

news release

Area 9 In-Home & Community Services
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FOR IMMEDIATE RELEASE

April 15, 2010]

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Caregivers – Annual Caring for the Caregiver Workshop - April 22, 2010

The Area 9 In-Home and Community Services Agency, a service of Indiana University East, and Purdue University Extension Service are collaborating to present our tenth annual Caring for the Caregiver workshop on April 22, 2010. The daylong conference will be held at the Kuhlman Center on Wayne County Fairgrounds in Richmond, Indiana. Registration and fasting screenings will begin at 7:30 a.m. with the keynote to begin at 9:00 a.m.

The workshop targets anyone who wants to learn more about the role of a caregiver. Positive coping skills and gaining insight to resources available in the community to aid caregivers in their journey are key topics of the workshop. The day is also dedicated to helping caregivers learn the importance of first caring for themselves. It is imperative for them to remain healthy to continue to provide care for loved ones at home.

Many exciting things have been planned for the day's events. The conference will feature keynote speaker, Kay Frances with-
"Laugh...Just For the Health of It".

In our frenzied world, we need to be reminded of the importance of humor and a positive attitude in helping us lead stress-free, healthy, and productive lives. Those in caregiving roles can identify with this need as no other population or group can. Kay does this in a way that is hilarious, effective and is second to none. She will underline the importance of maintaining balance in our lives and embracing changes in a clean, energetic and humorous way.

Many educational and caregiver nurturing booths, along with health screenings such as blood pressure, fasting & non-fasting blood sugars & cholesterol (done before and during workshop), bone density screens, depression screens, BMI's and blood pressure checks will also be available. This years, breakout sessions are "When to Call the Ambulance" and "Taking the Road Less Stressed" (Kay Frances). Practical care demonstrations will also be available. The proper use of adaptive equipment will be a part of those demonstrations.

Emphasis throughout the workshop will be placed on personal choice, educational opportunities, and enlightenment of community resources available to enhance those in care giving roles. The entire day is geared toward nurturing the caregiver and equipping them to take care of themselves while fulfilling their responsibilities in the caregivers. Hand in Hand Adult Day Care of Richmond has graciously offered to provide free respite care for those attending the workshop. It is necessary to pre-register for this service by calling 765-966-0852. Five C.E.U's are available for professionals in the field of social work.

A \$5.00 registration fee provides participants with lunch, snacks, goody bags, and materials. Registrations for the conference need to be received by April 17, 2010. Please send fees to the Area 9 Agency, 520 S. 9th. St, Richmond, IN, 47374. Checks should be made payable to the Area 9 Agency/Caregiver Program.

For directions or questions regarding the workshop, contact Purdue Extension, Wayne County Office @ 765-973-9283 or by email wagnerg@purdue.edu or Tricia Luebbe at Area 9 Agency at 966-1795, toll-free 1-800-458-9345 or by email tluebbe@iue.edu. We are looking forward to a great day that you will not want to miss!

We would like to offer a special word of thanks to our sponsors without whom we would be unable to provide such a quality workshop at a cost so feasible for everyone: GOLD CARE ANGELS: Arbor Trace, Friends Fellowship, Ambassador Healthcare, Rose Gate Village, and Forest Park. SILVER CARE ANGELS: Fayette Regional Health Care System (Connersville), Hickory Creek (Connersville), Ivy Tech Community College, Lincoln Centers of Connersville and First Bank, Richmond, Omni Homecare, Sterling House of Richmond, and Heritage House of Richmond. Special thanks to the Leland Residence for providing lodging for our keynote speaker.