

- Choose your preferred date and delivery method (live webinar or recorded video)
- Family caregivers attend at no cost!

Maintaining Balance During Uncertain Times

The caregiver and aging networks from throughout Northwest Wisconsin have joined forces to offer a Virtual Caregiver Conference series for the 2020-21 year in place of our traditional in-person conferences. These themed webinars are intended for family and professional caregivers, empowering attendees with knowledge to boost your skills and mindset to excel in this critical field of caregiving!

Thank you to the Five County Regional Caregiver Coalition (Polk, Burnett, St. Croix, Dunn, Pierce) for the dedication, hard work and coordination of this event.

Three options to fit your schedule!

Live video conference:

Thurs, Sept 24 | 1p - 4p

Or

Fri, Sept 25 | 9a - 12p

Or

Recorded videos to watch at your convenience.

Conference Agenda - Thursday, Sept 24 or Friday, Sept 25

1:00 - 1:05 p.m. | 9:00 - 9:05 a.m. Opening/Welcome
1:05 - 1:50 p.m. | 9:05 - 9:50 a.m. Ambiguity, Caregiving and Covid19
1:50 - 2:00 p.m. | 9:50 - 10:00 a.m. Break
2:00 - 2:50 p.m. | 10:00 - 10:50 a.m. Stress and the Brain: Tips and Tools to Keep You Sane
2:50 - 3:00 p.m. | 10:50 - 11:00 a.m. Break
3:00 - 3:50 p.m. | 11:00 - 11:50 a.m. Finding Hope by Understanding the Past - Implementing Trauma Informed Dementia Care
3:50 - 4:00 p.m. | 11:50 - 12:00 p.m. Wrap-Up/Thank you

*Directions to log into the live webinar or access recorded videos will be sent to you via the email you provide when you register.

Gold Sponsors:



WISCONSIN
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TECHNICAL
COLLEGE



Virtual Caregiver Conference: Maintaining Balance During Uncertain Times

Featured Speakers:

Ambiguity, Caregiving and Covid19

Presented by Ted Bowman, Family and Grief Educator

Aging and ambiguity seem to converge. Finances, health, relationships, retirement plans, family roles, even diets can move from clarity to ambiguity seemingly overnight. Further, many elders live with medical or mental health conditions that are ambiguous.

Ted Bowman is an educator, and consultant. He specializes in change and transition. For over 40 years, he has been a frequent trainer, consultant, and speaker with many groups throughout Minnesota, the United States, and other countries. Ted was an adjunct professor at the University of Minnesota (Family Education) 1981-2012; at the University of Saint Thomas (Social Work) 2006 until 2019; and 1989 to 1996 at United Theological Seminary.

Stress and the Brain: Tips and Tools to Keep You Sane

Presented by Amber Ebert, Psychologist, Coram Consulting, LLC

Stress can negatively impact how our brains and bodies work. This session will focus on learning about the consequences of stress and how to cope.

Dr. Amber Ebert is a Clinical Psychologist in private practice at Coram Consulting, LLC in Cameron, WI. Her primary focus is cognitive assessment and rehabilitation. She has spoken at regional, national and international levels on topics including aging, dementia and sleep.

Finding Hope by Understanding the Past - Implementing Trauma Informed Dementia Care

Presented by Laura Nolan, Program Specialist, University of Wisconsin-Green Bay

Trauma can occur at any point in a person's life as a result of variety of experiences such as abuse, neglect, violence or combat experiences. The effects of trauma can stay with the person throughout their lifetime. Studies have shown a correlation to past trauma and a higher risk of dementia. Trauma Informed Care is used to assist people living with dementia who have experienced past trauma. By having a better understanding of the effects of trauma we can reduce challenging behaviors while providing a way to find hope for individuals with both traumatic pasts and dementia.

Laura Nolan, B.A. has 25 years of experience in long-term care and has worked for 17 years with Wisconsin CBRF and RCAC Communities. Having lived and breathed the life of an assisted living provider, Laura brings tried-and-true methods in her training that are practical and achievable for providers and caregivers. She has a passion for helping families and caregivers of people with Dementia, which is evidenced in her volunteer work with Dementia Friendly Communities in Brown County. Laura currently works for UW-Green Bay in the Wisconsin CBRF Training Registry Project and has experience developing assisted living training curriculum.

Bonus content! Recorded videos available for all participants on self-care topics.

Video: Funeral Planning/Talk of a Lifetime

*Presented by Mike O'Connell, Funeral Director,
O'Connell Family Funeral Homes & Cremation Services*

Video: Jazzing Up Your Meals

*Presented by Pam VanKampen, Registered Dietitian Nutritionist,
Greater Wisconsin Agency on Aging Resources, Inc.*

For more information, visit bit.ly/witc_septcaregiverconf



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REGISTRATION FORM

for Continuing Education (non-credit) Courses

LOCATION

Continuing Education

Last Name First Name M.I. Former Last Name (if applicable) Date of Birth

Employer

☐
Age 62+?

WITC Student ID No.

Social Security No.

☐ I've taken classes at WITC in the past.

Email address (required for WITC alerts and important communication)

Home phone

Cell phone

Home address

City

State

ZIP

Resident of (check one):

☐ Township

☐ Village

☐ City

County

School District where you live

Last high school attended

Highest grade

COMPLETED (K-12):

The information below is required for state and federal reporting purposes, and will be kept confidential.

Gender: ☐ Male ☐ Female Ethnicity: Hispanic/Latino origin? ☐ Yes ☐ No

Race (check all that apply): ☐ American Indian/Alaska Native ☐ Asian ☐ Black/African American ☐ Native Hawaiian/Other Pacific Islander ☐ White

Highest Credential Earned

☐ 01 = No Credential

☐ 02 = GED

☐ 03 = HSED

☐ 04 = High School Diploma

☐ 05 = Some college credit

☐ 06 = Short-term diploma or certificate

☐ 07 = 1yr Diploma

☐ 08 = 2yr Diploma

☐ 09 = Associate Degree

☐ 10 = Associate Degree

Plus Additional Credential

☐ 11 = Baccalaureate

☐ 12 = More than Baccalaureate

☐ 99 = Student Declined/Unknown

It is your responsibility to contact WITC to officially drop a class. If you decide to drop, you should do so immediately as a single day can affect your refund amount. A full refund will be given if you notify WITC prior to the first scheduled class meeting.

OFFICE USE ONLY

Term: _____

☐ 38.14 Contract # _____

☐ Employer # _____

Course Fees \$ _____

Senior Fee \$ _____

Other _____

Received By/Ext. _____

Date/Time _____

CLASS NO.	CATALOG NO.	CLASS TITLE	LOCATION	START DATE	CLASS FEE
65606	47 520 405	Sept. Virtual Caregiver Conference	Webinar/Video	9/24 or 9/25	Free or \$35 (\$21.11 for 62+)
Once registered for a course(s), you have created a liability with WITC and a promise to pay.				TOTAL	

Step 1: Check the box to designate which session/option you will attend.

☐ Live web conference Thursday, Sept. 24, 1-4p

☐ Live web conference Friday, Sept. 25, 9a-12p

☐ Video recordings to watch on your own schedule

Step 2: Check the appropriate box below before proceeding to payment method.

☐ \$0 Fee covered by Sponsorship funds. | I am a family caregiver within the 14-county regional caregiver coalitions coverage. *The 14 counties include: Ashland, Barron, Bayfield, Burnett, Douglas, Dunn, Iron, Pierce, Polk, Rusk, St. Croix, Sawyer, Washburn, St. Louis (MN).

☐ \$35 (\$21.11 for 62+) | I am a family caregiver from outside the coverage area.

☐ \$35 (\$21.11 for 62+) | I am a professional caregiver (certificate of completion for CEUs will be provided)

PAYMENT METHOD:

☐ Check or money order payable to WITC

☐ Cash

☐ MasterCard

☐ Visa

☐ Discover

Exp. Date _____ Security Code _____

☐ Agency Bill/Sponsored Registration - complete information below; attach required authorization

Month / Year

Credit Card No.

Name on Card

Cardholder Signature

*For registration questions, please visit bit.ly/witc_septcaregiverconf or contact Melissa Buxton at Melissa.Buxton@witc.edu

Continuing Education

WITC - Shell Lake
505 Pine Ridge Drive
Shell Lake, WI 54871

REGISTER NOW

Virtual Caregiver Conference



September 24 or 25, 2020

Don't miss this exciting and educational virtual conference for family caregivers and professionals! Choose either date to learn about important and up to date topics in Caregiving.

Maintaining Balance During Uncertain Times



Three options to fit your schedule!

Live video conference:

Thurs, Sept 24 | 1p - 4p OR Fri, Sept 25 | 9a-12p

OR recorded videos to watch at your convenience.

Save these dates to attend the full Virtual Caregiver Conference Series!

November 19 & 20 | Legal-Ease for Caregivers

January 28 & 29 | The Caregiver Experience: Tools to Assist in the Journey

March 25 & 26 | Protecting Dignity at End of Life

May 20 & 21 | Dementia Conversations and Effective Care Strategies

READY TO REGISTER?

Contact your local campus or visit bit.ly/witc_septcaregiverconf



WITC-Ashland 2100 Beaser Ave Ashland, WI 54806 715.682.4591 ext. 3575	WITC-New Richmond 1019 S. Knowles Ave. New Richmond, WI 54017 715.246.6561 ext. 4145	WITC-Rice Lake 1900 College Dr. Rice Lake, WI 54868 715.234.7082 ext. 5045	WITC-Superior 600 N 21 st Street. Superior, WI 54880 715.394.6677 ext. 6050
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