

Registration

Registration for the Judith J. Wahlberg Memorial Lecture will take place exclusively online at:
<http://areaagencyonaging1bjw.eventbrite.com>

If you experience problems registering online, please contact Natalie Pearce, LMSW, AAA 1-B, at 248-262-0533, or at npearce@aaalb.com.

Cost

- Individual Rate: \$60 per person
- Group Discount Rate: \$50 per person. (Requires a minimum registration of three or more staff from the same organization.)
- Student Rate: \$40

Online Registration Deadline is: Friday, February 28, 2014 at 5 PM.

CEU Contact Hours

3 Contact Hours NURSING: This activity has been submitted to the Ohio Nurses Association (OBN-001-91) for approval to award contact hours, The Ohio Nurses Association is accredited as an approver of continuing nursing education by the American Nurse Credentialing Center's Commission of Accreditation. 3 CE's SOCIAL WORK: Institute of Gerontology, Wayne State University is an approved provider with the Michigan Social Work Continuing Education Collaborative.. Approved Provider Number: MICEC -0066.

3 CE's NURSING HOME ADMINISTRATORS: This program was submitted to the MI Board of Nursing Home Administrators. Application submitted. Certificate will be issued after total completion of program. Completed evaluations and sign-in required. For more information regarding CEU's, please contact Donna MacDonald at 313-664-2605.

The planning committee and the presenter declare no conflict of interest.

Questions

If you have questions or special needs, please feel free to contact Natalie Pearce, LMSW, AAA 1-B, at 248-262-0533, or at npearce@aaalb.com.

About the Area Agency on Aging 1-B

The Area Agency on Aging 1-B is a nonprofit agency responsible for services to more than 620,000 persons aged 60 and older residing in Livingston, Macomb, Monroe, Oakland, St. Clair and Washtenaw counties. Through the provision of home care and community-based services, older adults and persons with disabilities are given options that can help maintain their health and independence in their homes and communities.

For more information, please visit our website

www.aaalb.org

Fifth Annual

Judith J. Wahlberg Memorial Lecture

Caregiving and Stress Self-management

**Elaine K. Williams,
LMSW, CHT**

A 3 CE Conference for Aging
Network Professionals

Thursday, March 6, 2014

8:30 AM-12:30 PM

Costick Center

**28600 West Eleven Mile Road
Farmington Hills, MI 48336**

Presented by:



Agenda

8:30 AM-9:00 AM

Registration

9:00 AM-10:30 AM

Welcome and Introductions

Tina Abbate Marzolf
CEO, Area Agency on Aging 1-B

Caregiving and Stress Self-management

Elaine K. Williams, LMSW, CHT
Consultant and Kinship Care Author of
*The Sacred Work of Grandparents
Raising Grandchildren*

Elaine will discuss the nature and chief components of the caregiver/client relationship. Participants will be able to identify tools and knowledge needed to create and sustain a relationship of trust and well-being. In addition, Elaine will apply knowledge of the neuroscience of the brain to promote understanding of client responses and behavior. Participants will learn to identify practical applications of mind-body therapies in personal self-care and caregiving.

10:30 AM—10:45 AM

Break

10:45 AM-12:15 PM

Caregiving and Stress Self-management (continued)

12:15 PM-12:30 PM

Evaluations

About Elaine K. Williams, LMSW, CHT

Elaine is a consultant, coach, counselor, educator, and author focusing on kinship caregiving. She earned her Master of Social Work degree from the University of Michigan, and is a certified hypnotherapist.

I'm dedicated to a holistic approach to learning, living, and well-being. I believe in inspiration and inner knowing. Both are urgings from the deep self that tell you what it will take to make your life meaningful. Any leap that you want to make in your personal or professional life that aligns with your passion and sense of purpose, and with your deepest values, is by definition meaningful. - Elaine K. Williams



About the Judith J. Wahlberg Memorial Lecture

The Judith J. Wahlberg Memorial Lecture is a professional training partnership between the Area Agency on Aging 1-B and Wayne State University Institute of Gerontology. Named in honor of a distinguished colleague and alumnus who contributed more than a quarter of a century of service to support aging and long-term care services, the lecture is dedicated to enhancing professional development opportunities for those concerned about services and programs for older adults.

About Judith J. Wahlberg

Judith J. Wahlberg spent 27 years with the Area Agency on Aging 1-B (AAA 1-B), serving in several key roles, including Controller and Chief Fiscal Officer. First diagnosed with breast cancer in 1998, she faced the disease courageously and successfully, all the while continuing her tireless work at the AAA 1-B. Sadly, Judi lost her long battle with cancer just eight short months after her retirement in November 2006.

