



PROUDLY PRESENTS

THE SECOND ANNUAL
HEARTLAND
**CAREGIVING
CONFERENCE**



A conference for those who are helping

SATURDAY, NOVEMBER 2, 2024
MCCCKC PENN VALLEY - EDUCATION CENTER

SPONSORED BY



Caregiver Services at Mid-America Regional Council

Are you caring for a loved one and don't know where to start? Do you wonder how to access home-delivered meals, transportation or legal services for your loved one? Do you need respite as a caregiver?

Mid-America Regional Council (MARC) is your one-stop shop for caregiver connections in Jackson, Clay, Platte, Ray and Cass Counties.

Our services include:

- Respite for needed relief from caregiving duties.
- Home Safety Modification Resource Guide.
- Information and referrals to increase your access to resources.
- Dementia support for help you navigate this difficult journey.
- Legal assistance with end-of-life planning.

Call 816-421-4980 to get started!

AARP[®]
Kansas City

**Raise your
hand to
support
caregivers.**



Join the fight at
aarp.org/IAmACaregiver



- 8:00 - 9:00AM** **REGISTRATION AND BREAKFAST**
[EC 019]
- 9:00 - 9:45AM** **WELCOME & COLLECTIVE CONFERENCE KICKOFF**
RACHEL HILES - Sandwiched KC
[EC 019]
- 10:00 - 10:45AM** **LEARNING SESSIONS**
- Meal Planning & Preparation Permission Slip for Caregivers**
Brittani Rhoades @ Meadowbrook Senior Living
[EC 019]
- Decreasing Caregiver Burnout through Physical Therapy**
Heather McCoy @ Bishop Spencer Place
[EC 006]
- Home Modifications for Aging in Place**
Olivia Fry @ Thrive Homes
[EC 007]
- Self-Love Chair Yoga** 🧘
Nancy Baum, Certified Yoga Instructor @ CBD American Shaman
[EC 004]
- 10:45AM - 12:00PM** **RESOURCE SHOPPING (EXHIBITORS)**
Education Center Lobby
- 12:00 - 12:45PM** **LUNCH**
MUSICAL PERFORMANCE BY Mikal Shapiro
[EC 019]
- 1:00 - 1:45PM** **LEARNING SESSIONS**
- Alternative Death Care Home Funerals and Eco Burials**
Sarah Crews @ Heart Land Prairie Cemetery
[EC 019]
- Fall Prevention for Caregivers**
Amy Vance @ Active Aging Wellness
[EC 006]
- Senior Care: Different Strokes for Different Folks**
Ron Braun @ Care Patrol & Rachel Hiles @ Sandwiched KC
[EC 007]
- Self-Love Chair Yoga** 🧘
Nancy Baum, Certified Yoga Instructor @ CBD American Shaman
[EC 004]

2:00 - 2:45 PM

LEARNING SESSIONS

Using Mom's Long Term Care Insurance (and Buying my Own)

Dawn Crouch @ Safe Oasis Insurance

[EC 019]

Healthy Living for the Brain and Body

Michelle Garrard @ Alzheimer's Association - Heart of America Chapter

[EC 006]

Supporting Caregivers Through the Role of Death Doulas: A Compassionate Approach to End of Life Care

Niki Staub @ Rings of Care/KC End of Life

[EC 007]

Self-Love Chair Yoga 🧘

Nancy Baum, Certified Yoga Instructor @ CBD American Shaman

[EC 004]

2:45 - 3:15 PM

RESOURCE SHOPPING & NETWORKING
REHYDRATE & REFUEL

Education Center Lobby

3:15-3:45PM

LAUGHTER FOR HEALTH & HAPPINESS

DEBORAH SHOUSE & RON ZOGLIN, Co-Founders - Dementia Friendly Kansas City, Dementia Advocates, Writers, and Speakers

[EC 019]

4:00PM

DOOR PRIZES & DEBRIEF

[EC 019]

4:30PM

ADJOURN



SCAN THE CODE TO
VIEW RESOURCE
SHOPPING EXHIBITORS,
SESSION DESCRIPTIONS
AND SPEAKER BIOS



10:00 - 10:45PM

Meal Planning & Preparation Permission Slip for Caregivers

Brittani Rhoades, Lifestyle Director @ Meadowbrook Senior Living

Deciding what to buy, make, eat, and clean up daily is a lot of mental and physical energy for most folks, especially when caregiving. Learn some personalized meal-planning tips, tricks, and resources. Plus take home your permission slip to make meals easier every day.

[EC 019]

Decreasing Caregiver Burnout through Physical Therapy

Heather McCoy, Residential Sales and Outreach Coordinator @ Bishop Spencer Place

It is important to realize that caregiver burnout is not an episode, but it's a cycle. Caregiver burnout happens at many stages and seasons throughout their caregiving journey. It's our job as professionals to attempt to disrupt the cycle as frequently and as often as we can by providing the caregiver the tools to identify where they are in the cycle and to disrupt it on their own. Caregiver burnout is not preventable, but it can be drastically mitigated and reduced.

[EC 006]

Home Modifications for Aging in Place

Olivia Fry, Clinical Specialist - Home Modification @ Thrive Homes

Join us to learn about how help your loved one safely age in place and Thrive in their own home with the appropriate home modifications. Come learn from Olivia Fry, Occupational Therapist/Senior Home Safety Specialist about home modifications and fall prevention techniques to safely age in place.

[EC 007]

Self-Love Chair Yoga for Caregivers

Nancy Baum, Certified Yoga Instructor - CBD American Shaman

Take some time for self care and relaxation with this low impact and heart opening chair yoga class being offered by CBD American Shaman. Nancy is a 200 RYT Yoga Instructor. She received her Chair Yoga certification from Kripalu Center For Yoga & Health in Stockbridge, MA. She is also a certified Cardio Drumming instructor through Fit Group USA.

[EC 004]

1:00 - 1:45PM

Alternative Death Care Home Funerals and Eco Burials

Sarah Crews @ Founding Director at Heart Land Prairie Cemetery

Sarah joins us all the way from Niles, Kansas to share alternatives to the funeral and death care industry we know today. This session will focus on home funerals and environmentally friendly burial practices.

[EC 019]

Fall Prevention for Caregivers

Amy Vance @ Active Aging Wellness

If I fall, who will help my loved one?

What happens if my loved one falls on me?

How can I make my home safe?

Hear the answers to these questions and many more as local expert Amy Vance shares options to keep everyone safe and prevent falls.

[EC 006]

Different Strokes for Different Folks: Support and Living Options for our Elders

Rachel Hiles, Founder @ Sandwiched & Ron Braun @ CarePatrol

Local aging in place and senior living experts team up to talk senior care! In this presentation, we'll explore options for senior care and how to get help on your journey to find the best one for your caregiving situation.

[EC 007]

Self-Love Chair Yoga for Caregivers

Nancy Baum, Certified Yoga Instructor @ CBD American Shaman

[EC 004]

2:00 - 2:45PM

Using Mom's Long Term Care Insurance (and Buying my Own)

Dawn Crouch @ Safe Oasis Insurance

Dawn, Owner/Agent at Safe Oasis Insurance and member of the Aging Parent Answer Team, will share an overview of what to consider when your parent has an Long Term Care policy and answer common questions like: What triggers a claim? Can I be paid personally for caring for a parent? Should we start a claim now or wait? What is different about today's LTC policies and when should I buy my own?

[EC 019]

Healthy Living for the Brain and Body

Michelle Garrard, Community Program Specialist @ Alzheimer's Association, Heart of America Chapter

This program is intended to provide you with science-based recommendations about taking care of our brains and bodies. What's good for the body is good for the brain. Learn about ways to modify your risks of getting Alzheimer's or other Dementia. We'll share stories and offer tips on how to make small changes to build healthier habits. The Alzheimer's Association encourages you to think about your health and lifestyle, and how you might make changes to live healthier.

[EC 006]

Supporting Caregivers Through the Role of Death Doulas: A Compassionate Approach to End of Life Care

Niki Staab, President @ KC End of Life

In this presentation, we will delve into the invaluable role of death doulas in providing compassionate support to caregivers and individuals navigating the end-of-life journey. You will gain a deeper understanding of the services offered by death doulas and how their presence can enhance the quality of care and support for both caregivers and those approaching the end of life.

[EC 007]

Self-Love Chair Yoga for Caregivers

Nancy Baum, Certified Yoga Instructor @ CBD American Shaman

[EC 004]



S P E C I A L T H A N K S

INVITED GUESTS

Deborah Shouse & Ron Zoglin
Mikal Shapiro
Sarah Crews, Heart Land Prairie Cemetery

SANDWICHED KC BOARD MEMBERS

Karen Cunningham
Dianna Englander
Rachel Hiles
Melissa Johnson

LUNCH & JUICE BY

Ruby Jean's Juicery

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Meadowbrook Senior Living

