

The Twin Cities Jewish Community Presents:

KEEPING THE SPIRIT ALIVE

The Conference for Caregivers and Those Supporting a Loved One with Dementia



SUNDAY, APRIL 30, 2023
8:30 a.m. to 2 p.m.

Beth El Synagogue
5225 Barry St. W
St. Louis Park, MN 55416

Featuring Keynote Speaker
Myrna Marofsky



Register at

jfcsmpls.org/event/caregivers-conference
or call 952-417-2149

FREE AND OPEN TO ALL

This conference is a collaboration of





CONFERENCE SCHEDULE

- 8:30 a.m.** Registration
Resource Fair
- 9:15 a.m.** Welcome
Rabbi Alexander Davis, *Beth El Synagogue*
- 9:35 a.m.** Keynote Presentation: Myrna Marofsky
- 10:20 a.m.** Transition Time/Break
- 10:30 a.m.** Breakout Session #1
- 11:30 a.m.** Lunch
Resource Fair
- 12:30 p.m.** Breakout Session #2
- 1:30 p.m.** Transition Time/Break
- 1:40 p.m.** Closing Ceremony
Giving Voice Chorus



KEYNOTE: CARE-LIVING TO THE LAST DANCE

MYRNA MAROFSKY

Myrna Marofsky shares a deeply personal story about her experience following her husband’s dementia diagnosis in a new book, *To the Last Dance, A Partner’s Story of Living and Loving Through Dementia*. She highlights a strategy for redefining caregiving to CARE-LIVING. While recognizing that the medical side of a diagnosis is essential, Myrna focuses on the loving relationship of a spouse and the social-emotional impact on a family, often ignored in dementia conversations. She shows how love and loss can co-exist and why it’s ok for a care partner to ask and answer, “What about me?” It may inspire you to think differently.

Myrna Marofsky is a business consultant, author, mother, and grandmother. Growing up in a tight-knit Jewish community in Minneapolis, she had three career choices when she graduated high school in 1963—nurse, secretary, or teacher. She became an elementary teacher and has always remained a teacher in some capacity, continually encouraging others to find “a-ha” moments. A serial entrepreneur, she started a computer training company, ran a diversity consulting and training business, created diversity-related training tools, wrote two business books, and started The Business Women’s Circle to support women as they grow their businesses. Currently, Myrna works as a Chapter Chair for the Women Presidents Organization, where she facilitates peer groups of women business owners. She is the recipient of the Minnesota Power 50 award and the NAWBO Women of Vision Award. You can find Myrna’s book at www.myrnamarofsky.com.

ADDITIONAL INFO

- When you register, you will receive a confirmation email with any additional instructions for the conference day.
- Individuals in need of **ASL interpretation** for the keynote session or workshops should contact Tabitha at TDeRango@jfcsmpls.org or 952-417-2107 by April 10.
- **Certificates of attendance** will be available on the conference homepage after the conference.
- All breakout sessions and the keynote will be available online on www.jfcsmpls.org via the conference homepage for “Keeping the Spirit Alive” by May 5.



1. The Diagnosis: The Family Matters

Keynote speaker Myrna Marofsky and her daughters, Sarah Kesher and Eve Raymond, will provide a candid conversation about the interplay between family members navigating a dementia diagnosis and the life that comes after. While not seamless or easy, they consciously worked to preserve family relationships and dignity throughout their experience and will share what they learned in hopes that others can find insights adaptable to their own unique situations.



Presented by **Myrna Marofsky**, a business consultant, author, mother, and grandmother. Currently, Myrna works as a Chapter Chair for the Women Presidents Organization, delivers presentations about her book, and pretends she is retired.

Eve Marie (Marofsky) Raymond brings a daughter's view to this topic as she experienced her own loss while supporting her mother and father. Professionally, Eve is an IT services director at the

University of Minnesota, where she supports the university community through continual technology change. Eve read and edited many drafts of "To the Last Dance" and learned a lot about her mother during its creation.

Sarah (Marofsky) Kesher played many roles during her family's life through dementia. She was supporting her parents, parenting her three sons, being a wife, and working full-time – all while losing her father. Today, Sarah is a team development director for Quinn Evans architects, where she serves on the executive team helping to set policy and lead HR decisions that impact the culture.



2. The Doctor Is In: Q&A Session

After brief opening comments in this open question-and-answer session, attendees can get expert advice and answers to questions on topics related to current and future treatment practices, memory loss and dementia, research and clinical trials, the benefits and limitations of existing medical treatments, lifestyle modifications, the benefits of early screening, and information on current testing procedures.

Presented by **Dr. Michael H. Rosenbloom**, director of the HealthPartners Center for Memory and Aging and staff member at the HealthPartners Neuroscience Center, where he participates in clinical care, research, and programmatic growth. His research interests include early diagnosis of dementia, intranasal therapeutics, large-scale brain networks in cognitive disorders, transcranial magnetic stimulation for cognitive impairment, and post-operative cognitive dysfunction.

3. How to Reduce Isolation

The impact of isolation for individuals with dementia and their caregivers can be profound. In this session, you will learn from three professionals about programs that empower participants through activities in a safe, welcoming community and create experiences that provide joy, connection, and purpose to care receivers and their care partners.



Presented by **Terri Joski-Lang**, director of Open Circle in Hopkins and certified Activities Professional. Having traveled the Alzheimer's dementia journey with family, Terri became passionate about improving others' dementia journeys and focusing on what persons living with dementia can still do, with purpose.



Eyleen Braaten, executive director of Giving Voice Initiative, inspiring organizations around the world to build choruses that bring joy, well-being, purpose, and community understanding to people with Alzheimer's and their care partners.



Lindsay Kant, LGSW, senior services case manager at Jewish Family and Children's Service of Minneapolis who coordinates the JFCS Memory Café and has worked with older adults and their caregivers throughout her career.



4. Assisting with Legal Matters: What the caregiver should know about estate planning, disability planning, and government benefits

This presentation will provide caregivers with a summary of the primary estate and disability documents, and discuss ways to protect assets and minimize the risks associated with long-term care. The goal of the presentation is to allow the caregiver to identify and address issues ensuring the person they are assisting has their legal affairs in order.

Presented by **Stuart C. Bear**, Attorney and President of Chestnut Cambronne PA



5. Understanding Alzheimer's and Dementia

Alzheimer's disease is not a normal part of aging. Join us to learn about its impact; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

Presented by **Debra Stock**, volunteer community educator and support group facilitator with the Alzheimer's Association Minnesota-North Dakota chapter. Deb has shared her talents with the Association since 2017 because of a familial connection to the disease.

6. Understanding the Experience of Hospice & Palliative Medicine

In this session, participants will define the difference between hospice and palliative care and will also come to understand that hospice and/or palliative care focuses on quality of life, pain management, and comfort, so patients may live longer. This is an opportunity to hear real-life stories of patients, helping to dispel myths and misunderstandings.



Presented by **Victor Sandler, M.D.**, geriatrician, hospice, and palliative medicine specialist at HealthPartners. He is chair of the Minnesota Hospice and Palliative Care Medicine Physicians group, co-chair of the Minnesota POLST Task Force and co-chair of the University of MN Medical Center Bioethics Committee.

Julie Williams, MSW, LGSW, bereavement services supervisor for HealthPartners Hospice, where she oversees the Bereavement, Spiritual Counseling, Music Therapy, and Massage Therapy departments.

Ashleigh Lundy, RN, Lakeview Hospital liaison for Lakeview Homecare, Palliative Care, and Hospice in Stillwater.



7. A Focus on Connection

Successful communication is key in any relationship, and communication between caregivers and their loved ones is vital, especially as strategies, needs, and abilities change over time. This session will explore challenges with communication both with the person living with dementia and support professionals. Participants in this session will gain a better understanding of the tools needed to increase positive daily interactions.

Presented by **Deborah E Richman, BS, C.D.S.**, director of education and client development for HealthCare Interactive, Inc.



8. Caregiving and the LGBTQ+ Community

In this session, you will learn about the historical events that helped to shape older LGBTQ+ perspectives, the unique barriers faced by LGBTQ+ older adults, and identify ways to support welcoming services for LGBTQ+ older adults.

Presented by **Paul Blom**, owner and operator of Right at Home-In Home Care & Assistance, and founding board member of Training to Serve, the curriculum to train senior service providers on the unique needs and barriers of the aging LGBTQ+ community.



9. The Search for Quality Care

Participants will hear thought-provoking questions that can determine how they seek quality care, recommendations, and resources. What quality care is to one may be different from another and needs to consider the well-being of the caregivers and care receivers. Taking into consideration the needs and concerns of the client/family and ever-changing diagnosis, you can discover the “right fit” for your situation.

Presented by **Bonnie Jaffe, RN**, senior services supervisor at Jewish Family Service of St. Paul (JFS), where she provides caregiver coaching, family consultations, and leads the JFS grief and caregiver support groups. Certified Powerful Tools for Caregivers, Reach Community for Caregivers, and Dementia Friends presenter, Bonnie is trained by Honoring Choices of MN to assist people in completing advance care directives.



10. Family and Health Care Partnership and Advocacy

This session will discuss options and education on using long-term care, assisted living care, and transitional care. It will also discuss what the care receiver may experience in their living environment with rehabilitation services, and additionally how families can support and advocate for their loved ones.

Presented by **Michelle Harris**, COTA/L- campus director of rehab, Sholom Ackerberg Campus



Crystal Houghtaling, director of social services at Sholom Home West



11. Living Your Values in your Caregiving Journey

What are your core values and how does your understanding of them help you create joy, even during the heavy lifting of being a caregiver? This session will help you identify and connect with your core values. You will gain access to your internal compass so that you can navigate life’s gifts and challenges through the lens of what matters most to you.

Presented by **Kim Fischer, MD**, anesthesiologist, and a life coach believes that we each have the unique ability to heal ourselves – sometimes we just need permission to trust our inner knowing.



12. Art for the Body and Mind

In this session, you will get the opportunity to explore how art can be a tool for your own emotional grounding and an outlet for self-expression. Explore the creative process with a focus on play, curiosity, and reflection. You will participate in a variety of 2D and 3D art exercises while learning how and why these forms of art can be beneficial on your caregiving journey.

Presented by **Jordyn Brennan**, MFA from the Minneapolis College of Art and Design. Jordyn’s work investigates themes of care exhibited in a variety of forms – strengthening our relationships and extending our lifespan and quality of living. Jordyn is an adjunct faculty at Upper Iowa University and co-founder of the Rural Experience Collective, which exists to share stories and experiences of creatives with past and/or current rural ties.



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