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