, breath connection.
- Identify five personal Self Care activities, one to pleasure each of the five physical senses in a healthy way, and to employ the olfactory sense to shift stress instantly.
- Develop an awareness of heart centered, rhythm-based activities for the release of stress, while caring for another.

Keynote Speaker



Beth Witrogen McLeod

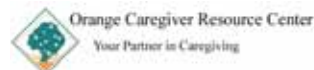
Journalist, author, speaker, and consultant on the spirituality of health and healing.

"All too often I have heard caregivers say, "I want my life back," says Ms. McLeod.

Her keynote will address this concern from the inside out, a spiritual perspective that will

inspire and instruct audience members in learning to included themselves in the caregiving equation. She will explore how it is that we as caregivers seem to lose our lives, and trace the journey of what we think we are losing, back to the truth of who we are at heart, where nothing is lost. "Caregiving does not call us to martyr ourselves, but to learn to love from a new perspective. It calls on us to be authentic, and this is the journey at midlife: to come home to who we are at heart. Caregiving can teach us all of this, and reward us with a life renewed and one far richer than where we started. All we need to do is take the first step."

Sponsored by



Friday, June 24

7:30am – 8:15am	Registration/Networking
8:15am – 8:30am	Welcome and Introductions Course Objective Review
8:30 – 8:45am	Heart Rhythms , David Van Dorn
8:45am – 9:15am	Empowering the Caregiver Celia J. Esquivel, Associate State Director, AARP Sacramento
9:10am – 10:10am	The Spiritual Journey of Love, Loss and Renewal Beth Witrogen McLeod, Keynote Speaker
10:10am – 10:30am	Break
10:30am – 11:30am	Laughing Caregivers David Fraser, MSW, Executive Director, Inland Caregiver Resource Center
11:35am – 12:15pm	Box Lunch (provided)
12:30pm – 1:20pm	Session One Workshop*
1:30pm – 2:20pm	Session Two Workshop*
2:40pm – 3:20pm	Healing Rhythms: Drumming Circle , David Van Dorn A unique rhythm workshop that is dynamic, interactive and designed to decrease stress and increase joy through creative expression.
3:20pm – 3:45pm	Closing Discussion/Wrap-Up

Continuing Education Credit

BBS - LCSW / MFT — Course meets the qualifications for six (6) hours of continuing education credit for MFTs and/or LCSWs as required by the California Board of Behavioral Sciences. BBS Continuing Education Provider No. PCE 2300. (Fills aging and long-term care requirement.)

BRN — The Council on Aging—Orange County (Provider) is approved by the California Board of Registered Nursing, Provider Number CEP 8029 for six (6) contact hours.

MCLE — The Council on Aging—Orange County certifies that an application is pending for approval of this activity for MCLE credit [six (6) hours] by the State Bar of California. MCLE Provider Number is 9835.

Pending Applications for Continuing Education Credit

NHAP —An application for Course Approval has been submitted the Nursing Home Administrator Program for six (6) hours of continuing education credit. NHAP Provider Number: EP1610.

RCFE —A Request for Course Approval has been submitted to the Department of Social Services, Administrator Certification Section for six (6) hours RCFE Continuing Education credit.

CPA —This organization follows the CE guidelines specified in the California Board of Accountancy Regulations.

For additional information regarding all CEUs, please contact: Penni McRoberts, CEU Administrator, 714-479-0107, 714-479-0234 (Fax), Email, pmcroberts@coaoc.org

*Workshop Options — select one for each hour

A. Joy Through Movement: T'ai Chi Chih®

Marilyn A. Wilson, BA, MS

T'ai Chi Chih® consists of 20 gentle, graceful movements that everyone, regardless of age or physical ability, can do. The serene, nonstrenuous movements challenge both body and mind.

B. A Healing Journey: Guided Imagery

Chris Master, RN, MSN, NP-BC

An inner journey where you will leave your stress and obligations behind and discover a beautiful, peaceful, personal sanctuary to experience rest and healing and anything else that you need.

C. Self-Care: Coming to Our Senses About Energy Management

Beth Witrogen McLeod, Author, Consultant

Marcia Witrogen Singer, Director, Foundation for Intimacy

The workshop will focus on stress reduction and self-care through enhanced energy management and sensory awareness. Come and relax in kindred community, clarify how and where you use your energies, and experience an instant energy-balancing method that utilizes healthy, pleasurable activity.

D. Creating Respite and Pleasurable Events for Caregivers

Ian Wilson, MA, MMIS, OCRC Associate Director

Randy Smith, BS, OCRC Care Coordinator

Sam Coleman, MSW, PhD, OCRC Family Consultant

This workshop will define respite and identify the benefits, costs and where to find it, as well as help individuals learn to craft activities, create opportunities, and develop an individual respite plan.

E. Creating Healing and Nurturing Environments:

Feng Shui & Aromatherapy Workshop

Celia J. Esquivel, Associate State Director, AARP Sacramento

An original workshop to inform and provide caregivers with concrete tools they can implement immediately in their daily lives, to empower them in creating a healing and nurturing environment for themselves and those they care for.

Conference Presenters



Beth Witrogen McLeod

Beth Witrogen McLeod is a double Pulitzer Prize nominee, including one for *Caregiving: The Spiritual Journey of Love, Loss, and Renewal* (Wiley, 1999 & 2000). She is editor of *And Thou Shalt Honor*, a companion book to the 2002 PBS series on which she was a consultant.

Ms. McLeod has won many national and regional awards for her writing. She has published in many top markets, including *Good Housekeeping*, *SELF*, *Family Circle*, *Health*, *Cooking Light*, *The Wall Street Journal*, *Intuition*, and *Aging Today* and on Web sites including WebMD, ThirdAge, and YourHealthConnection.

Ms. McLeod, who lives in Northern California with her photographer husband and two cats, lectures nationally on self-care and renewal, especially for health care professionals and family caregivers. She gives workshops on self-care for caregivers and on reclaiming your passion at midlife. She is working on a new book on women's renewal at midlife and beyond.



Sam Coleman

Sam Coleman has served with the Orange Caregiver Resource Center as a family consultant for two years, representing the OCRC to the County's Japanese-American Community and the CRC system's Committee on Diversity. In 2002 he received his Masters in Social Work with an emphasis on older adults and families, from California State University

Long Beach. He also holds a PhD in Cultural Anthropology that he received from Columbia University in 1978 for his study of family planning in present-day Japan.



Celia J. Esquivel

Celia J. Esquivel, is a certified feng shui practitioner and space clearer, and creates Handmade Herbal Aromatherapy bath products. She continues her studies in Aromatherapy via herbal internships and the Sage Mountain Herbal Studies. She's passionate about helping individuals create healing and nurturing environments through feng shui and aromatherapy to enhance

their living environments, and helping them live quality lives as they age in place. Celia has been a guest lecturer at UC Davis' Center for Healthy Aging Lecture Series and is the associate state director of AARP Sacramento.



David Fraser

David Fraser, MSW, David W. Fraser, MSW is executive director of Inland Caregiver Resource Center (ICRC). He has 19 years of experience working with family caregivers of adults with brain impairing conditions in Riverside, San Bernardino, Inyo and Mono Counties. In addition to his administrative responsibilities at ICRC, he leads two support groups, a

Huntington's disease support group and one for head injury survivors and their families. David also leads seminars and workshops on a variety of topics in caregiving including "Laughter is the Best Medicine" and "Controlling the Frustrations of Caregiving." David's grandfather, uncle and cousin died of Alzheimer's disease and his brother has Parkinson's disease.



Chris Master

Chris Master, RN, MSN, NP-BC, is a board certified adult nurse practitioner, health educator and speaker. Chris holds certifications in Interactive Guided ImagerySM and Operating Room Nursing. Also trained in Clinical Hypnosis, she is a member of the American Society of Clinical Hypnosis. Chris currently

has an independent holistic nursing practice at the Cordelia Knott Center for Wellness in Orange, where she presents monthly workshops and conducts private sessions offering holistic nursing services including: health education, counseling, relaxation training, guided imagery and hypnosis to clients seeking to manage stress, pain and symptoms, prepare for successful surgery, cope with illness, or make healthy lifestyle changes.

Randy Smith

Randy Smith, BA, began his employment with the Orange Caregiver Resource Center in May of 2004 with the Title III-E Family Caregiver Support Program. Randy has chaired the OCRC Respite Committee and been involved in the coordination of a countywide collaborative providing respite services to family caregivers.

Ian Wilson

Ian Wilson, BA, MMIS, has worked in the fields of caregiving and aging for 20 years. He is currently associate director for Support Services of Orange Caregiving Resource Center. His responsibilities include managing the caregiver respite program and leading the Men as Caregivers Support Group.



Marilyn A. Wilson

Marilyn A. Wilson, BA, MS, is an accredited T'ai Chi Chih® instructor. She received her accreditation in May 2002 at Edmonton, Canada, from Justin Stone, head of T'ai Chi Chih® International. She has studied 11 years under master T'ai Chi Chih® teachers and has published articles in journals and newsletters. Marilyn has taught T'ai Chi Chih® courses at the

Cordelia Knott Center for Wellness since 2003.



Marcia Witrogen Singer

Marcia Witrogen Singer, MSW, CHt directs the Foundation For Intimacy/SFV. She's also a board certified, "body-centered" hypnotherapist, a nationally known "Love Arts" educator—and singer/performer. Marcia employs expressive, intuitive and shamanic arts and healing practices to aid clients and students in recovery from difficult life passages. Her innovative "PlayWorks" trainings bring joy, presence and renewal to residents and staff of senior living and Alzheimer's communities, to nursing facilities and older adult education programs, instilling a sense of community and belonging.



David Van Dorn

David Van Dorn feels spiritually guided to share his knowledge and philosophy of "Living in the Moment" to promote healing and inner peace with all who are facing life's challenges. His unique drumming circle rhythm workshop is dynamic, interactive and designed to decrease stress and increase joy through creative expression, and creates a transcendent energy that helps people find peace and harmony on their journey.

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Friday, June 24, 2005

Registration Deadline: **June 15, 2005**

Fees

Caregivers – no credit

\$10 Early Registration by June 3

\$15 by June 15

**Individuals/Professionals for 6.0 Continuing
Education Units credits**

\$60 Early Registration by June 3

\$75 by June 15

I am requesting 6.0 Continuing Education Units
applicable to: (Please circle one)

LCSW, MFT, MCLE, RN, CPA
(Approval Pending NHAP, RCFE)

Registration Information

Name _____

Title _____

Affiliation _____

Address _____

City _____

State _____ ZIP _____

Phone () _____ - _____

Email _____

Please check here for vegetarian lunch

Choose one workshop in each time slot:

Session One: 12: 30pm – 1:20pm

A B C D E

Session Two: 1:30pm – 2:20pm

A B C D E

Payment Information

My check in the amount of \$_____ is enclosed.
*Make checks payable to Council on Aging—
Orange County*

Please charge my credit card:

MC Visa

Account No.

Expiration Date _____

Name of cardholder (please print)

Cardholder's signature

Date _____

**Mail completed form and check, or fax with credit
card information to:**

Council on Aging—Orange County
1971 East Fourth Street, Suite 200
Santa Ana, CA 92705

Fax: **714- 479-0234**

www.coaoc.org

Hotel Information

Rooms available at the Hilton. For reservations, please call
1-800-445-8667 and ask for the Caregiver Conference rate
of \$69.00.

Self-parking is available for conference attendees at no
charge. This does not include valet parking.

Additional Information

For respite information, please call the Orange Caregiver
Resource Center, 714-578-8670

For conference information, please call the Council on
Aging—Orange County, 714-479-0107

Sponsored by Orange Caregiver Resource Center, AARP,
Office on Aging, Council on Aging and Hilton

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