SANDWICHED family caregivers of KANSAS CITY

PROUDLY PRESENTS

THE FOURTH ANNUAL

HEARTLAND CAREGIVING CONFERENCE



A conference for those who are helping

SATURDAY, NOVEMBER 7, 2026
NKC HEALTH

SPONSORED BY

MARC
MID-AMERICA REGIONAL COUNCIL
Aging and Adult Services

AARP® Kansas City

10:00- 10:20AM	**WELCOME** PRAIRIE VIEW CONFERENCE ROOM
10:20- 10:45AM	**MUSICAL PERFORMANCE INCLUDING THE SANDWICHED CAREGIVING ANTHEM** DANIELLE ATE THE SANDWICH PRAIRIE VIEW CONFERENCE ROOM
11:00-11:30AM	**LEARNING SESSIONS**
11:30AM - 12:00PM	**RESOURCE SHOPPING (EXHIBITORS)** LOBBY
12:00 - 12:45PM	**LUNCH** PRAIRIE VIEW CONFERENCE ROOM
1:00 - 1:30PM	**LEARNING SESSIONS**
1:30-2:00PM	**RESOURCE SHOPPING & NETWORKING** **RUBY JEAN'S JUICE TASTING** LOBBY FOR RESOURCES; PRAIRIE VIEW FOR JUICE
2:00 - 2:30 PM	**LEARNING SESSIONS**
2:45-3:15PM	**DOOR PRIZES & DEBRIEF** PRAIRIE VIEW CONFERENCE ROOM
3:15PM	**SERENITY IN SOUND**
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



DELAINA J. MILLER

Delaina J. Miller is a writer and a poet focusing on the human experience through the lens of caregiving, self-care, and music. She is also a publisher, a Reiki Master, and a sound therapist. Her “Soundology” practice centers on the rhythm of the soul as an energy health modality, something that is reflected in her poetic work. Her poetry has been published in her debut The Unique and Sundry as well as in the collaborative collections Paper Birds and She Too: Four Voices in (Almost) Harmony.

WEBSITE & SOCIALS:
contentxdesign.com/delaina-j-miller/
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11:00 - 11:30AM

Holy Shift! Creative Expression & Messy Mindfulness **[PRAIRIE VIEW CONFERENCE ROOM]**

Brittani Wheeler Rhoades, Lifestyle Director @ Meadowbrook Senior Living

Holy Shift! Creative Expression & Messy Mindfulness is a 30-minute, hands-on, no-dogma workshop helping caregivers rediscover presence, calm, and creativity with no art skills required. Led by a minister-in-training and self-proclaimed "Professional Shenaniganist," participants practice, pause, and play with mindful drawing and messy collage using simple materials and their own sacred symbols. Everyone leaves with a personalized Reset Card for 90-second micro-breaks. No perfectionism allowed: just presence, color, and a little holy shift in the day of a caregiver!

Found Resources - Supporting Your Adult Child with a Disability **[BURLINGTON]**

Georgia Mueller, MS, CEO, WIP-C, Certified Benefits Specialist and Mom to Caleb

What keeps you up at night? For me, it is definitely trying to figure out how to support my adult son with autism when I am no longer here. How do I get everything organized and paid for before it's too late? I don't have all the answers but hopefully you will take away a few new ideas that will help you sleep better. Join us for a new perspective on understanding and organizing you and your adult individuals' resources in ways you've not thought of before. Feel free to bring questions and we'll work a few of them through the Visioneers System.

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

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

The Resentment No One Talks About (But Everyone Feels) **[PRAIRIE VIEW CONFERENCE ROOM]**
Stephanie Morris, LCSW, LSCSW

Normalizing resentment in caregiving, the link between resentment and unmet needs, how this can lead to burnout, and safe ways to process these feelings without shame. I would like to give space to participants to recognize it is okay to love someone deeply but still feel frustration. From this recognition, I would like to explore the cycle of resentment, what it is telling you, what doesn't help, and what does help. I hope to provide an interactive, engaging, and humorous presentation, while still providing good information for caregivers.

When Words Stop Working: Communicating with Loved Ones with Dementia **[NORTH OAK]**
Kari Ann Forbush, End of Life Doula @ Amicus Mortis

Caring for a loved one with dementia can feel confusing and exhausting, especially when communication begins to change. Many caregivers find themselves correcting, explaining, or trying to reason with someone whose brain simply processes information differently now. These moments can lead to frustration for both the caregiver and the person receiving care. This session shares simple communication strategies that can make everyday caregiving easier and less stressful. Participants will learn how to respond to repeated questions, confusion about time or place, resistance to help, and emotional distress in ways that reduce conflict and maintain dignity. Using real caregiving examples, we will explore techniques such as emotional mirroring, curiosity-based responses, and small shifts in conversation that help caregivers connect with their loved one rather than argue with the disease.

Safe Driving Isn't Assumed—It's Assessed **[BURLINGTON]**
Kristen Lienhop, MSOT, OTR/L, SHSS, and Owner at Limitless Living Solutions

Driving safely is not guaranteed—most drivers outlive their safe driving skills by 7–10 years (AAA). This session introduces comprehensive driving evaluations, an evidence-based, OT-led process that goes beyond traditional road tests to assess vision, cognition, motor function, medications, and real-world driving performance.

The presentation highlights Limitless Driving Solutions' client-centered approach, including mobile, in-home on-road assessments using familiar routes, individualized strategies to support safe driving, and structured guidance when driving retirement becomes necessary. Participants will learn to recognize functional and cognitive indicators of elevated crash risk and be introduced to a simple self-assessment, understand what driver evaluations reveal, and learn how to access these services in order to help older adults make proactive, safety-focused driving decisions.

Self-Love Chair Yoga for Caregivers **[BARRY]**
Nancy Baum, Certified Yoga Instructor @ CBD American Shaman

2:00 - 2:30PM

Walking Them Home: Caregiving at the End of Life **[PRAIRIE VIEW CONFERENCE ROOM]**
Rhonda Osborn, End-of-Life Doula & Grief Coach @ This One Life

Caring for someone at the end of life is sacred, exhausting, and often unfamiliar territory. Many caregivers find themselves asking, Am I doing this right? What should I expect? How do I stay present through this? This session offers a clear, compassionate look at what it can be like as a loved one nears the end of life. We'll talk through common physical changes, emotional and spiritual shifts, and the often-unspoken realities of the dying process—so you can feel more prepared and less alone.
We'll also make space for the caregiver's experience: anticipatory grief, decision fatigue, and the quiet weight of witnessing someone you love decline.
You'll leave with a better understanding of what's happening, language you can lean on, and a steadier sense of how to show up—for them, and for yourself.

Coping with Grief as a Caregiver **[NORTH OAK]**
Amanda Trout, Program Director @ Gilda's Club of Kansas City

Taking care of someone with cancer or another condition can be a rewarding experience. It can also be challenging at times. One challenge of caregiving is navigating grief. Grief is the reaction that occurs after experiencing a loss. People grieve for many reasons. It is not only limited to the physical loss of a person. Grief can also arise when you anticipate loss. This can be the loss of a relationship or future plans. Everyone experiences grief differently. It is a normal part of life and the caregiving experience. This presentation explores what grief is and what you can expect during the grieving process. It provides insight into ways to cope with grief and resources for support.

Can It Wait? When Should Caregivers Call The Dentist **[BURLINGTON]**
Dr. Nicole Kurlbaum, Owner and Dentist @ Kurlbaum Dental

Caregivers are often the first to notice when something seems "off," but many are unsure how to identify oral health problems or when dental care becomes urgent.

This session will help caregivers recognize common signs of dental infection, pain, and oral disease in older adults and individuals with disabilities or chronic illnesses. Attendees will learn practical at home oral care strategies, adaptive devices and techniques that make oral hygiene easier, and how oral health connects to overall health and quality of life.

Self-Love Chair Yoga for Caregivers **[BARRY]**
Nancy Baum, Certified Yoga Instructor @ CBD American Shaman



Call 816-421-4980 to get started!

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?

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

Our services include:

- Information and referrals to increase your access to resources.
- Legal assistance with affordable end-of-life planning.
- GRAND*Pass* – A free week of summer camp for the children of older caregivers *(elegibility criteria applies)*.
- Home Safety Modification Resource Guide.

AARP® Kansas City

Raise your hand to support caregivers.

I AM A CARE GIVER

Join the fight at aarp.org/IAmACaregiver

/aarpmissouri @aarpmissouri

SANDWICHED
family caregivers
of
KANSAS CITY

SPECIAL THANKS

SPECIAL GUEST
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