



# CAREGIVER CONFERENCE



This half-day conference is for those engaged in caring for aging family members, friends and other loved ones. Caregivers will find the information, support resources and skills to cope with being a caregiver.


## Conference Topics and Activities:

- Ambiguous Loss
- Legal Issues
- Communication Strategies
- Home Safety Tips
- Community Resources
- Mindfulness Workshops

 **Parker at the Pavilion**  
443 River Rd, Highland Park

 **Saturday, April 21<sup>st</sup>**

 **10:00 am – 2:00 pm**  
Check-in begins at 9:30 am

 **FREE. Registration required in advance.**

**Lunch will be provided courtesy of Parker Dining Services**

To register, call Tamara Burgess at 732-565-2400 or email [tburgess@parkerlife.org](mailto:tburgess@parkerlife.org)  
For more information visit [Parkerlife.org](http://Parkerlife.org)

Representatives, samples & give-aways from participating companies and organizations



Parker at McCarrick  
Post-Acute Rehabilitation



# AMBIGUOUS LOSS: LOVING SOMEONE WHO IS "THERE BUT NOT THERE"

Share and learn about ambiguous loss, strategies to remain resilient in the face of loss and grief, and how to live with the ambiguity.

## **DALE L. OFEI-AYISI, MA, LCSW, CDP**

has over 44 years of post-Masters' clinical and administrative experience in medical and behavioral health social work with patients experiencing a host of end-stage illnesses, and 25 years of expertise in geriatric assessment and dementia care, including development of psychosocial and educational services for family caregivers, for which she was named a Certified Dementia Practitioner by the National Council of Certified Dementia Practitioners in 2017.

She served for 14 years as Coordinator of Community Services for COPSA Institute for Alzheimer's Disease and Related Disorders at Rutgers University Behavioral Health Care in Edison, including Program Supervisor of their caregiver-focused outreach program, E.A.R.S. for Caregivers, for which she was recipient of the UBHC "Excellence Award" in 2005. She is currently Outpatient Clinical Social Worker for the Departments of Radiation Oncology and Outpatient Infusion at Community Medical Center, RWJBarnabas Health in Tom's River. Dale is the recipient of numerous professional awards, most recently the Alpha Kappa Alpha P.E.A.R.L.S. Community Award for Health Promotion, in June 2017.

## LEGAL ISSUES

An informative session on the importance of basic estate planning and measures that empower elders and their families to take control at this vulnerable time of life, including Last Will and Testament, Power of Attorney, Advanced Directive and Health Care Proxy. Proper planning allows families to put in place the instructions that will control a health care crisis or end of life decisions.

## **BARBARA DOYLE FRANTZ, ESQ and GRETCHAN R. OHLIG, ESQ**

are attorneys specializing in issues pertaining to elder law with the firm of Phelan, Frantz and Peek in Westfield. Their primary areas of practice include trust and estate planning, estate administration, trust administration and guardianship. Both Barbara and Gretchan enjoy the relationships the PFP team has established with its clients and their families and their personal opportunities to serve and support local charities and organizations in the community.

## COMMUNICATION STRATEGIES

Communicating with a loved one that you are caring for, or with others on your loved one's behalf, can bring about many challenges. This workshop will look at the barriers to effective communication, ways to begin the conversation, how to enable others to hear what you are saying, and the emotions that may be getting in the way. In addition to receiving some insight, there will be an opportunity to have your particular questions addressed.

## **KATHLEEN OSTERTAG, MA, LPC, NCC**

is a Licensed Professional Counselor who specializes in working with older adults and their caregivers. She provides individual and family counseling through her private practice in East Brunswick and has worked in a variety of settings, including mental health agencies, senior centers, adult day health programs, assisted living, dementia-specific programs and nursing homes. Kathleen facilitates "Surviving a Loss," a nine week spiritually-based bereavement group. She currently

serves as the President of the Middlesex County Office on Aging Advisory Board and as a member of the East Brunswick Commission on Aging.

## **DANIELLE MICALE, MHA, LNHA, CTRS, CDP, CADDCT, CDCM**

is the Director of the Department on Aging for East Brunswick Township. She has served as a Training and Consultation Specialist with Rutgers University Behavioral Health Care's Research and Training Institute & the COPSA Institute for Alzheimer's Disease & Related Disorders, including a focus on older adults, long term care, mental health, Alzheimer's and dementia. She is a certified dementia practitioner and case manager, and a nationally certified Alzheimer's disease and dementia trainer. Danielle is the past recipient of the Garden State Woman of Year Award for her commitment to community involvement as well as the Circle of Honor Advocacy Award from the Alzheimer's Association, Greater New Jersey Chapter.