



## MAKE TIME FOR JOY FOR CAREGIVERS

### 8:15 AM—9:00 AM CHECK IN

Coffee, juice & bagels

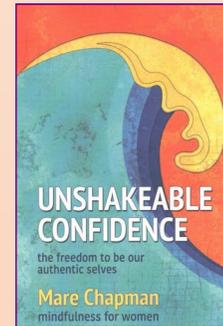
### 9:00—9:15 AM WELCOME

Joy Schmidt, Dementia Care Specialist  
*Aging & Disability Resource Center of Dane County*

Jane De Broux, Caregiver Program Coordinator,  
*Area Agency on Aging of Dane County*

### 9:15 AM—10:15 AM MINDFULNESS, COMPASSION, AND CAREGIVING

Mare Chapman  
Author of *Unshakeable Confidence: the freedom to be our authentic selves*



### 10:15 AM—10:45 AM JOYFUL MOVEMENT AND YOGA

Paul Mross, *Yoga Accessible for All, LLC*

### 10:45 AM—11:00 AM BREAK

### 11:00 AM—11:30 AM A CAREGIVING JOURNEY

Will Clifton, Caregiver

### 11:30AM—12:15 PM THE BENEFITS OF FOREST BATHING AND NATURE WALKS

John Daly, *Pheasant Branch Conservancy* and Beth Bruckbauer, Master Naturalist

### 12:15PM—1:00 PM LUNCH

Bunky's Catering

### 1:00 PM—1:15 PM PARTNERS

Bonnie Nuttkinson, *Alzheimer's Association of South Central Wisconsin*  
Jennifer Bauer, *Alzheimer's & Dementia Alliance of Wisconsin*

### 1:15—2:15 PM PURE JOY! PICK YOUR PLEASURE DEPENDING ON THE WEATHER

Nature walks (or "Bringing the Outside In" if it rains), **Cycling Without Age** trishaw rides, Art Projects, **Dogs on Call** playful pups

### 2:15 PM—2:45 PM THE JOY OF MUSIC

Ingrid Gruett, MT - BC, Music Therapist, *Middleton Music Therapy Services*, music therapy demonstration

### 2:45 PM—3:15 PM THE HEALING POWER OF TOUCH

Heidi Aschenbrenner, *Renu, Massage, Energy & Bodywork*

### 3:15 PM—3:30 PM CLOSING—UNTIL WE MEET AGAIN!

## & PEOPLE WITH MEMORY LOSS



### 8:00 AM—9:15 AM CHECK IN

Coffee, juice & bagels

### 9:00 AM—9:45 AM JOYFUL MOVEMENT AND YOGA

Paul Mross, Yoga Accessible for All, LLC

### 9:45 AM—10:00 AM BREAK

### 10:00 AM—11:00 AM PURE JOY! PICK YOUR PLEASURE DEPENDING ON THE WEATHER

Nature walks, **Cycling Without Age** trishaw rides, Art Projects, **Dogs on Call** playful pups, Massage, and Puzzles

### 11:00 AM—11:15 AM BREAK; 11:15 AM—12:15 PM LUNCH

Bunky's Catering

### 12:15 PM—12:45 PM BRINGING THE OUTDOORS IN

### 12:45 PM—1:45 PM THE JOY OF MUSIC

Ingrid Gruett, MT - BC, Music Therapist, *Middleton Music Therapy Services*  
*Music therapy demonstration*

### 1:45 PM—2:00 PM BREAK

2:00 PM—3:15 PM Massage, Art Projects, Puzzles, Rest

3:15 PM CLOSING—UNTIL WE MEET AGAIN!

#### RESPITE CARE PROVIDED BY:

*Senior Helpers*

*Right At Home*



There is **no cost** to attendees for *Make Time for Joy*—because caregivers work hard every day!

**Presented by:**



**DATE:** Wednesday, October 16, 2019

**LOCATION:** Lussier Family Heritage Center  
3101 Lake Farm Road in Madison

#### **Pre-registration required**

So we can plan a spacious and relaxing day for you!

By email: [Schmidt.Joy@countyofdane.com](mailto:Schmidt.Joy@countyofdane.com)

Or call 608-240-7472.