

REGISTER TODAY!  
6 CEU'S AVAILABLE

A Caregiver Conference

# Learning, Coping, and Surviving as a Caregiver

Don't miss this exciting and educational conference for family caregivers and professionals. This special day will include light breakfast and lunch, speakers and vendors.

**Thursday, April 19, 2018**

**8:30AM – 3:30PM**

**Conference fee:** \$29 (\$9.17 for 62+)

**WITC-Ashland**

2100 Beaser Avenue  
Ashland WI 54806

Sponsored by:



WISCONSIN  
INDIANHEAD  
TECHNICAL  
COLLEGE

## Conference Agenda

- 8-8:30am.....Registration
- 8:30-8:35am .....Welcome
- 8:35-9:30am ..... **Learning, Coping and Surviving as an Alzheimer's Caregiver**, presented by *Martin J. Schreiber, Former Governor of Wisconsin & Family Caregiver*
- 9:30-9:45am .....Break
- 9:45-10:45am..... **Introduction to and Paying for Estate Planning and Long Term Care**, presented by *Ryan J. Long, Attorney at Law, Law Office of Sturgul & Long and Carrie Linder, CSW, Manager, Aging and Disability Resource Center of the North*
- 10:45-11:45am ..... **Preventing Caregiver Burnout**, presented by *David Mischel, Psychiatric Nurse Practitioner, Behavioral Health Unit Memorial Medical Center*
- 11:45am-12:45pm.....Lunch
- 12:45-1:45pm ..... **Dementia or Delirium: Which One Might It Be?** presented by *Dr. Kim Ogle, Essentia Health & Memorial Medical Center*
- 1:45-2:00pm .....Break
- 2:00-3:30pm ..... **Maintaining Balance During Stressful Times**, presented by *Lama Tsultrim Yeshe/John Samuelson*
- 3:30pm .....Closing/Evaluations

## Presentations will include:

### Learning, Coping and Surviving as an Alzheimer's Caregiver

*Presented by Martin J. Schreiber, Former Governor of Wisconsin & Family Caregiver*

Join Martin J. Schreiber as he shares lessons from his decade-plus journey as a caregiver for his wife, Elaine who lives with Alzheimer's disease. Governor Schreiber will candidly describe his challenges and missteps, and highlight how compassion and humor provide comfort to both caregiver and the person living with dementia.

### Introduction to and Paying for Estate Planning and Long Term Care

*Presented by Ryan J. Long, Attorney at Law, Law Office of Sturgul & Long and Carrie Linder, CSW, Manager, Aging and Disability Resource Center of the North*

Attorney Ryan J. Long will be presenting on everything you need to know about estate planning, long-term care planning, Medicaid planning, and asset protection. Additionally, Mr. Long will discuss how to create a family caregiver agreement that complies with Wisconsin Medicaid rules. Ms. Linder will provide an overview of how the Aging and Disability Resource Center can help support older adults, people with disabilities and caregivers understand what options and resources are available to them.

### Preventing Caregiver Burnout

*Presented by David Mischel, Psychiatric Nurse Practitioner, Behavioral Health Unit, Memorial Medical Center*

Mr. Mischel will discuss how to prevent burnout and how to address the stress that we all experience in a caregiver role. This includes many resources, which people can access on their own and in groups.

### Dementia or Delirium: Which One Might It Be?

*Presented by Dr. Kim Ogle, Essentia Health & Memorial Medical Center*

Delirium (new mental confusion) is a sudden change in mental status, or sudden confusion, that develops over hours to days. It is different from dementia, such as Alzheimer's disease, which is a chronic (long-term) state of confusion that develops and increases over time. Dr. Ogle will help attendees understand the differences between delirium and dementia and learn when and how to intervene.

### Maintaining Balance During Stressful Times

*Presented by: Lama Tsultrim Yeshe/John Samuelson*

Lama Yeshe will present some techniques useful in increasing our ability to care with compassion, balance and resiliency. Caring actually starts with ourselves, it is when we don't care for ourselves that we become stressed. He will weave together his experience and knowledge gained from Buddhism, a mother who had dementia before dying and working as a prison chaplain.



### Keynote Speaker – Martin J. Schreiber

Former Governor Martin J. Schreiber is Wisconsin's leading crusader for Alzheimer's caregivers, working to help improve support services in health care settings and in the workplace.

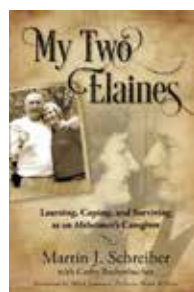
His significant commitment of resources, both financial and personal, helped the Alzheimer's Association launch *Operation Stronger Together* in 2015. This program has been highly successful in connecting caregivers and families throughout Southeast Wisconsin with assistance that can help them learn, cope, and survive the heroics of caregiving.

The Alzheimer's Association has recognized Martin with regional and state awards, including the 2015 Friend of the Year and the 2016 Special Service Award. While appreciative of such honors, Martin remains focused on his message, namely the critical importance of enhancing the lives of both those with dementia and their caregivers.

Martin's work on behalf of older citizens goes back decades to his 16 years in public service as a state senator, lieutenant governor and governor focusing on elderly concerns, improved quality of nursing home care, and development of the in-home Community Care Organization. He went on to become a successful insurance executive and publisher before starting his own government relations firm, Martin Schreiber & Associates Inc., in 1988.

He attended Valparaiso University and the University of Wisconsin – Milwaukee and has a doctorate of law from Marquette University.

Martin and his wife Elaine are the parents of four children, Kathryn Lyon, Martin Schreiber, Kristine Haas and Matt Schreiber. They have thirteen grandchildren and five great-grandchildren.



*Martin is the author of, "My Two Elaines". In "My Two Elaines: Learning, Coping, and Surviving as an Alzheimer's Caregiver", Marty candidly counsels those taking on this caregiving role. More than an account of Marty's struggles in caring for his wife, My Two Elaines also offers sage advice that respects the one with Alzheimer's while maintaining the caregiver's health.*



# REGISTRATION FORM

for Continuing Education (non-credit) Courses

LOCATION

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M.I. \_\_\_\_\_ Former Last Name (if applicable) \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Employer \_\_\_\_\_  Age 62+?

WITC Student ID No. \_\_\_\_\_ Social Security No. \_\_\_\_\_  I've taken classes at WITC in the past.

Email address (required for WITC alerts and important communication) \_\_\_\_\_ Home phone \_\_\_\_\_ Cell phone \_\_\_\_\_

Home address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Resident of (check one):  Township  Village  City County \_\_\_\_\_ School District where you live \_\_\_\_\_ Last high school attended \_\_\_\_\_ Highest grade COMPLETED (K-12): \_\_\_\_\_

The information below is required for state and federal reporting purposes, and will be kept confidential.

**Gender:**  Male  Female **Ethnicity:** Hispanic/Latino origin?  Yes  No  
**Race (check all that apply):**  American Indian/Alaska Native  Asian  Black/African American  Native Hawaiian/Other Pacific Islander  White  
**Highest Credential Earned**  
 01 = No Credential  02 = GED  03 = HSED  04 = High School Diploma  
 05 = Some college credit  06 = Short-term diploma or certificate  07 = 1yr Diploma  
 08 = 2yr Diploma  09 = Associate Degree  10 = Associate Degree Plus Additional Credential  
 11 = Baccalaureate  12 = More than Baccalaureate  99 = Student Declined/Unknown

**OFFICE USE ONLY**

Term: \_\_\_\_\_

38.14 Contract # \_\_\_\_\_

Employer # \_\_\_\_\_

Course Fees \$ \_\_\_\_\_

Senior Fee \$ \_\_\_\_\_

Other \_\_\_\_\_

Received By/Ext. \_\_\_\_\_

Date/Time \_\_\_\_\_

**It is your responsibility to contact WITC to officially drop a class.** If you decide to drop, you should do so immediately as a single day can affect your refund amount. A full refund will be given if you notify WITC prior to the first scheduled class meeting.

CLASS NO.	CATALOG NO.	CLASS TITLE	LOCATION	START DATE	CLASS FEE
25305	47 520 405	Caregiver Conference	Ashland	04/19/18	\$29 (\$9.17 for 62+)
Once registered for a course(s), you have created a liability with WITC and a promise to pay.				<b>TOTAL</b>	

**PAYMENT METHOD:**  Check or money order payable to WITC  Cash  MasterCard  Visa  Discover  Agency Bill/Sponsored Registration - complete information below; attach required authorization  
 Exp. Date \_\_\_\_\_ Security Code \_\_\_\_\_  
 Month / Year

Credit Card No. \_\_\_\_\_ Name on Card \_\_\_\_\_ Cardholder Signature \_\_\_\_\_

## Sponsored Registration:

If an agency or employer has agreed to pay your tuition, complete the section below and attach written authorization.

Name of Business/Agency \_\_\_\_\_

I authorize WITC to forward information regarding the completion of this course to the sponsor listed above. \_\_\_\_\_  
 Student Signature



WISCONSIN  
INDIANHEAD  
TECHNICAL  
COLLEGE

2100 Beaser Avenue  
Ashland WI 54806

## Caregiver Conference

SAVE  
THE  
DATE



**Thursday, April 19, 2018**

*Don't miss this exciting and educational conference for family caregivers and professionals. This special day will include light breakfast and lunch, speakers and vendors.*

### WITC-Ashland

2100 Beaser Avenue, Ashland, WI 54806

WITC is an Equal Opportunity Educator/Employer.

A Caregiver Conference

# Learning, Coping, and Surviving as a Caregiver



### Keynote Speaker – Martin J. Schreiber

Former Governor Martin J. Schreiber is Wisconsin's leading crusader for Alzheimer's caregivers, working to help improve support services in health care settings and in the workplace.

The Alzheimer's Association has recognized Martin with regional and state awards, including the 2015 Friend of the Year and the 2016 Special Service Award. While appreciative of such honors, Martin remains focused on his message, namely the critical importance of enhancing the lives of both those with dementia and their caregivers.

**Thursday, April 19, 2018**

**8:30AM – 3:30PM**

**Conference fee: \$29 (\$9.17 for 62+)**



### Four Easy Ways to Register!



**ONLINE:** Register and submit your credit card payment online at [courses.witc.edu](http://courses.witc.edu)



**BY FAX OR PHONE:** You may fax your registration to 715.682.8040. Register by phone at 800.243.9482, ext. 3170. Only credit card payments will be accepted by fax or phone.



**IN PERSON:** Our regular office hours are Monday - Thursday, 8AM–6:30PM and Friday 8AM–4:00PM. Cash checks and credit cards are accepted.



**BY MAIL:** Fill out the attached registration form and mail it with your payment to WITC-Ashland, Attn: Continuing Education 2100 Beaser Avenue Ashland, WI 54806