

Speakers

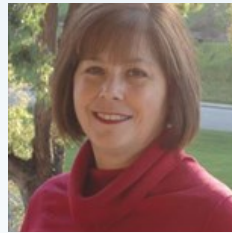


Kathryn Schofield

Ms. Schofield has been a Contra Costa attorney since 1999. Ms. Schofield focuses her practice on elder law, trust and probate administration/litigation, financial elder abuse litigation and conservatorships. She also handles estate planning and benefits planning for long-term care. Ms. Schofield served as President of the Board of Directors of the Contra Costa County Bar Association in 2011, and is currently on the Elder Law Section Board of Directors. She has served on the Lafayette Senior Services Commission. She has also been an officer and board member for the non-profit Lamorinda Village, Inc. and served on the Lafayette Senior Housing Board of Directors. Kathryn received her JD from UC Davis.

Eileen Nevitt, MSW, LCSW, CMC

Eileen is an experienced, certified Professional Geriatric Care Manager in private practice in Walnut Creek. She assists older adults and their families with the challenges of aging, providing consultations and on-going oversight and care management. Before starting her private practice, she worked at Eldercare Services in Walnut Creek as a care manager and supervisor. She is a former Board Member of the Aging Life Care Association's Western Chapter. Eileen has extensive experience as a medical social worker and has led support groups for those with ALS as well as strokes.



Grace Liu, LCSW

Grace Liu is a Licensed Clinical Social Worker who provides short-term counseling, linkage to resources, care planning services, and caregiver support group facilitation in her private practice, Age Well Counseling. She also works as a therapist at Rossmoor, an independent senior living community that is home to 10,000 older adults in Walnut Creek. Before joining Rossmoor, Grace worked for 10 years as the Site Director for the Alzheimer's Association's East Bay office. Grace comes to the field of aging from an untraditional path as she had a successful career managing Hollywood film and TV productions before obtaining a MSW degree from the University of California at Berkeley.

Why Attend?

In order to...

- ◆ Know what legal tools are needed & why.
- ◆ Become prepared to be a family caregiver with information that will save you time, stress, and resources.
- ◆ Learn what Alzheimer's disease/dementia is and isn't and what can be done.
- ◆ Gain tools to help with challenges of resistance and family discord.
- ◆ Be prepared for life changes.

Caregiving Statistics

- ◆ Caregiving increases with age.
- ◆ 78% of all caregiving is provided by the family (mostly spouse or child).
- ◆ The average age of a caregiver who is caring for someone over 50 is 63.
- ◆ The average length of caregiving is 10 years.

*Don't lose time away from work or extended family—
become an empowered family.*

THE FAMILY CIRCUS:

Walking the Tightrope of Aging & Eldercare



Saturday, October 21, 2023

8:30 a.m.—1:00 p.m.

Lafayette-Orinda Presbyterian Church
49 Knox Drive, Lafayette

Registration is Required

at lopc.org/registrations

Space is limited • A light breakfast will be served

Sponsored by:

LOPC's Senior Ministry and the LOPC Foundation

Speakers



Leslie Kernisan, MD, MPH, Geriatrician

Dr. Kernisan is a doctor board-certified in internal medicine and geriatrics, and has been practicing geriatrics since 2006. After she finished her clinical training at UCSF, she spent a several years researching how to improve health-care for aging adults. She is still a clinical instructor in the UCSF Division of Geriatrics and is proud to be a graduate of Princeton University, Case Western Reserve University School of Medicine, and the UC Berkeley School of Public Health. She started "Geriatrics for Caregivers" blog in June of 2013, because she liked writing practical information for caregivers. The site was renamed "Better Health While Aging" in January of 2016, to reflect a broader mission of serving older adults, and their families. Dr. Kernisan has a special interest in family caregivers, especially those who are assisting aging parents, and has offered "Helping Older Parents" online programs since 2018. She also published a book, *When Your Aging Parent Needs Help: A Geriatrician's Step-by-Step Guide to Memory Loss, Resistance, Safety Worries & More*, in 2021.

Linda Fodrini-Johnson, MA, LMFT, CMC

Linda is a licensed family therapist as well as a certified Care Manager. She owned and managed Eldercare Services for 30 years. Linda also launched one of the very first Dementia Day Care Programs in the Bay Area, Diablo Respite Services from 1984-1990. Linda is a past president of the Aging Life Care Association, a Rotarian and a current member of the LOPC Foundation. In semi-retirement, she provides coaching, road maps for couples and individuals, zoom classes, as well as leads the dementia support group at LOPC. She is the author of *The Empowered Caregiver: Practical Advice and Emotional Support for Adult Children of Aging Parents* available on Amazon.



Juliane Bigelow, MPT



Juliane Bigelow, is a MPT, a rehab physical therapist who has worked in hospitals and Skilled Nursing Facilities in Contra Costa County since 1992. She recognized a need for a community-based service that would assist seniors and their families identify and transition to assisted care settings. In 1997 she founded Care Quest a business to support older adults and their families with this quest.

PROGRAM

- 8:30 Coffee – Registration – Light Breakfast
- 9:10 **Welcome & Invocation**
Jaime Polson, LOPC Pastor for Care Ministries
- 9:15 **Introduction to the "Acts in our Circus Today"**
Linda Fodrini-Johnson
- 9:25 **Breakout Sessions**
 - **Legal Tools for the Aging Journey: What is necessary and what is Optional for having life "my way!"**
Katherine Schofield, JD, Elder Law Attorney
 - **The Great Debate**
Should I stay in my home or move to Retirement living? What are the choices and their costs? When should we or our parents make a move?
Eileen Nevitt, LCSW, CMC & Juliane Bigelow, MPT
 - **The Basics of Memory Loss, MCI and Dementia**
Learn the difference between the three and discuss ways to maintain brain health. New research will help keep your brain healthy and possibly even slow the progression.
Grace Lui, LCSW
- 10:20 Break
- 10:35 **Keynote**

How to Prepare for Successful Aging or Your Parent's Aging: Avoiding Common Pitfalls!

with

Dr. Leslie Kernisan, MD, MPH, Geriatrician

- What is successful Aging?
- How to optimize your health & wellbeing now
- How to prevent or delay common age related problems
- How to plan for successful interdependence

PROGRAM

- 11:45 Break
- 11:55 **Breakout Sessions**
 - **Legal Tools for the Aging Journey: What is necessary and what is Optional for having life my way"!**
Katherine Schofield, JD, Elder Law Attorney
 - **"Food is Medicine"**
How diet and life style can change the trajectory of an illness and bring about quality of life. Amazing how small changes can change a life course.
Pam McDonald, FNP, Nurse Practitioner
 - **Life Happens: How to Deal with the Unexpected!**
Families are often overwhelmed and feel like they are in deep water with a sudden illness or life change. Crises do happen. This workshop will "open your eyes" to what is needed now. We will talk about "practical preparation" as well as discord and resistance.
Linda Fodrini-Johnson, MA, MFT, CMC
- 12:55 **Closing Message & Resources**
Linda Fodrini-Johnson

LOPC's Senior Care Ministry supports older adults in the congregation and the greater community. They provide programs and activities to encourage spiritual and intellectual growth for seniors and provide care for older adults experiencing changes and challenges.



The LOPC Foundation strives to be a permanent, reliable source of significant funding to support vibrant, ongoing, and new ministries; expand mission outreach; and maintain LOPC facilities.

LOPC