

## DO YOU KNOW AN OUTSTANDING DIRECT CARE WORKER?

The Direct Care Worker of the Year Award recognizes caregivers who serve as a role model by demonstrating a commitment to improving the quality of life for older adults. During the conference luncheon, outstanding direct care workers will be recognized for their dedication to their clients. Nominations may come from a supervisor, co-worker, client, or family member as long as they have known the nominee for at least a year. For more information, including nomination instructions, please visit [www.careforelders.org](http://www.careforelders.org).



Receive a **\$25 gift card** for completing the day plus chances to win **great prizes**.

Register today at [www.careforelders.org/conference](http://www.careforelders.org/conference)

**Deadline: Monday, April 10, 2018**

Late registrations will only be accepted if space is available.

Want to register more than three people? Need help registering online? Call 713-595-8178 for assistance.



**REGISTER TODAY!**  
[www.careforelders.org](http://www.careforelders.org)



EVELYN RUBENSTEIN JEWISH COMMUNITY CENTER  
5601 S. Braeswood | Houston, Texas 77096



Jewish Federation  
OF GREATER HOUSTON

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Houston, Texas

### CONFERENCE PLANNING COMMITTEE

#### Tammy Mermelstein

Chair, Care for Elders

#### Karimat Afinnih

Care for Elders intern

#### Carol Cooper

Amazing Place

#### Shonthenia Edwards

Harris County Area Agency on Aging

#### Mallory Freitag

Houston-Galveston Area Agency on Aging

#### Mel Grover

Nurses Night & Day intern

#### Rita Houston

Community Social Worker

#### Cheryl McClure

You're First, LLC

#### Ann Marie McDonald

Alzheimer's Association

#### Casey Malish

Care for Elders intern

#### Deborah Perryman

Nurses Night & Day

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#### Amie Robinson

DreamCare, Inc.

#### Michael Simmons

Advocates for the Independent

#### Vernell Simmons

VA Home Health Care

#### Marci Walters

Village of Meyerland

#### Shannon Wari

You're First, LLC

#### Tuesday Wiley

You're First, LLC

#### LaDonna Williams

DreamCare, Inc.



This program is supported in part by the City of Houston acting as the Harris County Area Agency on Aging and the Texas Department of Health and Human Services.





**JOIN US  
FOR A DAY OF  
FREE  
TRAINING**

Participate in interactive workshops to build professional and personal skills, learn new techniques, network with fellow caregivers, and strengthen the link between the people you serve and the broader community.

**This conference is for you if you are a:**

- Nursing Assistant or CNA
- Home Health Aid
- Personal Care Assistant
- Activity Assistant or Director
- Senior Companion
- Paid or unpaid worker who assists older adults
- Manager or supervisor of direct care workers

**MORNING WORKSHOP**

**What Clients with Dementia Wish We Knew**

Andrea Williams, Project Manager, Houston Alliance to Address Dementia, BakerRipley  
Ann Marie McDonald, Chief Program Officer, Alzheimer’s Association – Houston and SE TX Chapter

What is it like to live with dementia? Participants will get a small taste of everyday challenges in this interactive workshop and learn what a recent Alzheimer’s Association revealed about what people living with Alzheimer’s want you to know about providing them care.

**AFTERNOON WORKSHOP**

**Texercise – Fit for the Health of It**

Chelsea Couch, Texercise Program Coordinator, Texas Department of Health and Human Services

Meeting your client where he or she is at is important. Whether you work in facilities or homes, you can help your clients make proactive, healthy lifestyle choices. Texercise is the state’s premier health and wellness initiative for individuals age 45+, and this session will show how you can work Texercise into your client interactions (as well as your own life), no matter your age.

**WORKSHOPS FOR FRONT LINE WORKERS**

» DIRECT CARE WORKERS CAN CHOOSE FROM THE FOLLOWING WORKSHOPS:

**What to Do When Life Happens** - It’s hard to provide care when your life mirrors a soap opera. Learn how to maintain top notch care for clients in the face of personal challenges.

**Breaking Walls and Building Bridges** - Those first few minutes can make or break client and coworker relationships. Maximize your chance of success through communication and boundary setting strategies

**What About Me?: Sharing Concerns with Management** - The way you share a concern about a client or caregiver can impact how management listens. Develop strategies that will increase your chance of being heard.

**Seeking Common Ground: When Your Client is Different than You** - We live in one of the most diverse counties in the country. Experts on aging, LGBT, and direct care share their insights on how to work with diverse clients.

**How to Deal with Losing a Client** - Even if it’s part of the job, saying goodbye to a client often isn’t easy. Develop coping strategies that can reduce your chances of burnout when it’s time to say goodbye.

**Secrets from the Top** - Ever wonder what top agency owners look for in an employee? An agency owner shares tips and tricks for developing your personal skills to get you noticed for promotions or new opportunities.

**BREAKOUT SESSIONS FOR MANAGERS & SUPERVISORS**

» MANAGERS AND SUPERVISORS ARE INVITED TO ATTEND THESE SPECIAL SESSIONS:

**Keeping Good Talent** - Starting an employee recognition program is a great way to recognize and keep good talent. This session will discuss what an employee recognition program can do for your organization.

**Can’t We All Just Get Along?** - Many managers and supervisors say that people are the most rewarding and challenging aspects of their jobs. Managing different personalities is tough; this session will explore ways to reduce and deescalate employee conflict.



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**Interested in being a conference sponsor? Questions?**  
Contact Tammy Mermelstein at [tmermelstein@erjchouston.org](mailto:tmermelstein@erjchouston.org) or 713-595-8178.

*Topics and schedule are subject to change.  
Please check [www.careforelders.org](http://www.careforelders.org) for the latest conference information.*

**CONFERENCE SCHEDULE**

<b>7:30 am</b> Check-in and breakfast	<b>12:30 pm</b> Breakout session #2
<b>8:00 am</b> Welcome	<b>1:45 pm</b> Afternoon workshop
<b>8:15 am</b> Morning workshop	<b>3:00 pm</b> Break
<b>9:45 am</b> Break	<b>3:15 pm</b> Door prizes and evaluations
<b>10:00 am</b> Breakout session #1	<b>3:30 pm</b> Conference ends
<b>11:15 am</b> Lunch and Direct Care Worker of the Year Award	

**AFTER CONFERENCE ADD-ONS**

» ONLY FOR CONFERENCE ATTENDEES

**Reduced Cost CPR Training Opportunity**

Back by popular demand - get CPR certified for half the price and half the time. Participants are responsible for completing the online piece before the conference (cost: approximately \$28). Care for Elders will pay for the in-person skills certification which will happen immediately following the conference. The skills certification will take about 60-90 minutes.

Space is limited, so do not complete the online portion before registering with Care for Elders. For other information about this opportunity, visit [www.careforelders.org/conference](http://www.careforelders.org/conference).

**NEW: Becoming a vendor with Harris County Area Agency on Aging**

Want to know what it takes to become a government agency vendor? A representative from the Harris County Area Agency on Aging will share information on the vendor process.

**CONFERENCE FAQS**

- 1. How should I dress?**  
We recommend professional business attire.
- 2. Is there free parking?**  
Yes, in the United Way Garage.
- 3. Can I bring a friend?**  
Yes, if that friend is also a direct care worker. Please register by April 10, 2018
- 4. Will there be food?**  
Breakfast, lunch, and afternoon snack are provided.
- 5. Will there be on-site registration?**  
Only if space is available; we expect a full conference.