Topic: Native American Caregiver Conference February 16 & 17, 2006

Subject: “Native Caring…A Conference to Learn, Connect and Share”

Applies to (check all that apply):
☐ All DHS employees
☐ County Mental Health Directors
☐ Area Agencies on Aging
☐ Health Services
☐ Children, Adults and Families
☐ Seniors and People with Disabilities
☐ County DD Program Managers
☐ Other (please specify):

Message:
The “Native Caring…A Conference to Learn, Connect & Share” will be held on February 16 & 17, 2006 at Seven Feathers Hotel & Casino Resort, Canyonville, Oregon. This conference is targeted for Native American caregivers and those caring for Native Americans and we encourage the Area Agencies on Aging to recruit caregivers in their service areas to attend. The OAA Family Caregiver Support Program money can be used to sponsor scholarships. The attached registration form can be used.

To build communication with the Tribes in Oregon, we will be opening up registration to AAA Directors but will have to limit participation to one staff per AAA. The reason for limiting is to prioritize registration for Native American Caregivers. This is an opportunity for the AAA’s to build relationships and perform outreach and coordination of services to Native Americans in their service areas as required by the Older Americans Act 42 USC 3026 (a)(6)(G) and 42 USC 3026 (a)(11)(A-C).

There will also be a resource table for Area Agencies on Aging for outreach materials to be displayed and volunteers from the Governors Commission on Senior Services will be staffing the table. Please bring the materials to the conference or mail to Judy Bowen if you would like for display at the conference.

If you have any questions about this information, contact:

Contact(s): Judy Bowen, OAA Program Analyst
Phone: (503) 945-6401  Fax: (503) 947-4245
E-mail: Judy.bowen@state.or.us
This is an opportunity for caregivers of Native Elders and Grandparent Caregivers to meet caregivers from other Indian communities. We have partnered with the State of Oregon and with the other Tribes to obtain knowledgeable speakers and presenters.

Some of the topics that will be covered include:

- Nutrition & Diabetes
- Depression
- Grandparents Raising
  Grandchildren
- End of Life Issues and Options
- Elder Abuse /Financial Fraud &
  Scams
- Medication Management
- Communicating Effectively with Health Care Professionals
- Caregiver 101

Breakfast & lunch will be provided both days as well as an afternoon snack and dinner on the first day! Information & merchandise vendors will be on site!

You are responsible for your lodging and transportation.

Host Hotel

Seven Feathers Hotel & Casino Resort
Must make reservation by 1/26/06 to receive the group conference rate ($60.00). Please call 1-888-677-7771 and identify “Native Caring Conference”.

Conference Schedule

Day One:
Breakfast: 7:30-8:30
Conference begins at 9 AM
Lunch Noon to 1:00 PM
Day one concludes at 4:15 PM
Dinner 5:00 PM to 7:00 PM

Day Two:
Breakfast 7:00 AM to 8:00 AM
Conference begins at 8:45 AM
Conference concludes at 11:30 AM
Lunch distributed at 11:45 AM
SESSION DESCRIPTIONS

CAREGIVER 101
Instructor: Judi Hill, Lovejoy Hospice and Carol Terry, Rogue Valley Council of Governments
Learn coping mechanisms and self-care skills for caregivers of the chronically ill. Learn the importance of safety for you and the person you are caring for. Learn the importance of taking care of YOU and ways to identify and reduce personal stress.

NUTRITION & DIABETES: MAKING THE CONNECTION
Instructor: Kelle Little, Assistant Health Administrator, Certified Diabetic Educator, and Registered Dietician of Coquille Indian Tribe
Understand the risks of diabetes and learn the value of eating traditional foods and how doing so will improve your health.

DEPRESSION: LET’S TALK ABOUT THE ROOTS
Instructor: Caroline Cruz, Department of Human Services Office of Mental Health and Addiction Services
Understand the signs of Native American depression. Have an opportunity to ask, share and answer questions around depression.

MANAGING YOUR MEDICATION
Instructor: Sharon Johnson, Oregon State University Extension
Recognize medication risks and identify common problems related to medication use. Learn practical ways to solve medication-related problems. Understand how to help our elders avoid medication jeopardy. Develop approaches that educate elders and members of the health care community about the challenges surrounding medication use.

COMMUNICATING EFFECTIVELY WITH HEALTH CARE PROFESSIONALS
Instructors: Wilson Wewa, Confederated Tribes of Warm Springs and Judy Bowen, Oregon Department of Human Services Seniors and People with Disabilities
Are you caring for: A special needs child, a middle-aged person with a disability or a frail older relative? If you are, then this workshop is for you. It can help you make the most of each visit with the doctor, get what you and your loved one need from the health care system, and help you become a respected member of your loved one’s health care team.
ELDER ABUSE / Financial Fraud and Scams

**Opening:** Hardy Myers, Oregon Attorney General

**Instructor:** Jan Margosian, Department of Justice and Carol Simila, State of Oregon Consumer & Business Services

Attorney General Hardy Myers and his consumer protection staff have long believed that education and awareness are the keys to preventing vulnerable abuse. In monitoring the Oregon marketplace for possible targeted populations, the Department of Justice has found that Oregon’s Tribal Elders are often isolated and generally unaware of the dangers outside their immediate social structure and more vulnerable to fraudulent schemes. Attorney General Myers and his Consumer Information Coordinator Jan Margosian will explore the many ways Oregon’s Indian Tribes may be scammed and how with the right information, caregivers can prevent much of it from happening.

PARENTING AGAIN: GRANDPARENTS RAISING GRANDCHILDREN

**Instructor:** Connie Bremner and Carrie Jackson, Blackfeet Eagle Shield Center

Learn how to be second time around parents using a Native American cultural approach. We will look at traditional parenting and parenting in today’s society. Explore the issues that surface when grandparents begin to assume the primary role of raising their grandchildren. Understand the issues of grief and loss that occur when a child leaves his or her home and comes to live with grandparents. This session is broke down into part 1 & part 2, be sure you attend both sessions.

END OF LIFE ISSUES & OPTIONS

**Instructor:** Ann Jackson, Oregon Hospice Association, Inc.

Learn about the Oregon Hospice Association’s goal that is to make sure all Oregonians can have excellent care as they—or their loved ones—approach the end of life; also learn the end of life choices that are here in Oregon.

*Please complete attached registration!*

*For more information or questions please contact*

**Angela Ramirez, Siletz Elders Program Coordinator at**

(800) 922-1399 ext. 1225

Fax Registration to (541) 444-9613 or mail to PO Box 549, Siletz, OR 97380
Native Caring…A Conference to Learn, Connect & Share
FEBRUARY 16 & 17, 2006
SEVEN FEATHERS HOTEL & CASINO RESORT

Please complete one registration for each individual attending

PLEASE PRINT CLEARLY for your nametag and mail outs!

Name: __________________________________________

Mailing Address: __________________________________

Daytime Phone: __________________________ Evening Phone: ________________________

Tribal/Group Affiliation: __________________________

Caregiver Type: □ Currently care for a Tribal Elder
□ Interested in becoming a caregiver for Tribal Elders
□ Grandparent Caregiver

Pre-Registration Fee of $75.00 per participant
Payable to: Confederated Tribes of Siletz
Mail to: CTSI Attn: Angela Ramirez PO Box 549 Siletz, OR 97380
Registration Deadline: Friday, February 10, 2006

Choose one workshop that you plan to attend for each session.

DAY ONE:
Breakfast served from 7:30 AM to 8:30 AM Conference begins at 9:00 AM
Keynote Speaker: Mitch Factor, Native American Comedian

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Lunch served 12:00 PM to 1:00 PM
Day one concludes at 4:15 PM

Dinner served from 5:00 PM to 6:00 PM
Mitch Factor Comedy Hour: 6:00 PM – 7:00 PM
Crafts & Relaxation: 7:00 PM – 9:00 PM

DAY TWO:
Breakfast served from 7:00 AM to 8:00 AM
Conference begins at 8:15 AM to 8:45 AM Announcements / Door prizes
Conference concludes at 11:30 AM

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Note: Caregivers are asked to leave their loved ones at home (the elder they care for or grandchildren for grandparent caregivers). This conference is a time to focus on you and your needs. Ask your local caregiver program for respite care while you are at this conference.

To Go Lunch Boxes: 11:30 AM

Any special accommodations please notify.