



**Monmouth County
Board of Chosen Freeholders**

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**Monmouth County Division on Aging
a division of the Monmouth County
Department of Human Services**

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Division on Aging Services



www.visitmonmouth.com

**Sixth Annual
Caregiver
Retreat**

Saturday, November 14, 2015
Sheraton Eatontown
Route 35 North
9 a.m. - 2 p.m.



Presented by

**Monmouth County
Division on Aging**

**CALL NOW TO REGISTER
Seating is LIMITED!
732-431-7450**

Two dozen local care providers and resources will be participating in this caregiver event. You will have a chance to speak with the vendors and arrange for a follow-up consultation or information if needed.

- Alzheimer's Association
- Ascend Hospice
- Beacon Health & Social Services
- Brightstar Care
- Cancer Support Community
- Care 2 Caregivers
- Caregivers of New Jersey
- Elder Life Management
- EZ Ride
- Family & Children's Services
- Gary Garland Legal Services
- Halcyon Elder Care
- Imperial Healthcare
- Moceans
- Monmouth County Division on Aging, Disabilities & Veterans Services
- O.E.I. / CAPTEL
- Onora Health Residential Facilities
- RJ Healthcare
- SCAN, Social Community Activities Network, Eatontown
- Senior Mix Adult Day Care
- Solana Assisted Living
- St. Barnabas Healthcare System, Monmouth Medical Center
- Visiting Physician Services, Tinton Falls
- We Care Adult Care, Red Bank

Monmouth County Division on Aging
Caregiver Retreat Agenda
Saturday, November 14, 2015 - Sheraton Eatontown

9 a.m. Registration, Vendors and Continental Breakfast

9:30 a.m. Welcome & Opening Remarks

Colleen Smith, *Caregiver Specialist*
Susan Moleon, *Executive Director*
Monmouth County Division on Aging
John P. Curley, *Monmouth County Freeholder*



10 a.m. Keynote Address -

Rosemarie Poverman, MSW, LMFT, LCSW will present a program titled **"The Positive Power of Humor."** This program will stress taking responsibility for one's thinking, feelings and behavior, adjusting our perceptions about the challenges of caregiving and learning to thrive, not just survive.

11:30 a.m. Concurrent Sessions (please choose one)

- A. Medicaid Programs and Application Process.** Barbara Lindsey, Supervisor, Monmouth County Department of Human Services and Michele O'Shaughnessey, Grants Manager, Family & Children's Services will describe the programs available for home care services, eligibility criteria and the application processes.
- B. Stress Reduction through YOGA.** Join Claudine Fenniman and learn how focusing on your breath and doing some gentle yoga can help reduce stress and promote relaxation, peace, and calm.
- C. Mindfulness Meditation for Stress & Anxiety Relief –** Carol Palmer, Monmouth Medical Center. Meditation has been shown to reduce anxiety, agitation and stress, calm the nervous system, increase compassion and promote relaxation and inner peace. Experience the enjoyment of meditation and learn some simple mindfulness practices.

12:30 p.m. Lunch, raffles and vendors

For more information contact Colleen Smith 1-877-222-3737 or 732-431-7450
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