



PROUDLY PRESENTS

THE THIRD ANNUAL
HEARTLAND
**CAREGIVING
CONFERENCE**



A conference for those who are helping

**SATURDAY, NOVEMBER 1, 2025
ST. JOSEPH MEDICAL CENTER**

SPONSORED BY



10:00- 10:20AM

WELCOME

RACHEL HILES - Founder @ Sandwiched KC

ALEX GEORGE AUDITORIUM

10:20- 10:45AM

SANDWICHED CAREGIVING ANTHEM

SPECIAL GUEST: DANIELLE ATE THE SANDWICH

ALEX GEORGE AUDITORIUM

11:00-11:30AM

LEARNING SESSIONS

Brain Smart Self-Care for Your Mind and Body

Alzheimer’s Association – Heart of America Chapter

[ALEX GEORGE AUDITORIUM]

“And awaaaay we go!”: Field Trips for Fun and Respite

Renae Price, Local Family Caregiver

[ABELL/LORENZ]

Learning to Dance With A Limp

Faith Scott, LPC, Business Owner, Speaker, Writer, Yogi @ Doors of Hope Counseling, LLC

[KELLEHER/MCDONNELL]

Self-Love Chair Yoga 🧘

Nancy Baum, Certified Yoga Instructor @ CBD American Shaman

[CSJ]

11:30AM - 12:00PM

RESOURCE SHOPPING (EXHIBITORS)

FOYER

12:00 - 12:45PM

LUNCH

ALEX GEORGE AUDITORIUM

1:00 - 1:30PM

LEARNING SESSIONS

Home for Life: Helping Loved Ones Age in Place Safely and Comfortably

Dr. Jennifer Gazda, Midwest Regional Director @ Arosa

[ALEX GEORGE AUDITORIUM]

The Most Powerful Cognitive Decline Care Skill You’re Probably Overlooking

Dr. Laura Janusik, CEO, Owner @ Listening to Change

[ABELL/LORENZ]

Sacred Goodbyes: Understanding the Dying Process and Supporting Yourself Through Grief

Rhonda Osborn, End-of-Life Doula @ This One Life

[KELLEHER/MCDONNELL]

Self-Love Chair Yoga 🧘

Nancy Baum, Certified Yoga Instructor @ CBD American Shaman

[CSJ]

1:30-2:00PM

**RESOURCE SHOPPING & NETWORKING
RUBY JEAN'S JUICE TASTING**

FOYER

2:00 - 2:30 PM

LEARNING SESSIONS

From Confusion to Confidence: Mastering Healthcare as a Caregiver

Dr. Lyndi Plattner, Founder/Occupational Therapist @ qualOT of life
[ALEX GEORGE AUDITORIUM]

The Permission Slip: Embracing Self-Preservation to Avoid Burnout

Brittani Rhodes, Lifestyles Director @ Meadowbrook Senior Living
[ABELL/LORENZ]

Push the Pause Button: Supports for Caregivers

Amanda Trout, Program Director @ Gilda's Club of Kansas City
[KELLEHER/MCDONNELL]

Self-Love Chair Yoga 🧘

Nancy Baum, Certified Yoga Instructor @ CBD American Shaman
[CSJ]

2:45-3:30PM

SANDWICHED CAREGIVING ANTHEM SING-ALONG

STARRING Danielle Ate the Sandwich
and YOU!

ALEX GEORGE AUDITORIUM

3:30PM

DOOR PRIZES & DEBRIEF

ALEX GEORGE AUDITORIUM

4:00PM

ADJOURN



SCAN THE CODE TO
VIEW RESOURCE
SHOPPING EXHIBITORS,
SESSION DESCRIPTIONS
AND SPEAKER BIOS ON
YOUR MOBILE DEVICE.





DANIELLE ATE THE SANDWICH

Danielle Ate the Sandwich is the stage name of Danielle Anderson, a singer/songwriter, recording artist, and comedic performer based in Kansas City, MO. A self-taught performer and musician, Danielle has been growing her professional music and arts career since 2009. Danielle has released 8 albums of original music, hosts The 24 Hour Album, an annual community songwriting experiment, and "Life As a Songwriter" a 4-week course to share her love of writing songs with others. Danielle has written music for film and tv, including 2020's "It's Not a Burden: The Humor and Heartache of Raising Elderly Parents." Her most recent work, *Fumbling*, is an album of original folk songs that incorporates Kansas City based musicians and artists, and goes deep into love, loss, and figuring out how to move on. Her songs and performances are a shared experience, celebrating grief, humor and happiness.

WEBSITE & SOCIALS:

www.danielleatethesandwich.com

facebook.com/danielleatethesandwich.com

instagram.com/danielleatethesandwich

youtube.com/daniellesmagic



**Raise your
hand to
support
caregivers.**



Join the fight at
aarp.org/IAMACaregiver

11:00 - 11:30AM

Brain Smart Self-Care for Your Mind and Body**[ALEX GEORGE AUDITORIUM]**

Alzheimer's Association – Heart of America Chapter

Ready to feel empowered about your brain health? Join us for an inspiring session that puts you in control of your cognitive well-being. With two-thirds of Americans facing at least one major risk factor for dementia, now is the time to take action. Discover the latest research from the Alzheimer's Association showing how everyday habits can help reduce your risk of cognitive decline. Learn how these findings are transforming the way we think about brain health and how you can start making positive changes today. It's never too early or too late to prioritize your brain. Let's explore practical, evidence-based strategies for your healthier future!

“And awaaaay we go!”: Field Trips for Fun and Respite**[ABELL/LORENZ]**

Rena Price, Local Family Caregiver

Whether you are an occasional visitor or a full-time caregiver, entertaining a parent who has Alzheimer's Disease can be challenging. Rena Price is the adult daughter of Kipp, who was diagnosed with Alzheimer's Disease in 2018. As her father's disease has progressed, Rena has dug into her experience as a homeschooling parent to figure out some fun ways to spend time together. Come learn about the field trips, volunteer opportunities, and entertaining outings they have attended together since his diagnosis. Bring your own ideas to help create a collaborative public spreadsheet to refer to after the conference!

Learning to Dance With A Limp**[KELLEHER/MCDONNELL]**

Faith Scott, LPC, Business Owner, Speaker, Writer, Yogi @ Doors of Hope Counseling, LLC

“And you come through. It's like having a broken leg that never heals perfectly—that still hurts when the weather gets cold, but you learn to dance with the limp.” -Anne Lamott

This session will provide tenderness, knowledge, support, as well as practical tools for caregivers. Grief is felt and experienced in so many ways and is often overlooked or misunderstood until the person is gone. We can grieve the loss of our old life, our time, our loved one in the case of dementia, for example. Through storytelling, gentle somatic movement and education, some journaling, mindfulness, and a variety of creative elements, this session will give participants time to feel seen, understood, and affirmed. This session will be filled with warmth, humor, authentic conversation, learning, and hope.

Self-Love Chair Yoga for Caregivers**[CSJ]**

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.

1:00 - 1:30PM

Home for Life: Helping Loved Ones Age in Place Safely and Comfortably [ALEX GEORGE AUDITORIUM]

Dr. Jennifer Gazda, Midwest Regional Director @ Arosa

As our loved ones grow older, many express the desire to remain in their own homes. Aging in place can offer comfort, familiarity, and independence, but also can present unique challenges. In this session, we will explore practical strategies to allow individuals to safely remain in their homes, including but not limited to home safety modifications, daily living support, health care coordination, and emotional well-being. This presentation will provide valuable resources, tools, and tips to help you navigate this journey.

The Most Powerful Cognitive Decline Care Skill You're Probably Overlooking [ABELL/LORENZ]

Dr. Laura Janusik, CEO, Owner @ Listening to Change

Do you feel frustrated when the person you support don't make sense?

Are you sad that you can't connect the way you used to?

Are you stressed trying to figure out what to say to get them to understand?

All caregivers need help with communication especially when they begin supporting someone with cognitive decline. Come learn the most powerful cognitive decline care skill that you're probably overlooking that will increase the probability of having a conversation and connecting!

Sacred Goodbyes: Understanding the Dying Process and Supporting Yourself Through Grief [KELLEHER/MCDONNELL]

Rhonda Osborn, End-of-Life Doula @ This One Life

This breakout session offers caregivers of those with life-limiting illnesses a compassionate look at what really happens as a loved one nears the end of life. Whether you are walking alongside a parent, spouse, or friend, this talk will help you understand the physical, emotional, and spiritual signs of dying—so you can be present without fear. We'll also explore anticipatory grief, the labor of dying, and how to support your own heart throughout the process. You'll leave with practical tools, gentle language to use, and reassurance that you are not alone.

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2:00 - 2:30PM

From Confusion to Confidence: Mastering Healthcare as a Caregiver [ALEX GEORGE AUDITORIUM]

Dr. Lyndi Plattner, Founder/Occupational Therapist @ qualOT of life

Navigating the healthcare system for a loved one can be overwhelming, but caregivers play a critical role in ensuring quality care. This session will empower caregivers with essential skills to confidently advocate for their loved ones, understand patient rights, and effectively communicate with healthcare providers. Attendees will learn practical strategies to overcome common healthcare barriers, manage medical records, and coordinate care with confidence. By the end of this session, caregivers will walk away with actionable tools to enhance their loved one's well-being while also taking care of themselves.

The Permission Slip: Embracing Self-Preservation to Avoid Burnout [ABELL/LORENZ]

Brittani Rhodes, Lifestyles Director @ Meadowbrook Senior Living

Caregiving is a journey of immense love, but it often comes with significant demands. This interactive session is designed to equip family caregivers with practical strategies to manage stress, prioritize their own well-being, and effectively advocate for both themselves and their loved ones. Drawing on principles of hospitality that can be incorporated into the unique dynamics of family care, we'll explore actionable ways to find "balance" (whatever that means) and prevent burnout.

Push the Pause Button: Supports for Caregivers [KELLEHER/MCDONNELL]

Amanda Trout, Program Director @ Gilda's Club of Kansas City

Caregiving can feel overwhelming, but you don't have to carry it all alone. In this session, we'll explore common concerns caregivers face, including mental health, shifting family roles, balancing work and caregiving, and even navigating a loved one's cancer journey. We'll also highlight the unexpected gifts of caregiving and share practical supports to help you protect your emotional well-being.

Self-Love Chair Yoga for Caregivers [CSJ]

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SPECIAL THANKS

SPECIAL GUEST

DANIELLE ATE THE SANDWICH

SANDWICHED KC BOARD MEMBERS

Karen Cunningham

Dianna Englander

Rachel Hiles

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