

## For Family Caregivers

Family members who are caring for someone with Alzheimer's disease or related dementias are invited to attend the Conference FREE OF CHARGE.

## For Professionals

Professional Caregiver CEU Credits are available for Nurses and Social Workers.

3 CEU credits for the day are available at the end of the program day. Certificates of Attendance will be available for all other attendees.

The cost to attend the Conference is \$30.

## About NVAP

We are an alliance of family members and professionals dedicated to helping people with Alzheimer's disease and related dementias through education, advocacy, and support.

All proceeds from the Conference will be used to benefit those in need of Scholarship Funds.

Scholarship funds are available to assist caregivers with respite help.

To obtain information regarding scholarship funds for caregiver relief and transportation to attend the Conference, please contact:

NVAP Respite Coordinator:  
Pam McGuire, Foxboro COA and HS,  
[pmcguire@foxboroughma.gov](mailto:pmcguire@foxboroughma.gov)

Neponset Valley Alzheimer's Association  
P. O. Box 641  
Foxboro, MA 02035

**NVAP**  
THE NEPONSET VALLEY  
ALZHEIMER'S PARTNERSHIP  
and  
alzheimer's  association®

Massachusetts/New Hampshire Chapter

# Embracing Your Journey: Care For The Caregiver Conference

**Thursday, April 30, 2020**  
**8:30am to 3:00pm**

**Norwood Council on Aging**  
**275 Prospect Street**  
**Norwood, MA 02062**

## About Our Presenters



**Donna McCarten White** RN, PhD, CNS, LADC, Independent Consultant, Award Winning Inspirational Speaker and Educator

### **Compassion, Stress and Fatigue: Remembering To Live Our Own Lives As We Care For Others**

After the outstanding reviews from our 2017 conference, we invited Donna back again to discuss symptoms from Compassion Fatigue. Very interactive. Identify common stressors that impact performance of those caring for others. Strategies to promote Wellness, renewed sense of identity, and personal strength as a caring person or professional.



**Phyllis A. DeLaricheliere, MS**, Sought-After Speaker, Educator and Author

### **Embracing the Journey: Knowing Your Inner Hippie**

This interactive presentation gives participants a different understanding of Dementia. Gives you a unique perspective of yourself, who you are in relationship to the diagnosis and tools to be used on the journey. Based on her upcoming book, "Embracing the Journey: Knowing Our Inner Hippie."

## Conference Program

### **8:30 Registration and Continental Breakfast**

Visit our vendor sponsor tables to learn about valuable resources for the caregiver journey.

### **9:15 Welcome**

### **9:30 Speaker: Dr. Donna White**

Compassion, Stress and Fatigue: Remembering To Live Our Own Lives As We Care For Others

### **11:00 Coffee Break**

### **11:15 Speaker: Phyllis DeLaricheliere, MS**

Embracing the Journey: Knowing Your Inner Hippie

### **12:45 Lunch & Visit Vendors**

### **1:45 Panel Discussion** with former and current caregivers

### **2:45 Wrap up and Raffles**

## Our Thanks

Our thanks to all Sponsors and Food Supporters.

A Special Thanks to the Norwood Council on Aging for providing our conference location.

## Program Registration

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State & Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Please check the CEU you are seeking:

Nurse  
 Social Worker  
 Non CEU Certificate of Attendance

Professionals Conference Fee: \$30

Caregivers: FREE

Please RSVP. Advanced registration required.

### **RSVP:**

Neponset Valley Alzheimer's Partnership  
P.O. Box 641  
Foxboro, MA 02035

### **Make checks payable to :**

Neponset Valley Alzheimer's Partnership

### **Questions:**

Contact Partnership Treasurer,  
Su Madan, smadan@comforcare.com OR  
617-217-1977