**2018 GAIN’s Annual Caregiver’s Conference and Senior Resource Fair**

**AGENDA**

8:00 – 10:00 Registration and Breakfast

8:00 – 10:00 **Resource Vendor Fair** (Gymnasium)

8:00 – 10:00 **Health Screenings** (Billiards Room) **Wellness Room** (Lounge)

10:00 – 10:15 GAIN President, Nicole Gorski, Opening Remarks (Cafeteria)

10:15 – 11:00 Key Note Speaker – Jennifer Fitzpatrick, MSW, LCSW-C, CSP

Jenerations Health Education, Inc.

**“Boundaries in Caregiving: Preventing & Avoiding the Martyr Syndrome”**

11:15 – 12:00 Speaker A – Dr. Russell Moy, MD, MPH

Health Officer, Harford County Health Department

**“The Health of Harford County Residents”**

Speaker B – Shiela Murphy

Cecil County Community Wellness Chief

**“Managing Caregiver Stress”**

12:00 – 1:15 **LUNCH/ Resource Fair/ Health Screenings / Wellness Room**

1:15 – 2:00 Speaker A – Keisha Eakin, OT & Craig Vacovsky

University of Maryland Upper Chesapeake Health Rehabilitation Department

Handy Services

**“Aging in Place Safely Through Home Modifications”**

Speaker B – Vicky Alsup, OT & Amy Bland, SLP

University of Maryland Upper Chesapeake Health Rehabilitation Department **“Alternative Treatment Options for Parkinson’s Disease”**

2:00 – 2:30 Closing Remarks

**HEALTH SCREENINGS** (Billiards Room): 8:00 - 1:15

Fall Risk Carotid Artery Screening Bone Density Blood Pressure Stroke Risk Caregiver Stress Medication Review

**WELLNESS ROOM** (Lounge): 8:00 – 1:15

Yoga Meditation Dietician Jewelry Making

Essential Oils Self Massage Stress Relief