



Gail Sheehy

As the bestselling author of 16 books, including *Passages*, Gail Sheehy has rocked the culture and changed the way millions of women and men around the world look at the stages of their lives. In 2010 she took on the most challenging and personal issue in her latest book: *Passages in Caregiving: Turning Chaos Into Confidence*. She tells the inspiring story of her own journey of 17 years caring for her husband and fills the book with stories of families who we can all relate to, and their most creative strategies.

Ms. Sheehy's revolutionary *Passages* (1976) remained on *The New York Times* bestseller list for more than three years and has been reprinted in 28 languages. A Library of Congress survey named *Passages* one of the 10 most-influential books of our time. In *The Silent Passage* (1992), she broke the taboo surrounding menopause and opened a dialogue vital to maturing women's health. In *New Passages* and *Understanding Men's Passages* (1995), she revisited the stages of adult life and mapped out a completely new frontier entitled "Second Adulthood."

The Phoebe Institute on Aging
is a program of



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1925 Turner Street, Allentown, PA 18104
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The PHOEBE Institute on Aging

presents

Passages in Caregiving: Turning Chaos into Confidence

With Gail Sheehy



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8:00 a.m. to 3:00 p.m.
Friday, November 4, 2011

Lehigh Carbon Community College,
4525 Education Park Drive,
Schnecksville, PA 18078

Passages in Caregiving:

Turning Chaos into Confidence

*"I can tell you from having completed this passage,
There is living through caregiving,
There is coming back after caregiving,
And there is life after caregiving."*

Gail Sheehy

Sheehy's message to caregivers is clear; there is a way to find optimism within stress and chaos can indeed transform into confidence. Please join us for a day of exploration into the life of a caregiver, discovering "the new normal" and finding strength in living through what brings us joy. Our experts in the field of providing care will offer solutions to home caregivers and the professional staff who can assist them.

Who should attend:

- Trustees and staff leadership of health care organizations
- Health care and social work professionals
- Clergy and parish nurses
- Volunteers caring for the aging
- Anyone who has an interest in caregiving

CONFERENCE SCHEDULE

8:00	Registration and Continental Breakfast
9:00	Keynote Speaker, Gail Sheehy
10:00	Book Signing/Break
10:30	Stage Adaptation of Passages in Caregiving and responses from a panel of experts
12- 12:30	Boxed lunch available
12:45	Breakout Session 1
1:45	Break
2:00	Breakout Session 2

Certificate of Attendance and ACT 48 are available.

Afternoon Break-Out Sessions

1. Finding Community Resources to Build Concentric Circles of Support

Presenters Include: Kelly O'Shea Carney, Ph.D., CMC, Community Services Group and John R. Mehler, County of Northampton Area Agency on Aging

2. How to Honor Treatment Wishes through POLST (The Physician's Orders for Life Sustaining Treatment)

Presenters include: Virginia Wagner, St. Luke's Hospital & Health Network and Mary Kay McMahon, NHA, Phoebe Richland

3. Review of Durable Power of Attorney and Health Care Power of Attorney Provisions

Presenter: James Ritter, Esq, Gross McGinley LLP

4. You Can't Take Care of Others if You Don't Take Care of You

Presenters Include: Sandra A. Massetti, Phoebe Ministries and Fred Buse, Author of Caregiver's Tips: My Wife had Alzheimer's Disease

5. What You Need to Know About Care at the End of Life

Presenters Include: Dr. Joseph E. Vincent, Pulmonary Associates and Dr. Francis Salerno, Lehigh Valley Health Network

6. Home Life: Solutions for Care Resistance and Safety Issues

Presenters Include: Marian Worthington, Certified GCM and Dementia Care Specialist, Mary Ann Gergits, RN, GCM and Kelly Zeppenfelt, GCM, Phoebe Ministries Connecting Hearts Geriatric Care Management Team

7. Montessori Programming for Adults with Dementia

Presenters Include: Wendy Hildenbrandt, RN, and Pam Kleckner, Phoebe Allentown's Specialized Dementia Care Neighborhood

8. Considering Family Dynamics When Providing In-home Care

Anne Hills, LSCW and Bill Arnold, M.Div., CSA, Family Answers

Registration Form

There is no fee for this conference but we ask that you preregister to assist us in our planning.

Please reserve _____ seats for the conference.

_____ Yes, I would like to order a boxed lunch for \$7.95 (includes your choice of wrap, chips, cookie and drink).

Please check your wrap selection:

Roast Beef ___ Turkey ___ Ham ___ Veggie ___

Please select from the list:

Break-Out Session 1 _____

Break-Out Session 2 _____

Name _____

Organization _____

Address _____

City/State/Zip _____

Phone _____

Fax _____

E-mail _____

Name of guest(s) and their lunch selection:

Total Enclosed: _____
(Make checks payable to Phoebe-Devitt Homes.)

Please return to:

Phoebe Ministries, Institutional Advancement
1925 Turner Street, Allentown, PA 18104

To register online, please visit www.lccc.edu/phoebe.
Call 610-794-5135 for information.
Seating is limited—register today!

Deadline For Registration is October 24, 2011