

# successful AGING

## CONFERENCE

### ► Dementia edition

#### The Language of Distress



Distressed behaviors serve as a form of communication and often indicate the person is experiencing discomfort in body, mind and/or spirit. They express unmet needs. Dr. Gallagher will share how to use a 'soft approach' and sensory strategies to maximize comfort and connection.

**Maribeth Gallagher, DNP, FAAN**  
*Hospice of the Valley*

#### Connecting with Our Care Partner



Partnering with our loved ones and clients to accomplish tasks based on their capabilities instead of their limitations can facilitate a positive outcome. Learning the how's and why's of this positive approach to care can breathe new life into daily interactions and engagement.

**Elaine Poker-Yount, CDP**  
*Visiting Angels East Valley*

#### Self Care IS the Answer



Having your health and well-being intact is crucial on this dementia journey. Joan will share techniques and practices to support your welfare, as well as offer tips and tools to help bring contentedness to those living with dementia.

**Joan Marlow, Life Coach, Reiki Master**  
*Peaceful Easy Healing*

#### Navigating the Long-Term Care and Estate Planning Rapids



Steering through the rough waters of long-term care planning is intimidating. Lora will show how to avoid the most common mistakes people make by clarifying concerns pertaining to ALTCS & Miller Trusts, Wills & Trusts, and Veterans Pension Aid & Attendance. With the right information your estate plans can be smooth sailing.

**Lora G. Johnson, Elder Law Attorney**  
*Johnson & Associates Law Firm*

#### Living with Dementia

#### TOOLS FOR EVERYDAY LIVING-

Saturday, November 9, 2019

9 a.m. - 3 p.m.

Glencroft Center for Modern Aging

8611 N 67th Ave

Glendale, AZ 85302

RSVP by Monday, October 28th  
to Kate 623-476-7882 or  
[elaine@visitingangelsaz.com](mailto:elaine@visitingangelsaz.com)

The event is FREE

Lunch is provided

Register EARLY - seats are limited



HOSPICE  
of the VALLEY



#### What our participants are saying...

"I had no idea how much I didn't know. This conference was outstanding!" Jeanne B.

"I reluctantly came thinking I was going to be 'sold-to.' I was so pleasantly surprised at the depth and quality of the information presented." Hank L.