

# 5th ANNUAL CAREGIVERS CONFERENCE



## Strength, Nobility and Hope

Wednesday, November 2, 2011

8:00 am to 4:15 pm

Castleton Banquet & Conference Center

Windham, New Hampshire

Featuring Keynote Speaker Becky Rule

*About Becky Rule*

**Rebecca Rule, a.k.a. The Moose of Humor, tells and gathers stories. A New Hampshire native, she has published two other collections of short stories. *The Best Revenge* (University Press of New England) was named Outstanding Work of Fiction by the NH Writers Project and listed as one of five "Essential NH Books" by New Hampshire Magazine. Other books include *Could Have Been Worse: True Stories, Embellishments, and Outright Lies*; and *Live Free and Eat Pie: A Storyteller Guide to New Hampshire*. She writes regularly for the New Hampshire Troubadour and UNH Magazine.**

**She also hosts an interview show, the NH Authors Series, on NHPTV. She sometimes performs a touring program called Crosscut, with photographs and stories on logging, the mills, and the community of Berlin. Her new book, *Headin for the Rhubard: A New Hampshire Dictionary (kinda)*, is just out from Islandport Press.**

Best known for her live presentations of humorous New Hampshire stories, many sponsored by the NH Humanities Council, she has entertained audiences from Stratford to Keene, prompting New Hampshire Magazine to name her "Thalia: the Muse of Comedy" in its list of notable New Hampshire muses. Her CDs are ["Perley Gets a Dumpsticker,"](#) and ["Better than a Poke in the Eye."](#) She often performs with other writers including poets [Diana Durham](#), Neil English, and [Claire Robson](#). A roster artist for the [NH State Council on the Arts](#), her passion for spoken word takes her to schools sometimes, helping young writers find their voices. And for more than ten years she's served on the steering committee for the New Hampshire Young Writers Conference.

She also currently co-produces and co-hosts "What's News at the Forum", a half hour news program for the on-line newspaper, the [Pawtuckaway Forum](#) which appears on local access TV and on the *Forum's* website.





## Morning Conference Schedule

8:00 – 9:00 am Registration /Visit Exhibits

Sign up for Massages and/or Reiki Therapy

9:00 – 9:15 am Welcome-  
Conference Planning Committee Representatives

9:15 – 10:15am Master of Ceremony and  
Keynote Speaker – Becky Rule

10:15 – 10:25 am Revitalization with Jeannine Leclerc

***“I invite you to enhance your wellness and life through yoga. I will show you how to integrate yoga into your life to meet daily challenges and stresses we each have in our lives. You will learn how to interact with your surroundings, as well as grow stronger physically, mentally and emotionally all in a chair. Come nourish your mind, body and spirit with me” - Jeannine”***

10:25 – 11:00am Break /Visit Exhibits

11:00 – 12:00pm Concurrent Workshops  
(Choice of three sessions)

---

“We all have lessons to learn throughout our lifetimes. Life evolves and sometimes our journey takes us through turbulent waters and other times the waters remain still. These journeys become a part of us and make us who we are. We are here to learn from one another and through these lessons we can heal our relationships and sometimes ourselves.”

## 2011 Caregiver Conference Morning Workshops

### \* Workshop A

#### **The Grit & Grace of Caregiving**

**Jeanne Childs, MA, BCC**

This workshop is full of practical wisdom and inspiration and will help you redefine your role, release the grip of stress on your life, make self-care a priority and begin to see some of caregiving rewarding possibilities.

### \* Workshop B

#### **Journaling: Opportunities for Self Care**

**Rebecca Dawson Webb**

Come discover the benefits of journaling as a self-care practice in this interactive workshop. Writing creates a space for *you*. You do not have to think of yourself as a writer to discover how journaling helps you express, discover, and heal.

### \* Workshop C

#### **Estate Planning Considerations for the Caregiver**

**Ann N. Butenhof, Esquire**

This presentation will touch upon a number of estate planning topics and considerations relevant to all caregivers, including wills, trusts, powers of attorney (financial and health care), the different types of special needs trusts, and personal care contracts.



## Afternoon Conference Schedule

- 12:00 – 1:00pm    Lunch – Plated Turkey Dinner with Dressings
- 1:00 – 1:15pm    Seeking Tranquility with Jeannine Leclerc  
*I will share a loving kindness meditation to bring peace  
and serenity into your life as well.*
- 1:15 – 2:15 pm    Concurrent Workshops  
(Choice of three sessions)



## 2011 Caregiver Conference Afternoon Workshops

### \*Workshop D

#### **Yoga for the Caregiver**

**Jeannine Leclerc**

You are invited to a workshop that will reduce your stress, improve your balance and posture, increase your strength and gain flexibility and endurance. The body is quite literally, our vehicle for being—for giving, for loving, for moving, for feeling—and if it doesn't work, it's fairly certain that nothing else in our lives will work, either.” By Fitness Expert Diana K. Roesch

### \*Workshop E

#### **Self Care for the Family Caregivers**

**Debbie Robinson, MS, CTRS/L**

Join us to learn about the Wellness Recovery Action Plan. Caregivers can use this plan as a coping strategy for themselves or as a supplemental tool for helping with loved ones. The focus is on what a good day looks like, what ingredients go into a good day, and how to create an environment in which good days happen more often.

### \*Workshop F

#### **Finding Your IDENTITY**

**Pamela Sollenberger, M.S., GC-C Certified Grief Counselor**

This presentation will provide a new perspective for our caregiver to find her identity, elicit his/her needs and nurture her soul. Topics covered will include ungrieved loss, unidentified identity, “who am I now”, compassion FATIGUE vs. burnout and a voice to be heard.





## CAREGIVERS CONFERENCE REGISTRATION

Wednesday, November 2, 2011  
Windham, New Hampshire

**Registration Deadline October 20<sup>th</sup>!! Limited Seating**

Name: \_\_\_\_\_  
(please print clearly)

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ e-mail: \_\_\_\_\_

I am a:  family caregiver  professional  other \_\_\_\_\_

**I will need special accommodations: (see list below)**

- Sign language interpreter
- Assistive Listening Device \_\_\_\_\_
- Large print materials
- Language interpreter \_\_\_\_\_
- Wheelchair access
- Other: \_\_\_\_\_

(Please note any accessibility accommodations you would like us to be aware of here)

**Please indicate your workshop preferences:**

AM Workshop Session (choice of one)  A  B  C

PM Workshop Session (choice of one)  D  E  F

**Registration Fee:**

**Family Caregivers \$25.00 Professional Caregivers \$50.00**

Enclosed is my check made **payable to BIANH** for conference registration. Please mail your check and registration form to:

**Caregivers Conference  
C/o Ellen Edgerly  
23 Isabelle Lane  
Rochester, NH 03867**

**Please check if you would be willing to participate in the following:**

- I would like to join the 2012 Conference Planning Committee
- I can be contacted for a follow up evaluation on the conference
- I would like to donate a sponsorship to a fellow caregiver, enclosed is an additional \$25.00