

Registration Form

Healthy Minds and Healthy Bodies - Thursday, January 26, 2012

Registration Return to UW-Superior, Center for Continuing Ed, Old Main 102, Belknap & Catlin, Superior, WI 54880-4500 715-394-8469, 800-370-9882 or FAX 715-394-8381

- Physician AM Only \$90 All Day \$110
 Professionals AM Only \$70 All Day \$90 Student \$40
 Community members \$45
 Certificate Program \$399

Full-day registration includes continental breakfast, lunch and afternoon break

Name _____

Firm/Organization _____

Title/Position _____

Address _____

City _____ State _____ Zip _____

E-mail _____

TEL day _____ TEL evening _____

Check (UW-Superior) Please bill organization

Purchase order VISA MasterCard

Card # _____ Security Code _____ Expires _____

Signature _____

CEU's will be given at the end of the day.

Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of credit is pending.**

CME's will apply for: MD, PA, NP, CDE & Pharm D

Learn more about our January - May 2012
Certificate Program:

Health Care Throughout the Second Half of Life

See details inside or visit: uwsuper.edu/health (click on the "Certificate Program" bar).

Special rate: \$399 (includes 2 full days of conferences and online studies) You will receive 90 contact hours or .9 CEUs.

Register online:
uwsuper.edu/health

Click on "Online Registration" and then
"Health & Human Services 2011-2012"
Scroll down to Healthy Minds

Cancellation/Refund Policy

If you register and find that you are not able to attend, we will issue a full refund less a \$15 processing fee if you provide five (5) working days notice. Less than five (5) working days, a 60% refund is made. If you fail to attend without canceling, you will be assessed the full fee.

Non-Profit Org
U.S. Postage
PAID
Permit No. 231
Superior, WI 54880

Center for Continuing Education/Extension
Old Main • Room 102
Belknap & Catlin, PO Box 2000
Superior, WI 54880-4500

UNIVERSITY of WISCONSIN
Superior



Healthy Minds and Healthy Bodies
Throughout the Second Half of Life
January 26, 2012, Barkers Island Inn



Healthy Minds and Healthy Bodies Throughout the Second Half of Life

A full-day conference for health care
professionals and everyone who is aging

Thursday, January 26, 2012


Barker's Island Inn & Convention Center
300 Marina Drive
Superior, WI

Presented by _____

UNIVERSITY of WISCONSIN
Superior

The Center For Continuing Education/Extension

GWaar
Greater Wisconsin Agency on Aging Resources, Inc.

 John Allan Kunz Fund for
Reminiscence and Life Review

Agenda

- 8:30-09:00 Registration, Continental Breakfast/Exhibits
- 9:00-10:00 Compound Caregiving: Balancing Work, Family and Caregiving
Mary Alice Carlson
- 10:10-10:15 Break/Exhibits
- 10:15-11:15 Breakout Sessions:
1. How to Start and Facilitate a Support Group for Caregivers - Kristine Dwyer, BSW, LSW
 2. Healthy Relationships with Our Parents Who have Dementia - Angela Hauger, PhD, LP
 3. How Church and Community Can Help Lessen the Caregivers Burden - Kathy Chesley
- 11:15-12:00 Eating Healthy Can Be So Confusing!
Bonnie Brost, RD, LD, CDE
- 12:00-1:00 Sit Down Luncheon
- 1:00-2:00 Aging Successfully
Dr. Elliot Friedman
- 2:00-3:00 Activity in Later Life
Dr. Dorothy Farrar-Edwards
- 3:00-3:15 Break
- 3:15-4:00 Elder Abuse: When Things Get Out of Hand
Mary Holschuh and Jamie Latuska
- 4:00-4:15 Wrap Up and Evaluations

Planning Committee

Karen Bastianelli, University of Minnesota-College of Pharmacy
Kristine Dwyer, Carlton County Public Health
Angela Hauger, College of St. Scholastica
Michele Hughes, University of Wisconsin-Superior
Siobhan McMahan, College of St. Scholastica
David Spoelhof, MD, St. Luke's



Presenters

Mary Alice Carlson, MA, is a full-time Instructor in the Department of Psychology and Sociology at The College of St. Scholastica. Her degree is in Educational Psychology from the University of Minnesota, Duluth. She served 10 years as the Director of the Duluth Chapter of the Alzheimer's Association and spent many years as a grief support group facilitator for St. Mary's Grief Support Center.

Kristine Dwyer, BSW, LSW, is a Caregiver Consultant, Educator and Social Worker, Carlton County Public Health, Cloquet, MN, since 2002. This year she received a Minnesota 'research to practice grant' to carry out the work of Dr. Mary Mittelman, NYU, (Counseling the Alzheimer's Caregiver). Kristine has a Bachelor of Social Work, University of MN-Duluth (1982) and is Certified in Gerontology, College of St. Scholastica, Duluth, MN (1985).

Angela Hauger, PhD, LP, is an Associate Professor of Psychology and the Director of the Gerontology Program at The College of St. Scholastica. She has a Ph.D. in Clinical Psychology and is licensed to practice as a psychologist in Minnesota. She has taught, done research, and participated in clinical practice in the field of aging for more than 25 years.

Kathy Chesley provides faith-based coping skills and encouragement for everyday issues of struggle. She has worked for organizations such as Lutheran Social Services, Youth Encounter, and American Christian Tours and has served as a church youth director working alongside her husband in churches and communities throughout the Midwest.

Bonnie Brost, RD, LD, CDE, has worked in dietetics for 25 years. Bonnie is employed in the Cardiac Rehab and the Heart to Heart Prevention Program at Essentia Heart Center. She has been with Essentia for nine years, is a licensed, registered dietitian and is a certified diabetes educator and an exercise specialist.

Elliot Friedman, PhD, is an Associate Scientist in the Institute on Aging and Department of Population Health Sciences at the University of Wisconsin-Madison. He has a bachelor's degree in Psychology from Columbia University and a PhD in Behavioral Neuroscience from the University of Wisconsin-Madison. His research focuses broadly on social and psychological experiences that affect biological processes relevant for health in later life.

Dorothy Farrar Edwards, PhD, is a Professor and Chair of the Department of Kinesiology, UW-Madison. Dorothy holds affiliate appointments in Neurology and Medicine at the UW School of Medicine and Public Health. She received a PhD in Experimental Psychology, specializing in Aging and Development from Washington University, St. Louis in 1980 where she served as faculty member of the Program in Occupational Therapy and the Department of Neurology from 1980 to 2006.

Mary Holschuh, has a Bachelor of Arts degree in Psychology and Sociology from the University of Minnesota, Duluth and is a Certified Social Worker. She is currently the Director of the Aging and Disability Resource Center (ADRC) and has been with Douglas County 19 years.

Jamie Latuska graduated from the University of Wisconsin-Superior with a Bachelor's Degree in Social Work. She is currently working with the Douglas County Adult Disability Resource Center. Her role with the Aging and Disability Resource Center (ADRC) is Information and Assistance Specialist, and Adult Protection Social Worker; she also assists with Guardianships and Protective Placements.

Health Care and the Mature Adult Certificate Program

January - May 2012

Earn your certificate in five months by attending two full day events plus online collaborative learning activities with local health care experts (beginning January 16, 2012).

This program is especially designed for the X and Y generations that are focused on preparation for the health and social service care of existing and emerging older adults.

Be confident that you are providing the most competent care in this field.

- Update your geriatric health knowledge.
- Document your special interest and skills in working with older adults.
- Add one more credential to your skills portfolio.
- Complete a Capstone Project that will integrate your learning content into a meaningful project to share with your organization.

Cost \$399 Includes: Healthy Minds and Healthy Bodies Throughout the Second Half of Life Conference, 14th Annual Head of the Lakes Arthritis Symposium plus 78 hours of online collaborative education.

Receive a total of 90 hours of continuing education contact hours or a total of .9 CEUs (which is less than \$5 per educational hour).