



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

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
Lorraine Joewono, Director of Senior Services

10:30 a.m. - 11:00 a.m. The Warning Signs Indicating the Need for Change
*Vivian Green Korner, MA, CDP,
Dementia Care Specialist*

11:00 a.m. - 12:00 p.m. Legal Considerations for Caregivers
*Anna Navatta, Elder Law Attorney,
Northeast NJ Legal Services, Senior Law Project*

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"
Michelle Marx Gardiner, LCSW

12:45 p.m. - 1:15 p.m. Mindfulness Workshop: Techniques for Relaxation
Marcia Gongora, MA, Bridges Family Success Center

The following Agencies have representatives available throughout the Conference:

- *Board of Social Services (Medicaid)*
- *Caregiver Coalition of Bergen County*
- *Division of Senior Services/ ADRC*
- *Division on Disability Services (Respite)*
- *Heightened Independence and Progress (HIP)*
- *State Health Insurance Program (SHIP/Medicare)*
- *Senior Services' Advisory Council-Education and Outreach Committee*