



Alzheimer's
Disease Center

Alzheimer's Caregiver Workshop

Saturday, November 9, 2019, 8 a.m. – 12:30 p.m.
UC Davis MIND Institute Auditorium
2825 50th Street, Sacramento

8:00 Registration and continental breakfast

8:30 Welcome – David Johnson, PhD

8:40 **Loss and Grief in the Context of Dementia Caregiving**

Olimpia Paun, PhD, PMHCNS-BC, FGSA

Professor and Rush Nurses Alumni Association Chair in Health and Aging

Rush University College of Nursing

9:40 **Resilience Through Mindfulness: Coping Strategies for Burnout Prevention and Compassion Fatigue**

Denise G. Dempsey, M.Ed.

Mindfulness Educator and Consultant

Certified Mindfulness-Based Stress Reduction Teacher

Mindfulness Meditation Programs

10:30 Break

10:45 **Planning for Retirement and Beyond When Facing Incapacity**

Lisa C. Bryant, Attorney

Law Office of Lisa C. Bryant, Inc.

11:35 **Answers to Your Questions**

A panel discussion moderated by David Johnson, PhD

Olimpia Paun, PhD, PMHCNS-BC, FGSA, Rush University College of Nursing

Denise Dempsey, M.Ed., Mindfulness Meditation Programs

Lisa C. Bryant, Attorney, Law Office of Lisa C. Bryant, Inc.

Esther Lara, MSW, University of California Davis Alzheimer's Disease Center

12:20 Evaluation

This event is made possible by the following sponsors: *Aegis of Carmichael, Revere Court, Alzheimer's Aid Society, The Oars Senior Living*

Registration is required. Please register at <https://www.eventbrite.com/e/uc-davis-alzheimers-caregiver-workshop-tickets-74497330521>