



The Capital Region Caregiver Coalition is proud to present the 14th Annual

TOOLS FOR CAREGIVERS

~ Resources You Can Use When a Senior Relies on You ~

Workshops, Continental Breakfast, Vendor Resource Fair

WHERE: HVCC Bulmer Communications Center
80 Vandenberg Avenue, Troy NY 12180

WHEN: **Saturday, May 6, 2023** from 8am–1pm

REGISTRATION: call Angela at 518-279-5502 or email crccreg@gmail.com

Visit us at www.capitalregioncaregiver.com Registration now open!

This FREE caregiver event is made possible through the generous support of our sponsors:



ST PETER'S HEALTH PARTNERS



Tools for Caregivers:

Resources You Can Use When a Senior Relies on You

Saturday May 6, 2023

Bulmer Telecommunications Center, HVCC 80 Vandenburg Ave., Troy NY 12180

8:00-9:00a.m. Registration

8:00-11:40a.m. Vendor Information and Resource Fair

9:00-9:30a.m. Welcome and Introductions Rensselaer County Executive
Steven F. McLaughlin and CRCC Members

9:40-10:20a.m. Workshops Session 1 ***Attend one of the two options

Session 1A - Legal and Financial Issues Facing Caregivers

Description: An overview of Health Care Proxy, Power of Attorney Estate Planning in a crisis, Medicaid/Medicare, protecting the family home.

Presenter: JulieAnn Calareso, Esquire

Session 1B - Caregiving for Newbies – Decoding the Lingo, Knowing What to Ask Next, and Heading You in the Right Direction on this Caregiving Journey

Description: An overview of acronyms, abbreviations, and terminology that will help you navigate what services you may need and when to use them.

Presenters: Ginger McGehee and Angela Bartels

10:20-10:40a.m. Vendor Information and Resource Fair

10:50-11:30a.m. Workshop Session 2 ***Attend one of the two options

Session 2A - Care for the Caregiver—Self Care is Not Just a Bubble Bath

Description: Learn to promote your own well-being, while having fun and caring for your loved one.

Presenter: Jenn Harvey

Session 2B - Expect the Unexpected – Easy Ways to Improve Safety, Reduce Worry, and Prepare for Emergencies

Description: Are you worried about your loved one getting hurt, not eating, missing meds. Learn about some readily available solutions, suggestions, and safety tips and tools.

Presenters: Beth Slezak and Melonie Pratt

11:40a.m.-12:20p.m. Keynote Presentation:

Letting Go of Guilt – Creating a Guilt Free Zone for Caregivers

Description: Tips, Tools and Techniques to accept that you are doing the best job that you can

Presenters: Jacqueline Weckesser and Gretchen Moore

12:20p.m.-1:00p.m. Closing Session Q & A with Workshop Presenters *Gift Giveaways*

THANK YOU, CAREGIVERS, FOR ALL YOU DO