

## AGENDA

- 8:30** Registration, Community Resources & Networking
- 8:50** Welcome
- 9:00** **SPEAKER | Building Caregiver Resilience: Tips from a Crazy Caregiver |** Dr. Jackie Yaeger
- 9:50** Break, Community Resources & Networking
- 10:00** **SPEAKER | Before the After |** Sara Wrobel
- 10:50** Break, Community Resources & Networking
- 11:00** **SPEAKER | Understanding Grief, Depression & Anxiety: Help for the Caregiver |** Melissa Hellwig
- 11:40** Lunch, Community Resources, & Networking
- 12:00** **SPEAKER | Lessons of Serenity for the Caregiver |** Moira Kneer
- 12:50** Closing & Evaluation
- 1:00** Adjournment

Aging & Disability Resource Center of La Crosse County  
300 4th Street North  
La Crosse, Wisconsin 54601-3228

RETURN SERVICE REQUESTED

La Crosse County  
**Caregiver Coalition**

*presents*

## RESILIENT CAREGIVING

**An Educational Event for Caregivers**

Wednesday, May 23, 2018

8:30 AM—1:00 PM

Black River Beach Neighborhood Center  
1433 Rose Street | La Crosse, WI



**ADRC**  
Aging & Disability Resource Center  
of La Crosse County

**PRESENTATION OVERVIEW**



**BUILDING CAREGIVER RESILIENCE: TIPS FROM A CRAZED CAREGIVER** | Jackie Yaeger, MD  
| HomeVisitDoctor, LLC

This presentation will focus on how we can use mindfulness to overcome the frenzy and exhaustion of caregiving. As a caregiver herself, Dr. Yaeger understands the emotional impact of caregiving and the grief that happens while our loved ones are still alive. Drawing from personal experience and work as a palliative care physician, she will discuss practical ways to keep ourselves healthy emotionally while we do the sacred work of caregiving.



**BEFORE THE AFTER** | Sara Wrobel | Causeway Caregivers

*Before the After* is a combination of planning sessions, a planning packet and years of insight to assist anyone, any age, any religion to “Prepare. Copy. Communicate.” their final wishes with loved ones. *Before the After* includes funeral or memorial planning, obituary writing, health history, preparing for advance directives, emergency forms, authorization for final disposition, personal designations, power of attorney, guardianship, and more!



**UNDERSTANDING GREIF, DEPRESSION AND ANXIETY: HELP FOR THE CAREGIVER** |  
Melissa Hellwig, MS, LPC | The Therapy Place of La Crosse

This presentation will address the similarities and differences between having a sense of loss or grief response and a true mood or anxiety issue. The importance of self care and getting emotional support in the midst of caregiving will be discussed. Relational and role changes that can come with caregiving will also be covered in the presentation.



**LESSONS OF SERENITY FOR THE CAREGIVER** | Moira Kneer | Sacred Heart Hospital

Most of us who are caregivers never planned on being a caregiver but we experienced an “Oz” moment in our lives. We were swept up in a storm that took us from our place of comfort and dropped us into a strange setting, a place where we had to learn a new way of living and a new way of coping. But we are not alone! We can support and sustain one another along our journey. Come and see!

**REGISTRATION FORM**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Phone: \_\_\_\_\_

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Phone: \_\_\_\_\_

**PAYMENT (price includes lunch)**

\_\_\_ Family Caregiver (no cost to attend)      \$0  
 \_\_\_ Professional Caregiver/Other (\$15/each)    \$\_\_\_\_  
**TOTAL: \$\_\_\_\_\_**

*Please make checks payable to:*  
**La Crosse County Treasurer**

*Send form and payment (if applicable) to:*

**ADRC of La Crosse County**  
**Attn: Carissa Pagel-Smith**  
**300 4th Street N**  
**La Crosse, WI 54601**



**QUESTIONS?** Contact the Aging & Disability Resource Center (ADRC) at 608-785-5700