



SEVENTH ANNUAL

HOPE

FOR THE CAREGIVER
CONFERENCE

FRIDAY & SATURDAY, MAY 3 & 4



LIFT UP MY EYES TO THE
MOUNTAINS — WHERE DOES
MY HELP COME FROM?
MY HELP COMES FROM
THE LORD, THE MAKER OF
HEAVEN AND EARTH.

PSALM 121:1-2

WELCOME

Dear Friends,

We are so pleased you could be with us today for our seventh annual Hope for the Caregiver Conference at Prestonwood Baptist Church. We welcome you, and we pray you leave today's conference reenergized and better equipped for the task of caring for your loved one.

We understand the challenge of serving as a caregiver. It is our sincere prayer that you'll learn something new today, hear about a new resource to aid you in your role, or find a new tool to incorporate into your daily responsibilities that will support you on your caregiving journey.

Our desire is that you are encouraged, inspired, better equipped, and filled with hope as you attend this conference designed just for you!

Enjoy each session, take notes, and learn all you can. Take advantage of the Vendor Fair, where you'll receive much information and helpful resources.

Our church's Dementia Care Support Ministry is available for further ongoing support. This group, under the direction of Donna Manchester, meets monthly on the second Monday morning (11:30 a.m.) and the subsequent Wednesday evening (6:30 p.m.). A meal is provided at each gathering. For more information, please visit Donna during today's Vendor Fair or call the church at 972-820-5287.

We've recently added a Parkinson's Support Group for patients and families to attend together. This group, under the leadership of Paul and Jenn Griffin, meets monthly on the fourth Tuesday at 5:00 p.m. in Room W208. For more information, please visit the Griffins during today's Vendor Fair or call 972-820-5287.

If you do not have a church family, we invite you to join us tomorrow, May 5, for Worship Service and Bible study. We have two services at 9:30 and 11:00 a.m., and we offer many LifeGroup Bible studies at 8:00, 9:30 and 11:00 a.m. Our North Campus in Prosper gathers for Worship Services and LifeGroup Bible studies at 8:30, 10:00 and 11:30 a.m.



Please be sure to speak to any staff member if you have questions about Prestonwood.

I hope to meet you today; and again, on behalf of our church family, we welcome you!

Alan Moore

Minister of Senior Adults, Prestonwood Baptist Church

972-820-5177 • amoore@prestonwood.org

SCHEDULE

FRIDAY | 6:00–8:00 p.m.

Interactive Session

Building an Inclusive Community | Dr. Beth Nolan
Student Ministry Building

SATURDAY | 8:30 a.m.

Light Breakfast

Welcome & Introduction

9:15–10:20 a.m.

Keynote Speaker

The Inevitable Hospital Stay and How to Help | Dr. Beth Nolan

10:30–11:20 a.m.

Seven Senior Living Options | Caregiving

Room W204 | Joyce Logan

Essential Planning for Long-Term-Care Needs | Legal/Financial

Room W207 | Mark Pruitt

Navigating Medicare in a Long-Term-Care Environment | Legal/Financial

Room W208 | Steven Shaw

Self-Care Is More than a Bubble Bath | Self-Care

Room A110 | Pam Brown

Grace for the Unexpected Journey | Memory Care

Room A111 | Della Pruitt

How to Manage Caregiver Stress Rather than Its Managing You | Self-Care

Room A112 | Danny Mack

Encouraging Tips and Resources to Thrive in Parenting a Child of Any Age with Special Needs | Special Needs

Room A113 | Mary Klentzman



11:30 a.m.–12:50 p.m.

Vendor Fair

Atrium & Main Street

Lunch

The Commons

1:00–1:50 p.m.

Caregiving through the Journey of Dementia | Caregiving

Room W204 | Brian Shadowens

Social Security Benefit Decisions | Legal/Financial

Room W207 | Paul Michel

Estate Planning Considerations for the Caregiver and Beyond Legal/Financial

Room W208 | Zach Montgomery

You Promised to Take Care of Them, But You Don't Have to Do It Alone Self-Care

Room A110 | Steve Whatley

Healthy Living for Your Brain & Body | Memory Care

Room A111 | Imelda Aguirre

Caregiving Challenges – Caregiving Resources! | Caregiving

Room A112 | Diane Wright

Top 10 Questions about Special Needs Trusts | Special Needs

Room A113 | Jennifer Finch

2:00–2:50 p.m.

Keynote Speaker

Humor and Caregiving | Dr. Beth Nolan



Dr. Beth Nolan

This year's Hope for the Caregiver Conference Rally on Friday evening features Dr. Beth Nolan, Director of Research and Policy for Teepa Snow's Positive Approach to Care®.

Dr. Nolan's topic "Building an Inclusive Community is an interactive event for both patients and caregivers, who will learn how to work together to improve awareness, reduce stigma, and improve acceptance to build a more inclusive community.

The Inevitable Hospital Stay and How to Help

Description: People with dementia present unique challenges and risks in the hospital setting. Hospitalizations have been identified as "high risk" for people with dementia. The goal of this session is to provide effective strategies for screening, assessing, and treating people with dementia with the least number of unintended side effects and negative outcomes. Strategies that care providers can employ to minimize or reduce the risk of negative outcomes in hospitalization situations will be provided and discussed.

Objectives: By the end of this session, learners will be able to

1. Discuss the current statistics and concerns related to hospitalizations and patients with dementia
2. Compare and contrast delirium, depression and dementia for symptom recognition
3. Describe practical strategies for advocating for people living with dementia and other effective techniques that may be used to reduce negative side effects during hospitalizations

Outline:

- I. Highlight comparison data between patients with dementia and those without
- II. Discuss "high risk" situations for individuals with dementia
- III. Highlight value of early identification and diagnosis of dementia as it relates to improved care and outcomes
- IV. Present common behaviors and symptoms for delirium, depression/ anxiety, and dementia
- V. Briefly review common changes in brain structure and function that accompany dementia and behavioral outcomes associated with these changes
- VI. Discuss non-medication management strategies that have been shown to be effective in reducing negative effects of hospitalization in patients with dementia

Humor and Caregiving - Learning How to Laugh!

Description: The purpose of this session is to help everyone involved in the caregiving situation recognize and use humor to create a more positive and effective partnership and connection. The session will distinguish between humor that is negative or destructive to a relationship or individual and humor that is healthy and energizing. Evidence about the value of humor in staying or getting healthy will be shared. Additional evidence will be discussed related to the value of humor in developing and maintaining healthy attitudes and behaviors in caregiving relationships. Finally, specific examples and strategies for introducing humor into caregiving situations and relationships will be provided and demonstrated.

Objectives: By the end of this session, learners will be able to

1. Describe the difference between constructive positive humor and destructive or harmful humor
2. Discuss the value of humor in health and in healthy relationships
3. Identify multiple situations in which humor can and should be used in caregiving situations
4. Compare various methods of introducing humor into caregiving to determine best strategies for a given situation

Outline:

- I. Present three different “humorous” situations – have learners react to them – and discuss the importance of making sure that constructive humor is being used and considered
- II. Provide objective information about the value and use of humor in healthcare situations and its importance in maintaining positive and effective caregiving relationships
- III. Discuss how and when humor can be used in caregiving routines and situations
- IV. Discuss how humor can reenergize and refocus both the person with dementia and the caregiver
- V. Provide a variety of examples of humor and its impact on people
- VI. Discuss how caregivers will integrate humor into their routines

Methods: The instructor will use discussion, paired interaction, group discussion, self-directed quiz completion, case discussion, PowerPoint® presentation, roleplay and lecture to provide learners with opportunities to gain knowledge and skills related to their personality traits and preferences.



www.TeepaSnow.com

SPEAKER BIOS

SEVEN SENIOR LIVING OPTIONS

Joyce Logan | Caregiving

This session will focus on the different options in Senior Living from living at home to a senior living community or residential care home. The presenter will share her experiences in working with hundreds of families across the Metroplex, and she will provide important questions to ask when evaluating and touring communities. Attendees will leave knowing the important aspects of the different types of communities and will be armed with information that is vital in making the perfect selection.



Joyce Logan is a Certified Senior Living Advisor, Certified Dementia Practitioner, and Founder of Ruby Care. Joyce spent several years in social work and business development before Ruby Care became her vision, which was inspired during the time she spent caring for her mother-in-law, Ruby, beginning in 2011. She is actively involved in her community - Junior League of Collin County; Women's Auxiliary to Children's Medical Center, Plano; Alzheimer's Association; Board Member of Dallas Area Parkinson's Society; and a graduate of Leadership Plano.

CAREGIVING CHALLENGES - CAREGIVING RESOURCES!

Diane Wright | Caregiving

Caregiving continues to be challenging in 2024. There are hundreds of local resources that can help you care for your loved one. This session will equip you with the knowledge of where to start when you are looking for support and resources..

At the age of 50, **Diane Wright** retired from her career as a systems analyst with the federal government to become a full-time caregiver to her aging mother with cancer. Her experience as a caregiver gives her a unique perspective and a deep understanding of the challenges that seniors and their caregivers face. Despite her retirement, Diane enjoys working part-time alongside her daughter Kathleen Warshawsky, BSN, RN, with Seniors Blue Book Greater Dallas, an organization that helps seniors connect with the resources and services they need.





CAREGIVING THROUGH THE JOURNEY OF DEMENTIA

Brian Shadowens | Caregiving

- How can I handle this?
- How do I cope with embarrassing moments and odd behavior?
- How do I deal with aggression and on-going irritability?
- When and how do I get help?



Brian Shadowens is currently an operating director for in-home care. He has more than a decade of experience as an executive director of several assisted living and memory care communities. He has more than 20 years of experience with educating others regarding the disease. Brian has been a sought-after speaker and presenter for dementia throughout his career. He has been in the caregiver role for hundreds who have been affected by dementia, including several in his immediate family.

YOU PROMISED TO TAKE CARE OF THEM, BUT YOU DON'T HAVE TO DO IT ALONE

Steve L. Whatley | Self-Care

Being a family caregiver is one of the toughest jobs anyone can ever undertake. Caring for a family member is emotionally and physically exhausting, and can steal one's primary identity: spouse, daughter, son, etc. Many times, the resulting exhaustion is brought about by the caregivers' believing they must do everything and waiting too long before seeking assistance. This presentation will focus on encouraging the family caregiver not to lose focus on self-care and protecting against what can be debilitating exhaustion, preventing him or her from carrying out the caregiver role. Further, we will discuss negotiating the healthcare matrix and the best approaches to healthcare systems, communicating with physicians, hospital admissions and discharges, when to seek assistance at home, and "10 Lessons Learned."

Steve L. Whatley, Ph.D., is co-owner and CEO of HomeWell Care Services Plano, a full-service in-home care company recognized as a Best of Home Care Provider by Home Care Pulse, the preeminent in-home care reputation management firm. Steve and his wife, Leslie, were led into in-home care after caring for Steve's father for seven years. Prior to owning HomeWell, Steve worked in two large healthcare delivery systems: Ohio State University Wexner Medical Center in Columbus, and Children's Health in Dallas. Steve's experience in these two institutions resulted in vast learning about patient care, satisfaction and loyalty. Steve earned bachelor's and master's degrees in psychology from Louisiana Tech University, and a Ph.D. in organizational development from Ohio State University.



HOW TO MANAGE CAREGIVER STRESS RATHER THAN ITS MANAGING YOU

Danny Mack | Self-Care

- The warning signs of caregiver stress
- The do's and don'ts of managing caregiver stress
- The elements of stress and how to manage them
- Six proven strategies for managing caregiver stress

Danny Mack is a graduate of the University of North Texas, Southwestern Baptist Theological Seminary and The Leading Age Leadership Institute. He is a Certified Dementia Practitioner. With more than 25 years of serving in the field of hospice, Danny is an expert on spiritual care, bereavement, caregiver stress management and marketing.



SELF-CARE IS MORE THAN A BUBBLE BATH

Pam Brown | Self-Care

Challenge your definition of self-care as we explore ways to build a life you do not need to escape from, even amid the challenges of caregiving. Self-care is an important part of your wellness and your ability to continue in your caregiving role. Discover the importance of self-awareness, the breadth of self-care practices, and seeking help when we need it.



Chaplain **Pam Brown** is the Lead of Support Services for Trinity Hospice in Dallas. She attended North Greenville University and Southwestern Baptist Theological Seminary. After graduation, Pam served in several parachurch organizations, alongside her husband in the local church where he served, and stayed home to raise her children for 10 years. Pam reentered the workforce and completed an Internship in Clinical Pastoral Education through the Baylor Scott and White Health System. She worked in the Baylor Scott and White Health System as a chaplain covering shifts in various hospitals and providing on-call support for overnights and weekends. After several years, Pam made the transition to hospice and has served as a chaplain, bereavement coordinator, and volunteer coordinator for hospices in the Dallas/Fort Worth area for the last nine years.

ESSENTIAL PLANNING FOR LONG-TERM-CARE NEEDS

Mark Pruitt | Legal/Financial

Topics covered in this workshop include documents needed to navigate on behalf of a loved one plus creative ideas and tools to pay for long-term care so that the money does not run out. Mark will help you avoid mistakes that are often made when planning and paying for long-term care. Proactive planning vs. reactive planning is crucial for families taking on the role of caregiver. .

Mark Pruitt is the founder and owner of Strategic Estate Planning Services in Carrollton. This comprehensive planning firm coordinates and provides resources in all areas of estate and financial planning. He is licensed with the Texas Department of Insurance and is an investment adviser representative working in a fiduciary capacity. Mark was previously awarded "Adviser of the Year," a national award given by Senior Market magazine.



NAVIGATING MEDICARE IN A LONG-TERM-CARE ENVIRONMENT

Steven K. Shaw | Legal/Financial

As a caregiver to a Medicare beneficiary, you have many questions about which services are covered by Medicare. You wonder, “What Medicare version is best for our situation?” This session addresses specific aspects of Medicare benefits that relate to memory care, custodial care and prescription drug coverage. Understanding a few fundamentals can help lower anxiety and equip you to make wise decisions on behalf of your loved one.



For more than a decade, **Steven K. Shaw** has helped clients understand their Medicare benefits and options. He has a relaxed teaching style – littered with humor – and presents Medicare with a “big picture” mindset in understandable terms. He is certified annually to assist those who wish to enroll in Medicare supplement plans, prescription drug plans and Medicare Advantage plans. Steven acquired his **CERTIFIED FINANCIAL PLANNER (™)** certification in 2023.

SOCIAL SECURITY BENEFIT DECISIONS

Paul Michel | Legal/Financial

- Overview of social security and retirement benefits
- Eligibility and enrollment
- Spousal/Survivor and disability benefits
- Working and receiving benefits
- Medicare and disability benefits
- Claiming strategies and taxation of benefits
- The future of social security and online tools/resources
- Social security myths and misconceptions

Paul Michel is founder and CEO of Provident Financial Planning. He is a **CERTIFIED FINANCIAL PLANNER™** and has created hundreds of custom financial plans for high-net-worth families entering retirement and high-income families accumulating or transferring wealth. Paul is very involved in Prestonwood Baptist Church where he serves as a Deacon and LifeGroup director. He also serves on the Board of Trustees at Prestonwood Christian Academy. Paul is passionate about helping those in need, which is why he and his wife established the non-profit organization, Provident Widows & Orphans Foundation. The foundation offers free financial, tax and legal advice for young families who have experienced the death of one or both spouses.



ESTATE PLANNING CONSIDERATIONS FOR THE CAREGIVER AND BEYOND

Zachary Montgomery | Legal/Financial

- An overview of estate planning and Texas probate
- Planning alternatives, including special-needs considerations
- Strategies to protect assets and avoid potential pitfalls
- Healthcare and end-of-life planning
- Considerations related to federal taxes and estate planning



Zachary Montgomery earned multiple degrees from Texas A&M University and the University of Virginia School of Law. He is a licensed attorney, certified public accountant, certified fraud examiner, investment adviser representative, and adjunct professor of estate planning at the University of North Texas. He is the founder of Provident Legal Counsel, PLLC, and serves as the CFO of Provident Financial Planning, LLC. He primarily focuses his practice in the areas of federal taxes, probate, estate planning and business planning.

SPECIAL NEEDS PLANNING AND TRUSTS

Jennifer Finch | Special Needs/Disabilities

Regular estate planning is not sufficient for families who have a loved one with special needs. A special needs trust should be part of their plan. At this presentation, we will discuss:

- Special needs trusts basics
- Government benefits and how an inheritance affects them
- Practice case studies on possible scenarios
- Creating a letter of intent
- “Choosing the T”

Attorney **Jennifer Finch** chose to pursue her undergraduate degree in psychology and her post-graduate degree in law because she aspired to a profession in which she could ultimately impact lives in a positive way. Estate planning, special needs planning, probate and guardianship all provide opportunities for Jennifer to use her experiences and educational background to fulfill that goal. Jennifer views her vocation as a calling to provide wise counsel and guide clients through the legal process with compassion. Addressing specific needs with effective solutions is incredibly rewarding, but her favorite part of her job is meeting and serving people as well as being privileged to work with an amazing team of women.



ENCOURAGING TIPS AND RESOURCES TO THRIVE IN PARENTING A CHILD OF ANY AGE WITH SPECIAL NEEDS

Mary Klentzman | Special Needs/Disabilities

In this session, participants will learn of hope-filled strategies and resources for the caregiver of a child, youth or adult with special needs.



Mary Klentzman's firsthand experiences of seeing God's extraordinary compassion and faithfulness through the joys and challenges of life have given her a heart for communicating the message of hope and encouragement to others. She and her husband, Rick, have seven adult children, including their 35-year-old son, Jonathan, who has severe cerebral palsy. For 20 years, she directed nonprofits and ministries that serve people with disabilities and their families, including positions as Director of Special Needs Ministry at Prestonwood Baptist Church and Area Director for the Texas office of

Joni and Friends (Joni Eareckson Tada's ministry). Through the years, she has also represented families affected by disabilities on numerous statewide advisory committees that work with the Texas legislature and agencies to improve state policies impacting people with disabilities. She wrote the chapter on "Redeeming Disability: Parenting a Child with Special Needs" for the book When Suffering Is Redemptive in 2016.

GRACE FOR THE UNEXPECTED JOURNEY

Della Pruitt | Memory Care

The journey of caring for a loved one with a dementia diagnosis is full of the unexpected. Each caregiver's journey is different and unique yet holds commonalities with others. It can be daunting but also have special moments of joy. This session will discuss practical advice and offer encouragement and resources for each step along this journey, that it may become rewarding, fulfilling and filled with grace.

Della Pruitt has been a member of Prestonwood Baptist Church for 20+ years. Her journey with dementia began several decades ago when several family members were diagnosed with Alzheimer's. Her mother passed away in 2015 after living with the disease for 20 years. She was the primary caregiver for her sister Nola, who had early-onset Alzheimer's. Nola passed away in 2018 after having the disease for 11 years. Della started the Memory Care Support Group at Prestonwood. She enjoys connecting with other caregivers to give encouragement and share practical advice. She co-owns Strategic Estate Planning Services, Inc., with her husband, Mark Pruitt.



HEALTHY LIVING FOR YOUR BRAIN & BODY: TIPS FROM THE LATEST RESEARCH

Imelda Aguirre | Memory Care

This education program covers four areas of lifestyle habits that are associated with healthy aging:

- Cognitive activity
- Physical health and exercise
- Diet and nutrition
- Social engagement



Imelda Aguirre, *Diversity, Equity, & Inclusion Manager, Alzheimer's Association, Dallas & Northeast Texas Chapter*, obtained her bachelor's degree in interdisciplinary studies with a minor in education at the University of Texas at Dallas. Imelda has worked with health and wellness non-profits for more than 10 years and provides health resources and information to underserved communities. She serves on various community boards to strengthen outreach and resources in Dallas and rural areas in North Texas. Imelda works primarily with caregivers and individuals with a diagnosis, as a

care consultant. Imelda provides one-on-one care planning, crisis management, and information and referral for families affected by Alzheimer's disease.



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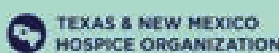


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The *Life Recovery Ministry* at Prestonwood Baptist Church helps men, women and students recover from emotional, physical, relational and spiritual wounds through the power of Christ. Through classes, small groups and individual discipleship, the *Life Recovery Ministry* will help people pursue, overtake, and recover a life of peace and purpose.

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For a full listing at our Plano and North campuses,
visit prestonwood.org/liferecovery.

FIND A GROUP!



LifeGroup Bible Studies are small groups that meet weekly for Bible study and are a wonderful way to connect with others and engage in the life of our church.

Visit prestonwood.org/lifegroups to find the right one for you!



DEMENTIA CARE SUPPORT GROUP

Groups meet year-round on the second Monday and Wednesday of each month.

Please call 972-820-5287 for details.



WORSHIP WITH US!

PLANO CAMPUS (PC)

6801 W. Park Blvd., Plano, Texas 75093

Sunday Worship Services 9:30 & 11:00 a.m.

NORTH CAMPUS (NC)

1001 W. Prosper Trail, Prosper, Texas 75078

Sunday Worship Services 8:30, 10:00 & 11:30 a.m.

LifeGroup Bible Studies

Wednesday 6:30 p.m.

Sunday 8:00, 9:30 & 11:00 a.m. (PC)

Sunday 8:30, 10:00 & 11:30 a.m. (NC)

PRESTONWOOD EN ESPAÑOL

PLANO CAMPUS (PC)

Sunday Worship Service 2:00 p.m.

NORTH CAMPUS (NC)

Saturday Worship Service 5:00 p.m.

LifeGroup Bible Studies

Wednesday 6:30 p.m. (PC)

Sunday 11:00 a.m. & 12:45 p.m. (PC)

Worship Services online at [Prestonwood.Live](https://www.prestonwood.org/live)

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MINISTRY

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 Prestonwood Women's Ministry (**North Campus**)

Follow us on Instagram  @prestonwoodwomen

Tasha Calvert Global Director of Women's Ministry
972-820-5230 | tcalvert@prestonwood.org

Want more info? Have questions?
Contact Jonee Rawlings at jrawlings@prestonwood.org.

**FRIDAY
MORNING**


Men's Bible Study

PLANO CAMPUS

Student Ministry Building

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NORTH CAMPUS

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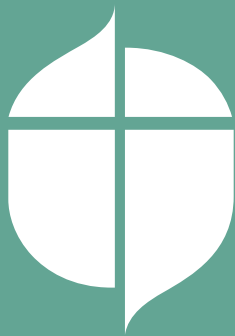
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FRIDAYS - 6:30 AM

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Prestonwood