



Caregivers Conference

April 21st, 2018

10:00AM – 2:00PM

Bergen County Administration Building

Multi-Purpose Room, 1st Floor

One Bergen County Plaza

Hackensack, New Jersey

PROGRAM

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| 10:00 a.m. - 10:30 a.m. | Registration |
| 10:15 a.m. - 10:30 a.m. | Welcome and Introduction of Bergen County Division of Senior Services/ADRC
<i>Lorraine Joewono, Director of Senior Services</i> |
| 10:30 a.m. - 11:00 a.m. | The Warning Signs Indicating the Need for Change
<i>Vivian Green Korner, MA, CDP, Dementia Care Specialist</i> |
| 11:00 a.m. - 12:00 p.m. | Legal Considerations for Caregivers
<i>Anna Navatta, Elder Law Attorney, Northeast NJ Legal Services, Senior Law Project</i> |
| 12:00 p.m. - 12:15 p.m. | Intermission- Visit Exhibit Tables |
| 12:15 p.m. - 12:45 p.m. | "The Conversation, Estate Planning for the Soul"
<i>Michelle Marx Gardiner, LCSW</i> |
| 12:45 p.m. - 1:15 p.m. | Mindfulness Workshop: Techniques for Relaxation
<i>Marcia Gongora, MA, Bridges Family Success Center</i> |

The following Agencies have representatives available throughout the Conference:

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| <ul style="list-style-type: none">• Board of Social Services (Medicaid)• Caregiver Coalition of Bergen County• Division of Senior Services/ ADRC• Division on Disability Services (Respite) | <ul style="list-style-type: none">• Heightened Independence and Progress (HIP)• State Health Insurance Program (SHIP/Medicare)• Senior Services' Advisory Council-Education and Outreach Committee |
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