

3rd Annual Native Caring... A Conference to Learn, Connect & Share

Co-hosted by the Oregon Indian Tribes of the...
Confederated Tribes of the Umatilla Indian Reservations ~
Coquille Indian Tribe ~ Coos, Lower Umpqua & Siuslaw Indians ~
Confederated Tribes of Siletz Indians ~ Confederated Tribes of Warm Springs



OCTOBER 10TH & 11TH, 2007
PENDLETON, OREGON
WILDHORSE RESORT CASINO

This is an opportunity for caregivers of Native Elders and Grandparent Caregivers to meet caregivers from other Indian communities. We have partnered with the State of Oregon and with the other Tribes to obtain knowledgeable speakers and presenters.

\$100.00
REGISTRATION FEE
(Scholarships available!)
Must meet criteria

SOME OF THE TOPICS THAT WILL BE COVERED INCLUDE...

Healthy Balanced & Empowered Lives
Keeping the Fires Lit
Better Health: Nutrition, Heart, and Diabetes
Staying Fit
Caregiver 101
Brain Health

Depression/Burnout
Parenting the Second Time Around
Cancer Awareness & Prevention
Packing your Caregiver Basket
Medication Management
Prepare to Care

BREAKFAST & LUNCH WILL BE PROVIDED BOTH DAYS
AS WELL AS AN AFTERNOON SNACK AND DINNER ON THE FIRST DAY!

Other Hotels:

Red Lion:

541-276-6111

Best Western:

541-276-2135

Pendleton Inn:

541-278-1549

Super 8:

541-276-8881

Oxford Suites:

541-276-6000

You are responsible for your lodging and transportation. Please identify "Native Caring Conference"

HOTELS NEAR THE CASINO

Wildhorse Casino Resort (Hotel) 541-966-9748

Must make reservations by 9/25/07

to ensure hotel room availability

CONFERENCE SCHEDULE

Day One:

Breakfast 7:30 AM to 8:30 AM

Conference begins at 9:00 AM

Lunch Noon to 1:00 PM

Day one concludes at 4:30 PM

Dinner 5:00 PM to 6:00 PM

Day Two:

Breakfast 7:30 AM to 8:30 AM

Conference begins at 8:30 AM

Lunch Noon to 1:00 PM

Conference concludes at 3:30 PM

Native Caring...A Conference to Learn, Connect & Share

Wildhorse Casino and Resort

October 10th & 11th

SESSION DESCRIPTIONS

KEEPING THE FIRES LIT

Instructor: DJ Vanas

In Native American traditions, warriors spent their lives developing their talent and abilities to become assets to the *village* they served. Today that village can be your family, community, clients - *anyone you serve...* and in order to create success within the community, we must first be able to take excellent care of ourselves and *keep our fires lit*. In this session, D.J. will show you effective strategies to keep yourself inspired, motivated and focused, lower your stress and keep your spirit strong as you continue to serve others. Get ready to laugh, learn and look at your life in a whole new light!

BETTER HEALTH

Live a smarter, healthier life and make better healthcare decisions. Learn ways to stay healthy and well in your role as a caregiver.

HEART *Instructor:* Yellowhawk Clinic

A heart healthy diet begins by paying close attention to what you eat. Feeding your heart well is a powerful way to reduce or even eliminate some heart risk factors. Adopting a heart-healthy nutrition strategy can help.

NUTRITION *Instructor:* Jean Farmer, Yellowhawk Clinic

Being committed to keeping a healthy diet is one of the most important things you can do to contribute positively to your overall health. Learn ways to eat well and stay healthy.

DIABETES *Instructor:* Gail Accinelli, Coquille Tribe

Understand the risks of diabetes and learn the value of eating traditional foods and how doing so will improve your health.

ENHANCED FITNESS

Instructor: Wilson Wewa, Warm Springs

Participate and become empowered to take more control of your health through a brief introduction to Warm Springs Enhanced Fitness Program.

FUN WITH CHAIR EXERCISES

Instructor: Pamela Long, Coos, Lower Umpqua and Siuslaw

The best defense is early prevention and detection. Diet and exercise play a very important role in leading a healthy lifestyle. You can reduce your risk of many illnesses by adopting certain behaviors and making healthy, educated choices. Learn how exercise is very important and can be maintained even with minimal mobility.

CAREGIVER 101

Instructor: Vicki Schmall, PhD

This session will highlight research findings on family caregiving, the impact of caregiving on caregiver health and the factors that mediate caregiving stress.

BRAIN HEALTH - GETTING OLDER IS NOT FOR SISSIES: ADVENTURES IN AGING

Instructor: Dr. Susan Saboe-Rose, PhD

Why can't we remember where we left our car keys? Why do we have hair on our ears? This program will demystify the bewildering effects of aging. Dr. Rose will discuss normal versus abnormal aging, and tips for avoiding common problems associated with aging.

DEPRESSION/BURNOUT: FEELING BETTER IS MORE THAN JUST PHYSICAL

Instructor: Caroline Cruz, DHS Mental Health and Addictions

Understand the fact that depression is real and is treatable, but sometimes you are not aware that you are depressed. As a caregiver, you need to pay attention to the signs and connect with the appropriate resources.

PARENTING THE SECOND TIME AROUND

Instructors: Elizabeth Nason and Pamela Wong, Yakama Nation/Casey Family

There is an increasing trend of grandparents becoming parents again, raising their children's children, or in some cases, even their great-grandchildren.

This workshop will assist and educate the growing number of older adults who are now parenting for the second or third time around. Insight and strategies will be discussed to assist these families and help them identify and strengthen their support systems.

CANCER AWARENESS IN INDIAN COUNTRY

Instructor: CeCe Whitewolf, Umatilla

Cancer is the second leading cause of death for American Indians over the age of 45. It is high because Natives are generally diagnosed in the later stages of their disease. Hear the message that "early detection" is the key to surviving a cancer diagnosis. The disease can be a lonely, scary, traumatic experience. The objective today is to provide hope, an improvement of communication, support, education and advocacy for the cancer survivor. We want to help the Native cancer survivor and their supporters understand that they are not alone.

PACKING YOUR CAREGIVER BASKET

Instructor: Vicki Schmall, PhD

Caregiving involves many challenges. As a family caregiver, you may need to master new skills, develop new ways to relate to a family member, and make difficult decisions. However, one of the greatest challenges is taking care of you. The presenter will show you how to pack your "caregiver basket" full of the ingredients you need to maintain your personal well-being while you provide care and support to your family member.

MEDICATION MANAGEMENT

Instructor: Angela Dearing, Pharmacist – Yellowhawk Clinic

Recognize individuals at risk and identify common problems with medications. Understand what we can do to help our elders manage their medications. Develop solutions and programs to educate elders, and members of the health care community about the needs that elders have surrounding medication.

PREPARE TO CARE

Instructors: Judy Bowen, DHS/SPD and Bandana Shrestha, AARP

Join us for an interactive workshop focused on how families can prepare ahead to face the challenges of aging loved ones. Caregivers need easily accessible information and resources to plan for and assist them in caregiving and to improve their quality of life. You will learn how to actively participate in this process of planning. Walk away with tips and a tool you can use to help you be ready before the crisis hits!

Please complete attached registration!

***For more information or questions please contact
Angela Ramirez, Siletz Elders Program Coordinator at
(800) 922-1399 ext. 1225***

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Wildhorse Casino & Resort
October 10th & 11th, 2007**

Please complete one registration for each individual attending

PLEASE PRINT CLEARLY for your nametag and mail outs!

Name: _____
 Mailing Address: _____

 Daytime Phone: _____ Evening Phone: _____
 Tribal/Group Affiliation: _____
 Caregiver Type: Currently care for a Tribal Elder
 Interested in becoming a caregiver for Tribal Elders
 Grandparent Caregiver

**Pre-Registration Fee of \$100.00 per participant
 Payable to: Confederated Tribes of Siletz
 Mail to: CTSI Attn: Angela Ramirez PO Box 549 Siletz, OR 97380
 -OR - Fax to : (541) 444-9613**

Registration Deadline: Monday, October 1, 2007

DAY ONE:

Breakfast served from 7:30 AM to 8:30 AM Conference begins at 8:30 AM
Keynote Speaker: DJ Vanas
Lunch Noon to 1:00 PM Day One concludes at 4:30 PM Dinner served from 5:00 PM to 6:00 PM

DAY TWO:

Breakfast served from 7:30 AM to 8:30 AM
Conference begins at 8:30 AM / Conference concludes at 3:30 PM

Wednesday, October 10, 2007	Thursday, October 11, 2007	
Keeping the Fires Lit - All Healthy Balanced & Empowered Lives - All Better Health - All Enhanced Fitness - All Caregiver 101 - All	Choose one - 9:45am - 10:30am <input type="checkbox"/> Depression/Burnout <input type="checkbox"/> Parenting The Second time Around <input type="checkbox"/> Cancer Awareness Brain Health - All Prepare to Care - All	Choose one - 10:45am - 11:30am <input type="checkbox"/> Packing your Caregiver Basket <input type="checkbox"/> Parenting The Second time Around <input type="checkbox"/> Medication Management Having Fun with Chair Exercise - All

If you require special diet or physical accommodations please list them here:
 (Our meals are geared towards a healthy choice and low sugar - - - Diabetic friendly!)

Vegetarian Sign Language Wheelchair
 Other: _____

Note: Caregivers are asked to leave their loved one(s) home (the elder they care for or grandchildren for grandparent caregivers). This conference is a time to focus on you and your needs. Ask your local caregiver program for respite care while you are at this conference.