

Southern
Maryland

31st Annual *Caregivers Conference*

Friday
April 12
2024

8:00 a.m.-2:30 p.m.

University System of Maryland
at Southern Maryland
44219 Airport Rd, California, MD

Sponsored by:

St. Mary's County Department of Aging & Human Services



31st Annual Southern Maryland *Caregivers* Conference

Presented & Sponsored by:

St. Mary's County Department of
Aging & Human Services

In cooperation with:

Calvert County Office on Aging
&

The Charles County Department of Community Services,
Aging & Human Services Division

*Caregivers are people who care
for and are concerned about older people
and those living with a disability.*

Caregiving may include many different activities such as:

Caring for someone in your home.

Visiting someone in his or her home.

Assisting with household chores, shopping, transportation, medical
appointments, legal and financial arrangements.

Other activities that emphasize your concern about, and responsibility
for, the well-being of an older person or someone
living with a disability.

Conference Schedule

8:00 to
8:45 a.m.

Registration,
Exhibits, &
Continental
Breakfast

8:45 to
9:00 a.m.

Conference
Welcome

9:00 to
9:40 a.m.

Opening
Plenary

Optimizing Your Healthcare: Innovative Practices in SOMD

Mimi Novello, MD, MBA, FACEP
President & Chief Medical Officer:
MedStar St. Mary's Hospital,
Senior Vice President:
MedStar Health

Recent advances and innovative trends in healthcare for prevention and treatment of illness are so important to keep up with in our responsibilities in caring for others. Practices such as E-health, telehealth, patient portals, options for vaccines, antivirals, and other current technologies may seem overwhelming but were developed to serve patients, give the ultimate options for treatment, as well as empower independence in healthcare choices.

9:45 to
10:45 a.m.

Breakout
Sessions I

A. Resilience and Mental Health

**Kim Burton, Aging & Behavioral Health
Advocate and Educator**

There are unique challenges to mental health when we invest time and energy in the care of another person. This session will explore ways to build resilience and support mental wellness. Participants will also learn about mental health disorders and resources for support. Kim Burton is an aging and behavioral health advocate and educator who served as the Director of Older Adult Programs for the Mental Health Association of Maryland for more than two decades. She continues to provide public and professional education in Maryland as an independent consultant.

B. Dementia Basics Featuring Dementia Live®

**Alena Dailey, Integrative Arts Manager,
CDP, Hospice of the Chesapeake**

Collectively, we will explore fundamentals of dementia, followed by a brief session of the Dementia Live experience, concluding with valuable tips for successful family and caregiver visits. "Dementia Live® stands as an impactful dementia simulation, immersing participants in the intricacies of life with dementia. This results in a profound comprehension of the experience of living with cognitive impairment and sensory changes."

C. Assistive Technology & Independence

**Stacy Tobin, Independent Living and
Assistive Technology Specialist (IL/AT),
Southern Maryland Center for
Independent Living (SMCIL)**

The presentation will provide information on various forms of Assistive Technology (AT), how AT can facilitate independence and the costs associated with various forms of AT. Various methods of assistive technology will be demonstrated as well as information provided about short-term loans available from the Southern Maryland Regional Assistive Technology Loan Library housed at SMCIL. Information will also be provided about SMCIL's grant assistance for obtaining Assistive Technology needed to promote independence.

D. Public Guardianship, Advocacy, & Older Adults

**Mari Pilgeram, Guardianship
Representative, St. Mary's County
Department of Aging & Human Services**

Guardianship is the most restrictive measure which can be granted in caring for an adult experiencing a disability through the court system. Learning what guardianship is, how it impacts older adult and the different roles a guardian may have is important to know prior to pursuing guardianship.

Conference Schedule

E. Veterans Services: Southern Maryland Center for Independent Living (SMCIL)

**Pamela Ford, Deputy Executive
Director, SMCIL**

**Jerry Taylor, Independent Living/
Transition Specialist, SMCIL**

SMCIL empowers Veterans to come together, support each other, receive assistance in applying for benefits, and get connected to service through Veterans Service Officers and other organizations. Attendees will learn about the Veterans Directed Care Program, the Veterans Training Center, and the Disabled Veteran Support Network, all coordinated through the Southern Maryland Center for Independent Living.

**10:45 to
11:15 a.m.**

**Break &
Exhibits**

**11:15 a.m. to
12:15 p.m.**

**Breakout
Sessions II**

F. The Not-So-New Drug on the Block:

Cannabis in the State of Maryland

**Linda Goodman, MS, RN, CHSE,
Professor of Nursing, College of
Southern Maryland**

Learn about the benefits, effects and side effects of medical marijuana. Medical marijuana is being used to treat chronic pain, tremors, depression, anxiety and numerous other symptoms. This session will help you understand the benefits, risks, and legal guidelines, in addition to dispensing and dosing with other prescription drugs.

G. Medication Management & Your Pharmacy

**Prakruti Shah, PharmD, MPH
Vipul Shah, B.S., Business
Administration & Psychology**

Expert wife & husband team discuss many of the free services they offer patients at their independent pharmacies, such as medication adherence packaging, home delivery, immunizations, and medication therapy management. Their long-term relationship with the medical providers in the area give them a unique perspective on working with providers, patients, and their caregivers to ensure you receive the best pharmacy care possible.

H. Understanding Medicare Coverage Plans & Updates

**Melissa Craig, I&A MAP Division
Manager, St. Mary's County Department
of Aging & Human Services**

This session will offer attendees an opportunity to familiarize themselves with Medicare coverage, Parts A, B, C & D, Medicare updates, as well as programs to assist with Medicare's gaps and fees.

I. Where do I begin? Navigating Aging & Disability Resources in Southern Maryland

**Jenny Beyer & Melissa Beauvais, MAP
Coordinators, St. Mary's County
Department of Aging & Human Services
Ruth Anderson-Cole, Charles County
ADRC Manager**

MAP is a single point of entry & support to navigate services and programs available for caregivers, their loved ones and the community. In this session the attendee will gain information about the Aging & Disability Resource Centers of Southern Maryland, how caregivers may benefit and receive assistance in accessing programs and services through Options Counseling, assessment for activities of daily living, dementia care navigation, information on long-term support services, long-term care, and transportation.

Conference Schedule

J. Protect Yourself from Fraud, Scams & Identity Theft

**Lieutenant Edward Evans,
St. Mary's County Sheriff's Office**

When it comes to avoiding scams and identifying fraud...education and awareness are key! Scams have become an unfortunate part of our daily lives, becoming more challenging to avoid. Participants will receive a primer on how to identify scams as well as learn to avoid identity theft, schemes, and general safety tips to keep caregivers and those in their care protected from harm and exploitation.

**12:15 to
1:00 p.m.**

**Lunch &
Exhibits**

**1:00 to
2:00 p.m.**

**Breakout
Sessions III**

K. Harm Reduction Program

**Amanda Walton, RN, RPS, Harm
Reduction Program Manager, St. Mary's
County Health Department
Zuriel Savoy, RPS, Harm Reduction
Supervisor, St. Mary's County Health
Department**

Harm reduction is a way of preventing disease and promoting health that “meets people where they are”, rather than making judgments about where they should be in terms of their personal health and lifestyle. Emphasizing public health and human rights, harm reduction programs provide essential health information and services while respecting individual dignity and autonomy. Harm reduction recognizes that many drug users are either unable or unwilling to stop, do not need treatment, or are not ready for treatment at a given time. Harm reduction programs focus on limiting the risks and harms associated with unsafe drug use, which is linked to serious adverse health consequences, including HIV transmission, viral hepatitis, and death from overdose. Attendees will learn about the various programs, services and support provided to the community.

L. Getting Your Legal Affairs in Order

**Tiffany Young, Esq.,
Williams, McClernan, and Stack, LLC.**

Plan for the future, document your healthcare wishes and delegate someone you trust to honor those wishes. Learn about a Living Will/Advance Directive, various forms of Power of Attorney, Medical Orders for Life Sustaining Treatment (MOLST), standard legal forms available to use, who should have copies and how you can ensure validity of these documents.

M. The AAA Roadshow, All the Services & Benefits of an Area Agency on Aging

**Sarah Miller, Community Programs &
Outreach Division Manager, St. Mary's
County Department of Aging & Human
Services**

The Department of Aging & Human Services provides a wide variety of programs and services to the county's senior residents, as well as other segments of the population in need. The “Road Show” – taking our show “on the road” so everyone has a chance to learn about everything the Department of Aging & Human Services has to offer.

N. Diabetes: Current Treatment, Trends & Best Practices

**Sheila Gallagher, MS, RD, CDCES
Prince Georges Community College
Southern Maryland Dietitian**

Interactive discussion on current diabetes treatments, new trends in monitoring blood glucose, most frequent diabetes challenges, and navigating the healthcare system. In-depth review of nutrition guidelines for diabetes and goal setting for the greatest success and optimal health improvement. Participants will gain a clear understanding of diabetes pathophysiology and management for improving blood glucose and HgbA1c. Participants will also be provided simple strategies to improve their diet and learn how to create a plan to achieve their goals.

Conference Schedule

O. Fitness Therapy for Two: Caregiver and Care Receiver

**Deborah Shanks, Health Promotion/
Physical Fitness Coordinator, Charles
County Department of Community
Services, Aging & Human Services
Division**

The role of caregiver places great physical and emotional stress on the individual. In this session, learn how you can keep yourself and the one you care for in shape while reaping the stress busting benefits of age and disability appropriate healthy exercise.

**2:00 to
2:30 p.m.**

**Closing
Plenary**

Finding Resilience through Validation & Laughter

**Karin Lakin, CDP, CADDCT,
Owner/Operator, Fenwick Landing
Senior Care Community**

Being a caregiver can be stressful. Digging deep to find strength, learning where you can find support, and using humor in your caregiving is critical to helping caregivers find the resilience to cope. This session will review some of the ways caregivers can relieve the stressors of caring for a loved one.

2:30 p.m.

**Closing
Remarks**



DEPARTMENT OF AGING & HUMAN SERVICES
Working Together ~ Caring About You

Directions

**University System of Maryland
at Southern Maryland
44219 Airport Rd,
California, MD**

From Lexington Park: Take Maryland Route 235 north approximately six miles to Airport Road. Turn left on airport Road, and go about one-fourth mile to the University System of Maryland at Southern Maryland on the left.

From Calvert County: Take Maryland Route 4 south. At Solomons, cross the Thomas Johnson Bridge, and continue four miles to the stoplight at Maryland Route 235. Turn right on Route 235, and go north past the Wildewood Shopping Center to Airport Road. Turn left on Airport Road, and go about one fourth mile to the University System of Maryland at Southern Maryland on the left.

From Charles County: Take Maryland Route 5 south to St. Mary's County. About 20 miles south of Waldorf, Route 5 branches to the right toward Leonardtown and the main four-lane road continues straight and becomes Maryland Route 235 approximately 12 miles to Airport Road. Turn right on Airport Road, and go about one-fourth mile to the University System of Maryland at Southern Maryland on the left.

Southern
Maryland

31st Annual *Caregivers Conference*

Registration Form

University System of Maryland at Southern Maryland

44219 Airport Road, California, MD

Friday, April 12, 2024 - 8 a.m. to 2:30 p.m.

The registration fee for the conference is \$45.00

Registration covers conference materials, continental breakfast, lunch, and dessert.

Name	
Street Address	
City, State, Zip Code	
Daytime Phone	
Email Address	

Please circle the breakout session(s) that you wish to attend:

Breakout Session I - 9:45 to 10:45 a.m.					
First Choice	A	B	C	D	E
Second Choice	A	B	C	D	E
Breakout Session II - 11:15 a.m. to 12:15 p.m.					
First Choice	F	G	H	I	J
Second Choice	F	G	H	I	J
Breakout Session III - 1:00 to 2:00 p.m.					
First Choice	K	L	M	N	O
Second Choice	K	L	M	N	O

Registration deadline: March 29, 2024

Please mail a check or money order payable to:

St. Mary's County Department of Aging & Human Services.

PLEASE INCLUDE YOUR

PHONE NUMBER ON THE CHECK.

Send your check &
this registration form to:
St. Mary's County Department of
Aging & Human Services
P.O. Box 653
Leonardtown, MD 20650

Details:

301-475-4200, ext. 1050 - Rebecca.Kessler@stmaryscountymd.gov

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