

A close-up of a silver mesh microphone on a black stand in the foreground. The background is a blurred conference room with people seated at tables, illuminated by warm overhead lights and two blue spotlights.

COORDINATING A CONFERENCE, SEMINAR, OR WORKSHOP

A Step-by-Step Guide
By Sheila Welch
Coordinator/Developer
Loving Through Dementia

Coordinating a Conference, Workshop, or Seminar: A Step by Step Guide

By Sheila Welch, Coordinator/Developer *Loving Through Dementia: Offering help, hope, inspiration, and dementia education to dementia families. Guiding communities of every faith to do the same.*

Why a conference, seminar, or workshop?

Every 65 seconds another person is diagnosed with Alzheimer's. Another family is thrown into chaos having been given little or no instruction about providing care ... little or no information about what dementia is, what it means to the person living with it, or what it means to the family loving that person through it. Today, four out of five of those families fracture under the stress of caring for a family member who lives with Alzheimer's or related dementias. Isolated, alone, forgotten, they need help. Retired Bishop Kenneth Carder in his book, *Ministry with the Forgotten*, tells us that communities of every faith are uniquely positioned to provide that help.

It is not important how big the beginning...it is *beginning* that is important.

What do I do First?

Decide your mission.

Loving Through Dementia annually offers two main events. The goals of each are similar, yet distinct. One is specifically designed to provide dementia education and appreciation for those who live with dementia and those who love them through it. The second is designed to encourage other leaders of all faiths to realize the urgency to better serve these families.

Loving Through Dementia's Annual Dementia Family Conference:

To provide help, hope, inspiration, and dementia education for all families facing Alzheimer's or related dementias.

To promote person centered care of all who live with dementia.

To help break the stigma associated with this illness.

To send the message that caregivers (care partners) must protect themselves while they are protecting their loved one and their family.

To let these families know that they are not alone. Not forgotten.

Annual Multi-Faith and Community Leaders' Workshop Based on our website's *Action Plan: Opportunities for communities of all faiths to minister with the forgotten*. Its mission is:

To answer the question: WHY the urgency?

To answer the question: "HOW do we begin?"

To help communities of all faiths realize the OPPORTUNITY at hand: To better include, understand, communicate with, and love people who live with dementia and those who love them through it.

To help break the ugly stigma associated with this illness.

To provide expert educators. Dementia advocates who are already ministering with ... advocating for these families. Each speaker encourages and helps leaders understand how they, too, can bring the dementia program of their choice into reality. **Note:** Our dementia educators will always include at least one presenter who is living with dementia ... they teach us best.

What Do I Need To Host a Conference, Seminar, or workshop?

1. **Coordinator:** Someone dedicated to providing dementia education to families facing dementia and to the community. Someone with organizational skills. The coordinator must envision the plan, find the speakers, delegate the work, and manage the many moving parts of the event from start to finish. Someone who can assemble a team of volunteers and who never fails to recognize their importance and never fails to be grateful for them.

Duties of Coordinator can be gleaned from the Suggested Timeline found in the appendix of this document.

Note: Loving Through Dementia is an all-volunteer program. Your own faith community may choose for the coordinator to be a paid position.

2. **Project Managers/ Team Leaders:** To organize “To Do lists” and lead individual teams of volunteers making sure that list gets done. This covers every aspect of the conference. This number may be very small in the beginning. Our first conference had four volunteers and 35 caregivers in attendance. Those numbers grew to over 80 volunteers and over 350 caregivers in attendance.
3. **Budget:** All of our events are free. Funds are necessary to offer hospitality and to bring in dementia educators, authors, experts. Food; AV; maintenance fees...everything required for our many events cannot be provided solely by our faith community. Our first budget was \$500. That grew to \$4500 annually. Even so, we have to also depend upon donations and grants.

Note: If there are not enough funds to cover speakers like Teepa Snow, I offer sponsorships to local organizations like the Alzheimer’s Association, Senior Service Organization, and Assisted Living Residences that have been recommended by our members. *See the Appendix for a sample request for sponsorships.*

4. **Staff Support:** The support of the minister(s) of your faith community and its staff is critical. Our church staff has supported our dementia program for over 13 years. They have worked with me creating invitations to events, publicizing events, and emailing invitations to now more than 1200 families and faith communities. They post the invitation in all publications. AND, over the past 9 years, the staff has provided the printing for over two thousand *Still Standing* Guides.
5. **Volunteers:** Volunteers make these events happen. Without volunteers, there would be no *Loving Through Dementia*. No one sending the message to dementia families that they are not alone. They are not forgotten. (Please see **What does a day of help, hope, inspiration and dementia education look like?** in this step-by-step guide.)
6. **Speakers, Presenters:** Your goal is to provide the best dementia education possible. As a support group facilitator, listening to families offers great insight into what they might be hoping to learn at a conference. I simply follow their lead.

Co-author of *The 36-Hour Day*, Dr. Peter Rabins and renowned educator, Teepa Snow are among those who have spoken at our conferences and workshops. As have Dr. Daniel Potts and his wife, Ellen. They are caregivers, authors, and international dementia educators. *Loving Through Dementia* seeks presenters who are the true experts ... people living with dementia. The Reverend Dr. Cynthia Huling-Hummel, who lives with Alzheimer's, Doug Jones who lives with dementia, and Dr. Robert Bowles, who lived with Lewy Body, are among those who have shared their very personal perspectives. I am forever grateful.

For your use: *Lovingthroughdementia.org* is filled with presenters who offer great insight into dementia, into those who live with dementia and to those who are loving them through it.

7. **Venue:** All of *Loving Through Dementia's* events take place on the campus of our faith community.

What volunteers are needed to begin?

That depends upon the size of the event. For a full day's Loving Through Dementia conference for 100 to 300 attendees:

1. Coordinator.
2. Two Lead Project Managers: They serve alongside me...to plan, implement and delegate every detail of the event. They prepare check lists for food and supplies for breakfast, lunch, beverages and desserts. They shop and deliver goods to kitchen on set up day. They gather teams to implement the plan. They work side by side with their own teams to prepare and bake and serve and clean. They coordinate, lead, and encourage those teams throughout set up and on the day of the event.

Note: *Loving Through Dementia* hosted 35 caregivers at its first conference and had 4 volunteers. Those numbers grew to an average of about 275 caregivers and 80 volunteers.

How do you gather volunteers?

- **You ask IN PERSON.**

There is no substitute for meeting individuals or groups in person. Let them know why the event is so important and that this is our opportunity as a church to make a difference. It takes some coordinating and time on your part, but IN PERSON is absolutely key. *Loving Through Dementia* has been blessed with committed, passionate, devoted teams of volunteers ...They are an amazing witness for the community.

- Ask friends who are gifted in organizing.
- Ask for volunteers via all means possible: bulletin, newsletter, and all social media.
- Email church groups which may have potential volunteers. Describe the need for dementia education. Ask for their help. (Visit Sunday School classes, United Methodist Men, United Methodist Women, Bible Studies, specialty groups like Quilting Club, Gardening Club, Book Clubs, etc.)

What do I look for in a Speaker?

In general, look for knowledgeable, passionate, compassionate dementia advocates.

When planning our presenters: The needs of our caregivers dictate the presenters. Most speakers I have met have loved at least one family member through Alzheimer's or related dementias. The following is a sampling: Neurologist or someone who specializes in Alzheimer's and related dementias, Author, Family Caregiver, Alzheimer's Association Support Programs Manager, Financial Advisor, Hospice Chaplain. Most importantly: Advocates living with dementia.

Seven years ago, it was Robert Bowles, a retired pharmacist living with Lewy Body Dementia who taught us all that people who live with dementia have the most to teach us.

How Do I Build a Contact Database?

This takes time. Volunteers can help! Obtain emails for the following and save. Updating is necessary.

1. Your church staff has a membership data base. Always ask that they share events with the membership.
2. Call or visit Assisted Living, Memory Care and Skilled Nursing Communities, gather contacts for the director, marketing manager, and/or activities director.
3. Call or visit Local churches of all faiths and denominations. Community Resources: County Senior Services, local Alzheimer's Association, etc.
4. Maintain Conference Attendee contacts: As you register attendees, save, building your database.

How do I get the word out about the event?

- Work with your church staff to produce a colorful flyer with details and registration information. Ask that it be published on all church social media and in the monthly newsletter and weekly bulletins. *See Appendix for sample flyer.*
- Email the flyer to the data base that you have gathered. (Churches, Assisted Living, memory care and skilled nursing communities and all others who might benefit) A schedule for mailing out flyer is found in the *Suggested Timeline* of this document.
- Place flyer poster in common areas.
- Announce the event from pulpit.
- Once again, there is no substitute for inviting church groups in person. At the same time, you can ask for volunteers for the event.

Five weeks out from an event, I ask permission from each church group/class leader to speak for 5-10 minutes to tell them about the importance of the event. I leave a volunteer sign-up sheet. A member reminds the group of the sign-up sheet for the next couple of Sundays. I gather the info sheets, and we are on our way!

What does a day of help, hope, inspiration and dementia education look like?

Hospitality is everything! Excitement is everywhere! Our Caregivers' Conference is our opportunity to serve caregivers. To say, "Thank you for what you do. You matter!" And, to send the message, loudly and clearly, "You are not alone."

Excitement is everywhere!! This is our opportunity to better love, better serve families facing dementia!!

An army of volunteers direct traffic and warmly greet caregivers as soon as they step out of their cars. Teams of volunteers are on hand throughout the day. They have planned and shopped and hauled and prepared. They have printed and assembled and set up tables and chairs for 300 tired caregivers. They have brought homemade desserts that cover three eight-foot tables. Time to open the doors ...

Doors open at 8:30 A.M. A coffee bar and a pick-up breakfast begins the conference. The room is filled with large happy photos of some of our members and their loved ones, adding to the beauty of the day. Soft cheerful music is playing. Everyone is being personally welcomed by one of us.

As they enter the building, everything and everyone welcomes them. Flowers are everywhere...including the bathrooms. Quiet, but cheerful music is heard as they walk through the door of our meeting room. The picture that has come to symbolize our ministry is seen on the screens above.

The room is filled with round tables for seating, covered in white cloths. In the center of each is a beautiful vase of fresh flowers, donated and arranged by volunteers. Each centerpiece will be sent home with a caregiver.

Resource tables hosted by organizations offering helpful information line the perimeter of the room. For our first few conferences, I filled tables with free brochures, pamphlets and other valuable information from the Alzheimer's Association and National Institute of Health. Today, I invite organizations recommended by our caregivers to supply their own information.

At each seat is a copy of our Guide, pen and paper, water, and a gift bag of homemade Cheese Krispies tied with a tag reading, "Blessings". Prayer Request Cards are also supplied.

We offer a breakfast bar of pick---up foods and beverages...coffee, water, homemade breakfast breads, Granola bars, bananas.

Speakers begin at 8:45AM.

Mid-day, a delicious lunch, prepared by volunteers, is offered. Homemade desserts and fresh fruits fill three eight-foot tables anchored by a large and cheery centerpiece of fresh flowers. The bounty is served on silver or glass ... everything about our day is meant to say, "you are special."

Tables with lunch items line opposite sides of the room for quick and easy access. Volunteers, like worker bees, bus tables, keep serving trays filled, and do kitchen clean up.

Speakers continue after lunch.

The last hour of the day is dedicated to a Q&A featuring our speakers. Sometimes speakers are joined by others who offer helpful information: Elder Care Attorneys, Hospice representatives, or the Alzheimer's Association, etc.

Meet Me Where I Am, found on the Home Page of our website, says our goodbye. Volunteers and staff, re-fueled by the blessings of the day, clean and clear the room.

A Suggested Conference/Workshop Timeline:

Planning is essential. Coordinator's job: initiate, coordinate and delegate.

Twelve months out:

- Coordinate possible dates for the event with your Project Managers and Team Leaders.
- Get the date on the church calendar.
- Reserve the room for your event for that date, as well as the day before for setup. Be prepared to offer alternate date(s) for event.
- Send "Save the Date" to all groups and Sunday School classes. Tell them what the event is and why it is being offered. Ask that they please consider choosing this event as one of their outreaches for this year. Tell them that sign-ups for volunteering will come closer to date.
- Contact Media Minister and the Maintenance Manager to get the event date and set up date on their calendars.
- Decide on speakers and invite them. Connect speakers with Media Manager so that all AV needs might be coordinated and supplied.
- Note: If sponsors are needed to cover speaker fees, you might offer sponsorships to local organizations. Examples: Local Assisted living facilities, local Senior Service Organization, etc. *See Appendix for Request for Sponsorships sample.*
- You might also consider Inviting another faith community to co-sponsor the event with you.

Six months out:

- Invite organizations to host resource tables providing their information. Examples: The Alzheimer’s Association, your county’s Senior Services, Hospice Organizations, In-Home Care Agencies, Assisted Living Communities, etc.
- Additional educational materials: Excellent resource materials can be ordered from the Alzheimer’s Association and the National Institute of Health. Order at least two months out to insure delivery.

Three months out:

- Coordinate with church staff to plan the event flyer/invitation. Registration and details of the event will be on this invitation. See appendix for sample flyer. Your church staff may be able to produce a digital flyer/invitation.
- Decide who will take the reservations. For smaller events, one person can manage the registrations. For larger events, arrange with staff to provide online reservations, if possible.

If you or a volunteer are taking the reservations, you will need an attendee roster. *See Appendix for sample roster.*

IMPORTANT: Save all reservation emails for what will become a Master Conference or Workshop Attendee Contact List.

Two Months Out:

Send flyer/invitation:

- To the Project Managers and Team Leaders to say that we are off and running and to thank them.
- To the data base you have gathered (churches all faiths and denominations, assisted livings, etc.)
- To the church groups that received your “Save the Date.”

See Appendix for sample church cover letter.

See this Appendix for sample long term care communities’ cover letter.

Suggested mailing schedule for flyer:

- Two months out, and one month out.
- At two weeks out, send flyer with cover letter reading “It’s Not Too Late.”
- At one week out, send flyer with cover letter reading, “Your seat is reserved! We are so excited!”
- To Churches in your own conference. Your Pastor may be able guide you in this. Also, contact your own conference or equivalent. Our own North and South Georgia United Methodist Conferences are extremely willing to publish our events.
- To Stephen Ministers: Contact a local Stephen Leader who would be willing to forward your flyer to all area Stephen Ministers.
- Talk with staff about a timeline for the material that you need printed. If you are supplying our free guide, *Still Standing: A Guide for Loving Through Alzheimer’s and Related Dementias*, your staff needs lead time. Also, the guide will need to be assembled.
- Touch base with speakers to let them know how much you are looking forward to the day and how glad you are that they will be there. Request a bio and the title of their presentation. Remind them coordinate AV needs with your Media Minister.

Five weeks out:

- Time to gather your Army of Volunteers. Once again, there is no substitute for meeting potential volunteers in person. Contact the church group leaders. Request five or ten minutes to tell them in person about the upcoming event and why you are offering it. Visit groups over the five weeks leading up to the event. Leave sign-up sheets. Pre-arrange for a member to remind the group for the next three Sundays. Arrange to pick up volunteer sheets two Sundays before conference.
- Plan and print event programs. (Include bios) Send copy to speakers and to Media Minister. *See Appendix for sample program.*

Four Weeks out:

- Re-send flyer
- Meet with Food and Beverage Project Leaders:

Detailed checklists insure that every detail of set up day and event day is planned and ready to execute. This team is in charge of all shopping, delivering goods to church and leading kitchen volunteers in all that is necessary to serve 300 caregivers. Note: We serve as many homemade items on our lunch menu as possible. Homemade is just one more way to say to these families ... we care ... you are not alone.

Three weeks out:

- Check with Media Minister to be sure that all speakers have coordinated AV requests.

Two weeks out:

- Re-send flyer. Add cover letter reading, "It's Not Too Late!"
- Provide Maintenance Manager with layout of the room and any special requests. For our events, round tables have proven to promote conversations and more laughter.
- Pick up volunteer sheets and contact all volunteers with their specific assignments, days, and times.

One week out:

- Confirm with Maintenance Manager about the layout of the room and special requests.
- Send flyer with following cover letter: "Your seat is reserved. We are so excited!"
- Give final count to Project Managers!

One Day Out: Set up!

- See pages 10-11 of this document

Conference Day!

- See pages 10-11 of this document

A personal note:

I believe that communities of all faiths want to better serve their families facing dementia. Most simply may not know how. *Loving Through Dementia* can help. Thank you all for what you are about to do.

- Sheila Welch

Appendix

Church Newsletter example:

Please join us for our Dementia Ministry's *Eighth Annual Caregivers' Conference*

Offering a free day of help, hope, inspiration and dementia education

Saturday, September 21, 2019

8:30 AM-2:30 PM in the Family Life Center

Renowned dementia educators Dr. Daniel Potts and his wife, Ellen, the Reverend Linn Possell, and actor/ director/ caregiver Carolyn Cook are among our speakers.

Details and registration information can be found on our website under "Resources and Online Sales.

Questions: Contact Sheila Welch - 404-642-6027 or info@lovingthroughdementia.org

Church Bulletin example:

Caregiver's Conference offering a free day of help, hope, inspiration, and dementia education.

Saturday, September 21. 8:30AM-2:30PM. Family Life Center. Details and to register: go to our church website under "Resources and Online Sales." Questions: contact Sheila Welch - 404-642-6027 OR info@lovingthroughdementia.org

Appendix

Sample request for sponsorships

Due West United Methodist Church and its Dementia Ministry are planning to host Teepa Snow, "Today's Voice for Dementia," for an all-day conference on Friday, March 31, 2017. 9:00AM---4:00PM. In order to meet the costs of bringing someone of her expertise to our community, we are hoping to partner with organizations which we feel offer valuable services to our caregivers.

We hope that one of the levels described will be a perfect fit for you:

\$2500.00 Co--Host Sponsorship will give you co---host status and yours will be the only organization of its kind represented and hosting a table.

- Your logo would be printed on all publications alongside ours. (For example, the invitation would read: Due West UMC and *Your Organization* invite you to *A Day With Teepa Snow*.)
- Your organization will be recognized as - co--host from the podium and given five minutes to describe the services you offer.
- Your logo will be printed at the bottom of the event flyer.
- Your logo will be printed on the Program.
- From the podium, I will encourage caregivers to visit, gather information, and have questions answered by your representatives during our breakfast gathering time, during breaks, during lunch, and after the event should you choose to spend the whole day with us.

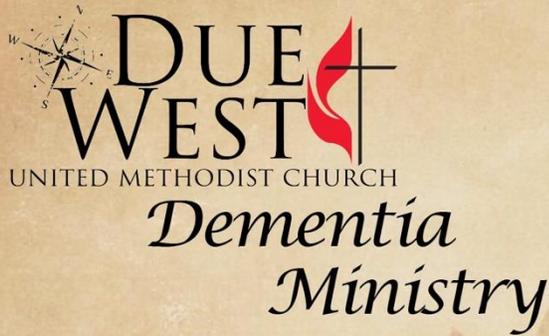
\$1000.00 Sponsorship: Your organization will be one of no more than two of its kind represented and hosting a table at our conference.

- Your organization's logo will be printed at the bottom of the flyer.
- Your logo will be printed on the Program.
- From the podium, I will recognize your organization and encourage caregivers to visit, gather information, and have questions answered by your representatives during our breakfast gathering time, during breaks, during lunch, and after the event should you choose to spend the whole day with us.

\$500.00 Sponsorship: Your organization will be one of no more than three other of its kind represented and hosting a table at our event.

- Your logo will be printed in our Program.
- From the podium, I will recognize your organization and encourage caregivers to visit, gather information, and have questions answered by your representatives during our breakfast gathering time, during breaks, during lunch, and after the event should you choose to spend the whole day with us.

Thank you for considering sponsorship for such a wonderful day!



YOU ARE INVITED TO...
**OUR 8TH ANNUAL
CARE PARTNERS'
CONFERENCE**
(CAREGIVERS' CONFERENCE)

SEPTEMBER 21
8:30 AM-2:30 PM
FAMILY LIFE CENTER (BUILDING B)

**OFFERING HELP,
HOPE, INSPIRATION,
AND DEMENTIA
EDUCATION**

SPEAKERS:

Neurologist, Dr. Daniel Potts and his wife Ellen Potts
Co-authors of *A Pocket Guide for the Alzheimer's Caregiver*.
Person centered dementia advocates and educators.

Reverend Linn Possell
Author of *Alzheimer's: A Beautiful Spirit Celebrated*, *A Heart Full of GEMS*,
and *Dementia Guide for Communities of Faith and Leaders*.
Master Coach, Trainer, Consultant with Positive Approach to Care™

Carolyn Cook
Actress and Director. Dementia advocate and Primary Caregiver.

Sheila Welch
Dementia Ministry Coordinator. Support Group Facilitator.
Trainer, Positive Approach to Care™

**ALL WHO MIGHT BENEFIT
ARE WELCOME!**

**SPACE IS LIMITED AND THIS EVENT FILLS UP.
PLEASE REGISTER EARLY.**

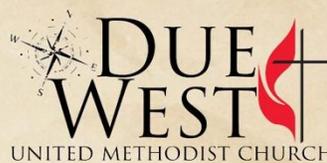


**FREE EVENT &
LUNCH PROVIDED**

TO REGISTER: CLICK [HERE](#)

REGISTRATION QUESTIONS? CONTACT CLARE HERRMANN
AT JCLOVE80503@YAHOO.COM

DUE WEST UNITED METHODIST CHURCH
3956 DUE WEST ROAD, MARIETTA, GA 30064 - 770-427-3835 / WWW.DUEWEST.ORG



SECOND ANNUAL

**MINISTERING TO FAMILIES FACING ALZHEIMER'S
AND RELATED DEMENTIAS - A WORKSHOP FOR
FAITH & COMMUNITY LEADERS**



THURSDAY, MARCH 21

8:30 AM-2:30 PM

**DUE WEST UMC. BUILDING C
3956 DUE WEST RD,
MARIETTA, GA 30064**

**FREE EVENT
LUNCH PROVIDED**

Speakers:

Hal B. Cole, MTS: *We See You, We Hear You, We Love You*

Director of Spiritual Care, Sterling Estates, Chaplain Supervisor, Bereavement Coordinator, Support Group Facilitator, Ordained Minister

Robin Dill: *Respite Ministry for Those Who Live with Dementia and their Families*

Congregational Respite Care Developer/Director. Author of *Walking with Grace*. Contributing author, *Seasons of Caring*. Contributing author and co-editor of *Dementia Friendly Worship*, sponsored by Clergy against Alzheimer's.

Robert Bowles: *A Letter to the Church*

Retired Pharmacist. Dementia advocate and educator. Robert lives with Lewy Body Dementia. His life's work is to educate all who seek to better minister to people who live with dementia and their families.

Rev. Linn Possell: *Spirituality and Dementia*

Author of *Alzheimer's: A Beautiful Spirit Celebrated*, *A Heart Full of GEMS*, and *Dementia Guide for Communities of Faith and Leaders*. Master Coach, Trainer, Consultant with Positive Approach to Care TM

Sheila Welch: *Introduction to Retired Bishop Ken Carder's Alzheimer's/Dementia: Ministry with the Forgotten*

Caregivers' Ministry Coordinator, Support Group Facilitator, Trainer, Positive Approach to Care TM

TO REGISTER [CLICK HERE](#)

REGISTRATION QUESTIONS? CONTACT SHEILA WELCH AT SHEILAOWELCH@GMAIL.COM

DUE WEST UMC ~ 3956 DUE WEST ROAD, MARIETTA, GA 30064 ~ 770-427-3835 / WWW.DUEWEST.ORG

Appendix

Conference flyer cover letter to other churches

Due West UMC and our Dementia Ministry invite you and your congregation to our Sixth Annual Caregivers' Conference. Saturday, September 16.

8:30AM--2:00PM A flyer with all the details is attached.

The conference is free and open to all who might benefit from a day of dementia education and caregiver appreciation.

A beautiful lunch will be provided.

Please help spread the word by including the information on all church social media, in all of your publications, by forwarding the invitation, and by posting the flyer in your church.

To Register: Contact Sheila Welch. sheilaowelch@gmail.com or 404-642-6027.

(Attach a copy of your flyer to the above cover letter)

Conference flyer cover letter to assisted living and other long-term care communities

Due West UMC and its Caregivers Ministry invite you, your staff and the families of your residents to our:

Sixth Annual Caregivers' Conference, Saturday, September 16, 8:30AM--2:00PM. A flyer with all the details is attached.

The conference is free and is open to all who might benefit from a day of help, hope, and dementia education and caregiver appreciation.

A beautiful lunch will be provided.

Please help spread the word by including the information on your facility's social media in all of your publications, by forwarding this invitation, by posting the flyer in your facility, and by providing copies for those who may want to take the information with them. Thank you.

We hope that you will join us.

(Attach a copy of your flyer to the above cover letter)

Appendix

Sample Conference Program: Front Side

Due West United Methodist Church Sixth Annual Caregivers' Conference September 17, 2017

9:00	Sheila Welch	Welcome <i>Protecting Yourself and Your Family While Protecting Your Loved One</i>
9:20	Carolyn Cook	<i>Playful Caregiving</i>
10:15	10 Minute Break	
10:25	Dr. Daniel Potts	<i>Do You Know Me Now</i>
11:20	Robert Bowles	<i>Living with Dementia with Faith, Hope, and Purpose</i>
11:45	Lunch	
12:10	Ellen Potts	<i>Perfect Love Casts Out Fear</i>
1:05	Panel Q and A	Today's speakers along with: Miles Hurley, Elder Care Attorney Hal Cole , Hospice Chaplain Jenny Heurer, Georgia Chapter Alzheimer's Association
1:50	Conclusion	<i>Meet Me Where I Am</i>

Appendix

Sample Conference Program, Back Side (contains bios):

Sheila Welch – Coordinator-Dementia Ministry at Due West UMC, Certified Teepa Snow Trainer, Support Group Facilitator. This ministry offers free consultations, conferences, workshops, and Family Support Groups, including a Spouse Support Group. Nine of Sheila's family members have lived with Alzheimer's or related dementias. The life that her father, mother, and family experienced while loving her mother through Alzheimer's led to her ministry. Families facing dementia continue to inspire her work today.

Carolyn Cook. Actor, director, dementia care advocate, caregiver. Carolyn co---developed and performed in *Blackberry Winter*, a play by Steve Yockey about a woman whose mother is living with Alzheimer's disease. Carolyn writes of her experiences in her blog, *Lifelong Metamorphoses* (lifelongmetamorphoses.wordpress.com). Inspired by her mother and lovingly using the tools of her trade, she offers: "In every job that must be done, there is an element of fun; you find the fun, and snap! The job's a game." These words from the song *A Spoonful of Sugar* apply beautifully to caregiving ... whether we're playing games, playing music, or just laughing in the car, we can reduce stress and increase quality of life by taking a playful attitude toward dementia care. Carolyn shares games and activities, she has found to help her 91-year-old mother and herself through this phase of life. Eight years into the dementia journey, she's convinced that joy and laughter are good medicine!

Daniel C. Potts, MD, FAAN, Neurologist, author, educator, and champion of families facing Alzheimer's and related dementias. A Fellow of the American Academy of Neurology; AAN 2008 Donald M. Palatucci Advocate of the Year; designated Architect of Change by Maria Shriver. *A Pocket Guide for the Alzheimer's Caregiver* (www.alzpocketguide.com), written by Dr. Potts and his wife, Ellen, is recommended by the AAN, the Alzheimer's Association, and Maria Shriver. Inspired by his own father who, in the throes of Alzheimer's was transformed from saw miller to watercolor artist, Dr. Potts seeks to make person centered care and the expressive arts more widely available through his foundation, Cognitive Dynamics (www.cognitivedynamics.org). He passionately promotes self-preservation and dignity for all persons with cognitive impairment.

Robert Bowles, Retired Pharmacist ... transitioned to Dementia Advocate. Dementia Spotlight Foundation Executive Program Advisor; Dementia Action Alliance Advisory Council, Board of Directors, Finance Committee; Certified Eden at Home Associate; Certified, Rosalynn Carter Institute for Caregiving. Mentor; Advocate and Blogger at *LBD, Living Beyond Diagnosis*. Diagnosed with Lewy Body Dementia in 2014, Robert passionately educates families facing dementia.

Ellen Woodward Potts, MBA, Author, educator, advocate and champion of families facing Alzheimer's and related dementias. She and her husband Daniel C. Potts, MD, and their immediate families have cared for 8 family members with Alzheimer's disease and vascular dementia. Based on their experiences, they co---authored *A Pocket Guide for the Alzheimer's Caregiver* (www.AlzPocketGuide.com) in the hopes that others would learn from their successes and failures. The book brought them to the attention of Maria Shriver, who designated them as "Architects of Change". They are regular monthly contributors on Alzheimer's disease for her website, <http://MariaShriver.com>. Dementia educator---Alzheimer's disease at the University of Alabama.

Appendix

Miles P. Hurley, JD Caregiver and advocate for families living with dementia. Miles founded Hurley Elder Care Law in 2006 to provide legal assistance to the elderly population on issues relating to aging including retaining independence, quality of life and financial security. Mr. Hurley is one of ten attorneys in the state of Georgia to receive the Elder Law Attorney Certification, and one of approximately 400 nationwide.

Hal Cole, Chaplain, Hospice Chaplain, Chaplain supervisor, bereavement coordinator, support group facilitator, ordained minister, speaker. During the past 12 years, Hal has visited with over 7,000 individuals and families living with dementia. Inspired by those whom he serves, his passion is finding a way for us as individuals and us as a church to better meet the spiritual needs of those who live with dementia and the families who love them through it.