

**PENNSYLVANIA DIRECT CARE WORKERS ASSOCIATION
2009 CONFERENCE**

***Spring
into
Action***



***for a
Better
Tomorrow***

MONDAY, MAY 18, 2009
AT HARRISBURG COUNTRY CLUB
HARRISBURG, PA

DON'T MISS **THE** EVENT CREATED **BY** AND **FOR**
PENNSYLVANIA DIRECT CARE WORKERS!



CALLING ALL DIRECT CARE WORKERS

Your registration fee includes many educational workshops, inspirational speakers, continental breakfast and lunch, vendors with products to help you treat yourself, complementary massages (first come first serve), and many free giveaways throughout the day.

MAY 18, 2009 AT THE HARRISBURG COUNTRY CLUB, HARRISBURG, PA



CONFERENCE LOCATION:

HARRISBURG COUNTRY CLUB

401 Fishing Creek Valley Rd.
Harrisburg, PA 17112
www.ccharrisburg.com

TO REGISTER:

Complete this form and mail it with check (made payable to PA Direct Care Workers Association) enclosed to:

PA Direct Care Workers Association
321 Judy Rd., Lewisburg, PA 17837
Questions? call 570-412-1446

ROOMS FOR OUT OF TOWN GUESTS:

THE FELICITA RESORT GARDEN RESORT AND SPA

3.5 miles past the country club at
2201 Fishing Creek Valley Rd. in Harrisburg.
888-321-3713, www.FelicitaResort.com.

SPECIAL CONFERENCE ROOM RATE:

Reserve by May 1 to get rooms for \$89.99 per night plus tax. After May 1, the rate is \$129 per night. Up to four people are allowed per room.



Pennsylvania Direct Care Workers Association

PaDCWA was launched in 2006. Since then, we have grown to include 700-plus members from across the state. Our mission is to promote compassion and quality care for persons who are elderly, living with disabilities, chronically or terminally ill by providing education, advocacy and support for the state's direct care profession.

REGISTRATION Welcome from the Pennsylvania Direct Care Workers Association. Please use a separate form for each person registering. Registration form is due by May 1, 2009.

YOUR INFORMATION:

First name Last name

Company name Your Job title

Street (Home or Work, check one) City State Zip

Phone Home Work

E-mail Home Work

SELECT YOUR REGISTRATION CATEGORY: You may become a member by simply filling out the registration and sending your \$50.00. Seating is limited!

\$50 PaDCWA member rate **\$60 Non-member rate**

7:30 AM–8:30 AM REGISTRATION

8:30 AM–8:40 AM WELCOME

A word of welcome from your Pennsylvania Direct Care Workers Association.

8:40 AM–8:50 AM THE HEART OF THE MATTER

Family caregiver Laura Thiede shares her family's experiences with extraordinary caregivers, as two generations dealt with serious illness.

—LAURA THEIDE

8:50 AM–9:20 AM OPENING

MariaElena Del Valle of PHI will start us off with an inspirational and energizing opening—as she has every year we've been meeting.

—MARIAELENA DEL VALLE, NEW YORK TRAINING MANAGER, PHI

CONCURRENT WORKSHOPS

9:30 AM–10:30 AM

Connecting through Creativity: An Introduction to the TimeSlips Creative Storytelling Method for People with Dementia

Explore the value of creative engagement in our own lives and the lives of people with dementia. Learn a simple technique that can help you communicate more effectively and meaningfully with people with dementia, so you can build stronger relationships with them.

—RENYA LARSON, TIMESLIPS TRAINER, PHI



9:30 AM–10:30 AM

Advocating for Your Profession: Federal Legislation that Impacts Direct Care Workers

Learn about current federal policy initiatives that affect the direct care profession and what you can do to make a difference, through the Direct Care Alliance's online action center and other means. Hear about a practical, how-to approach to influencing your elected representatives.

—ROY GEDAT, NATIONAL ADVOCACY DIRECTOR, DIRECT CARE ALLIANCE

9:30 AM–10:30 AM

Driver Safety for Women

Learn how to handle roadside emergencies and traffic stops by the police.

—TROOPER EDWARD S. ASBURY, PENNSYLVANIA STATE POLICE

9:30 AM–11:30 AM

Bringing Your Best Self to the Workplace

Gain an appreciation for the important role you play in your organization, including an increased awareness of the effect your presence has on others. Strengthen your existing skills and learn new ones to help you communicate more effectively.

—FRANCINE FINEMAN, CONSULTANT

9:30 AM–11:30 AM

Self Defense for Women

Sky Armstrong is back with her popular workshop, teaching attitudes and skills to lower your risk and defend yourself in case of an attack. Her simple techniques are easy to learn and remember and do not require strength or agility.

—SKY ARMSTRONG, CERTIFIED PERSONAL PROTECTION INSTRUCTOR

10:30 AM–11:30 AM

How to Live on \$20,000 a Year

Learn about some creative, practical, and fun ideas that will help you live a fulfilled life while working at a satisfying job that doesn't pay a lot.

—JANET HOOPER, GUIDANCE COUNSELOR, PENNSYLVANIA ARMY NATIONAL GUARD



10:30 AM–11:30 AM

What Should I Say to a Terminally Ill Resident?

Learn about the emotional issues associated with end-of-life care, along with listening skills that can help you help your patients.

—TINA TEXTER, LONG-TERM CARE LIAISON, HOSPICE OF LANCASTER COUNTY AND CONNIE KREIDER, ST. JOHN'S HERR ESTATE LUTHERCARE

10:30 AM–11:30 AM

Growing Grassroots Advocates

Learn how you can advocate for the best environment for the direct care field, using health care reform for health care workers as an example. Get all the tools you need to talk to legislators or write to your newspaper about any issue. Hear directly from legislative staff about current health care reform legislation, as well as someone from the journalism field who can advise you on how to write letters to the editor.

—TRACY LAWLESS, PENNSYLVANIA STATE CAMPAIGN COORDINATOR, HEALTH CARE FOR HEALTH CARE WORKERS, PHI

11:45 AM–12:45 PM LUNCH



CONCURRENT WORKSHOPS

1:00 PM–2:30 PM

Legislative Briefing on Direct Care Issues

Come help us bring legislators and their staff up to speed on the issues that are most important to the direct care workforce. A slate of issues will be presented to a host of invited lawmakers by the Pennsylvania Direct Care Worker Association steering committee. Topics presented will include:

- Health care for all direct care workers
- Getting our CNA certification and recognition as professionals
- Severe worker shortages
- How do we hold on to what we've got?
- Who will be there to care for us if the field doesn't get refreshed (sustainability and growth)?
- There will be time for a Q & A session for the legislators, staff, and audience members.

—TRACY LAWLESS, PENNSYLVANIA STATE CAMPAIGN COORDINATOR, HEALTH CARE FOR HEALTH CARE WORKERS, PHI

1:00 PM–2:30 PM

Reiki for Caregivers

Learn about a gentle, non-invasive healing and stress management technique that is easily incorporated into any traditional healthcare practice. Reiki will nurture you, the caregiver, as well as your clients. This presentation will include live Reiki demonstrations and a drawing to win a free "Reiki by Rickie" healing and balancing session.

—RICKIE FREEDMAN, REIKI MASTER/TEACHER AND PHYSICAL THERAPIST

1:00 PM–2:30 PM

What is This Thing Called Culture Change?

Explore what culture change can mean for direct caregivers in a variety of settings: nursing homes, assisted living residences, home care agencies and adult day services centers. We will discuss culture change success stories from around the country, and learn how they have involved direct care workers as keys to success. Learn about

videos, stories, and other ways to introduce the topic of culture change to your employer and become a culture change champion in your own organization or community.

—JOE ANGELELLI, PENNSYLVANIA STATE DIRECTOR, PHI

2:30 PM–2:40 PM

Thanks for All That You Do

Family caregiver Jack Reilly talks about his relationships with the CNAs who look after his wife in her nursing home, where he visits her daily.

—JACK REILLY

2:40 PM–3:00PM

Greetings from the Pennsylvania Direct Care Worker Association

Your association is springing into action for you and your co-workers. Won't you join us?

3:00 PM–3:40 PM

Closing

MariaElena Del Valle takes us home.

—MARIAELENA DEL VALLE, PHI



321 Judy Rd.
Lewisburg, PA 17837

PA Direct Care Workers Association

