



2ND ANNUAL

# SYMPOSIUM

FOR ELDER CARE PROFESSIONALS & OUR COMMUNITY

## Elder Care Symposium: Finding Solutions for the Sandwich Generation

September 14, 2023 ~ Oasis Conference Center, Loveland, OH

8:20 - 8:30: Welcome and Introductions – Dennison Keller

8:30 - 9:30: Keynote – “Pouring From An Empty Cup: Sandwich Generation Caregiving” presented by Dr. Macie Smith, Ed.D., LSW, SW-G

Caring is a natural nurturing part of what we do and who we are, especially women. But the more and more we give to others, the less we leave for ourselves. Could anything be poured from a cup that is empty? So before your cup runneth over or runneth out, Dr. Smith will provide tips and strategies to help you identify and prevent compassion fatigue and burnout; so you can show up as the best version of yourself, for yourself and for those you love.

9:45 - 10:45: Breakout Session #1 (attendees choose one)

- A. “Unique Needs and Gifts of the Sandwich Generation” presented by Christy Yates, M.S., NCSP, LEP  
Caregiving is challenging! When you add parenting children in your home at the same time, the challenges can be exponential. If you are the parent in the middle, what’s happening to you? How does this squeeze impact the children in your home? How do you balance caring for both ends of your sandwich? In this session, attendees will learn about the unique needs of the Sandwich Generation as well as the sometimes hidden gifts. Using a family-centered perspective to understand the impacts on different members of the family, participants will learn strategies to move from surviving to thriving.
- B. The Health of Female Caregivers presented by Dr. Mary Ann Barnes, MD  
Finding balance and rest while caring for children and the elderly can be challenging. This session will look into the risk of falling in the Sandwich Generation of caregiving, the 5 pillars of health and what each person can do to maintain wellness and happiness during times of stress.
- C. “Recreational Music, Wellness, and Dementia” presented by Arlene Da Silva  
Recreational music making can bring wellness benefits to people with dementia and their caregivers. This presentation introduces you to HealthRHYTHMS, an evidence-based recreational music making and wellness program. The program is not about musical outcomes, rather it’s about health outcomes. This one-hour group empowerment drumming program does not require prior musical experience and is known to reduce stress in caregivers. Published peer-reviewed research studies have shown that one hour of engaging in the program for six weeks reduces depression, anger, and anxiety, builds camaraderie, increases self-esteem, and provides an opportunity to have fun with friends.
- D. The Top 10 Mistakes Made On The Elder Care Continuum presented by R. Dennison Keller, Jr., Esq.  
We have the best intentions as we start planning for ourselves and/or our aging parents, but there are so many pieces to consider when actually executing a plan that protects your assets as well as a your quality of life. Many mistakes are made along the way. We will focus on the most common missteps so you can stay on a guided path - to protect yourself and those you love for what may lie ahead.

- 11:00 - 12:00: Plenary Session – “Alzheimer’s Disease: Current and Future Treatments” presented by Dr. Robert Keyes, MD, PhD  
This session will define Alzheimer’s disease and dementia, look at the current understanding of what causes Alzheimer’s disease, evaluate treatment options that may improve symptoms and change the course of the disease, and will glance ahead to treatments on the horizon.
- 12:05 - 12:50: Lunch / Visit Sponsor Tables/ Door Prizes are Announced/ Panel Questions
- 12:50 - 1:50: Breakout Session #2 (attendees choose one)
- A. “Technology & Family Caregiving: Understanding the Options & Navigating Potential Pitfalls” presented by Steve Pelton, Mark Prohaska, Carrie Hayes, Jennifer Heston-Mullins, PhD, LISW  
In this session, speakers from We Thrive Together, SafeinHome, and the Scripps Gerontology Center at Miami University will provide information on current technologies available to support individuals who wish to remain in their homes as they age and how these technologies can bring peace of mind to their care partners. The session will also include a discussion of the challenges and concerns associated with technology use in family caregiving and how those concerns can be addressed.
- B. Dementia, Caregiving, and Addiction presented by Meredith Pasco, LNHA, CDP  
Often, caregivers turn to alcohol and medication to help manage the stress both physically and emotionally. Constantly bearing the emotion and physical strain of caregiving increases the caregiver’s risk of addiction. We will specifically discuss the impact of Dementia on Caregivers and also, the risk of addiction with patients diagnosed with early stage dementia.
- C. “Mindful Self Care” presented by Christy Yates, M.S., NCSP, LEP  
Self-Care can include many things. Most caregivers may not know how imperative it is to their health or know simple, easy-to-use strategies they can use throughout the day. In this session, participants will learn more about the stress cycle, and its impact on the body. Attendees will also learn and experience three easy-to-use mind-body techniques that can be adapted for all ages and abilities.
- D. “Financial Powers of Attorneys & Starting the Conversation With Elders” presented by Eva M. Hager, Esq.  
A Financial Power of Attorney document can be a powerful tool in the process of estate planning. This session will give an overview of the importance of estate planning, the standard powers in a Financial Power of Attorney, what to look for in a FPOA, how a FPOA is used in a crisis and with other benefits, as well as how to begin the conversation about the necessity of this document with aging adults.
- 2:05 - 3:00: Panel Discussion – Is The Sandwich Generation A Double Decker Generation  
Panelists: Dr. Macie Smith, Dr. Robert Keyes, Christy Yates  
Moderator: Dennison Keller  
Caregiving for aging parents looks much different than it did for previous generations. Now the upper level of caregivers are aging into the elder care continuum themselves.
- 3:10 - 4:15: Plenary Session – “Sometimes You Just Have To Laugh” presented by the Alphas improv group  
Anyone who is simultaneously caring for children and aging parents may be at risk for very real health and happiness hazards. While caregiving is serious business, it doesn’t mean there can’t be levity. The women of Alphas, an all-female identifying, Cincinnati-based sketch and improv comedy group, will guide you through interactive exercises where you learn to operate from a “yes, and…” mindset and how the tools of improv can dramatically transform caregiving relationships for everyone involved.
- 4:15 - 4:30: Turn In Evaluations I Pickup CE Certificates I Dismissal