

# 9th Annual Native Caring

## A Conference to Learn, Connect & Share



**April 16 – 17, 2014**  
**Seven Feathers Casino Resort**  
**Canyonville, Oregon**

Come and join other caregivers of Native Elders and relative caregivers of children from Northwest Indian communities in this two-day event. You will have the opportunity to attend valuable workshops which will enhance your care-giving skills and provide you with a break from your daily responsibilities.

### Some topics to be included:

- Family Conflicts
- Grandparents Raising Children
- It's More Than Elder Abuse
- Mental Health/Depression
- Caregiver Hands-on Skills
- Mastery of Aging
- Disabilities/Hearing Impaired
- Medication Management

### Hosted by:

**The Cow Creek Band of Umpqua Tribe of Indians** and the Coquille Indian Tribe, Confederated Tribes of the Umatilla Indian Reservation, Confederated Tribes of Warm Springs, Confederated Tribes of Siletz Indians, Confederated Tribes of Grand Ronde, The Klamath Tribes, Burns Paiute Tribe, and Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians, AARP, North West Senior and Disability Services.

### For more information contact:

Wilson Wewa, Confederated Tribes of Warm Springs @ (541) 553-3313

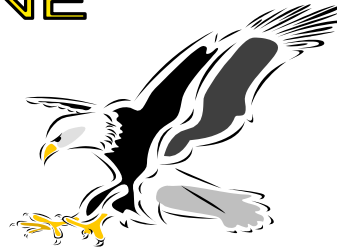
Michelle Carson, The Klamath Tribes @ (541) 783-2219 Ext. 122

Andrea Davis, Cow Creek Band of Umpqua Tribe of Indians @ 541-677-5575

# 9th Annual Native Caring Conference

## Agenda Wednesday, April 16, 2014

### DAY ONE



8:00 am	Registration
9:00 – 9:30 am	Opening Prayer, Flags, Welcome (Cow Creek Band of Umpqua Tribe of Indians) Announcements, Energizer (Mitch Factor)
9:30 – 10:00 am	Polling Evaluation (AARP)
10:00 – 10:15 am	Break
10:15 – 11:15 am	Keynote speaker: Fall Prevention – Shelley Zylstra
11:15 am – Noon	What you need to know about Social Security – Alan Edwards
Noon – 1:15 pm	Lunch, Bonding Exercise, Introduce committee (Mitch Factor)
1:15 – 2:30 pm	Workshop Session I  <b>Family Conflicts</b> – Vicki Schmall <b>Grandparents Raising Children</b> – Mitch Factor <b>It's More than Elder Abuse</b> – Wilson Wewa <b>Mental Health/Depression</b> – Caroline Cruz
2:30 – 2:45 pm	Break
2:45 – 4:00 pm	Workshop Session II <i>Repeats of Session I</i>
4:00 pm	Wellness Walk–Cow Creek and AARP
5:00 pm	Adjourn
6:00 pm	Dinner – Hosted by Cow Creek Band of Umpqua Tribe of Indians
7:00 pm	Bingo

# 9th Annual Native Caring Conference

## Agenda Thursday, April 17, 2014

### DAY TWO



7:30 – 8:30am	Breakfast
8:30 – 8:45 am	Opening: Blessing, announcements, energizer (Mitch Factor)
8:45 – 9:30 am	Tai Chi (exercises) (Cow Creek Band of Umpqua Tribe of Indians)
9:30 – 9:45 am	Break
9:45 – 10:45 am	Reducing Caregiver Isolation: Plenary – Vicki Schmall
10:45 – 12 noon	Caregiver Burnout/ Motivation: Plenary – Mitch Factor
12:00 – 1:15 pm	Lunch
1:15 – 2:30 pm	Workshop Session I <b>Caregiver Hands on Skills</b> – Cow Creek <b>Mastery of Aging</b> – Sharon Johnson <b>Disabilities/Hearing Impaired</b> – Spokes Unlimited & Oregon Telecommunications Resource Service <b>Medication Management</b> – Shelley Zylstra
2:30 – 2:45 pm	Break
2:45 – 4:00 pm	Workshop Session II <i>Repeats of Session I</i>
4:00 – 4:30 pm	Polling, evaluation – AARP
4:30 – 5:00 pm	Closing/ Door Prizes – Mitch Factor

# 9th Annual Native Caring Conference

## April 16 - 17, 2014

### Canyonville, Oregon

Please complete one registration for each individual attending.

PLEASE PRINT CLEARLY

Name:		
Mailing Address:		
City:	State:	Zip:
Daytime Phone:	Evening Phone:	
Group Affiliation & Tribal		

**Registration Fee:**

\$125 if received by March 28, 2014

\$150 if received after March 28, 2014

Registration fee includes lunch and dinner on day 1 and breakfast and lunch on day 2

**Make checks payable to:** Cow Creek Band of Umpqua Tribe of Indians

No refunds after April 4, 2014

**Mail Registration & Payment to:**

Cow Creek Band of Umpqua  
Tribe of Indians  
Attn: Andrea Davis  
2371 NE Stephens  
Roseburg, OR 97470

If you require a special diet or physical accommodations, please list them here:

---

---

**Hotel Information:**  
**Ask for the Native Caring Conference Room Block**  
**\$83.00-\$93.00 plus tax**



Seven Feathers Casino Resort  
146 Chief Miwaleta Lane  
Canyonville, OR 97417  
Reservations:  
1-888-677-7771



[www.sevenfeathers.com](http://www.sevenfeathers.com)