

I Am a Caregiver – I Need Help Too

The Society for the Arts in Dementia Care
Workshop/Retreat
September 8-10, 2017
Okanagan Lake Resort, Kelowna West
2751 Westside Rd, Kelowna, BC V1Z 3T5
(250) 769-3511



About the event

The Society for the Arts in Dementia Care invites family caregivers to attend our workshop/retreat. This event is designed for caregivers who need a break from their demanding responsibilities and an opportunity to learn ways to cope with difficult situations. We offer a subsidy of \$200 to the first 20 registrants to cover part of the entry fee to the 3-day workshop/retreat, and 2 nights' accommodation at the Resort.

The event program

The event includes professional therapists presenting coping strategies, lectures and group discussions. Participants will enjoy the wonderful cooking of Morley Miller and Mineo Tanaka, who volunteered their time and talents for the event. Participants will socialize with other caregivers and share their care experiences. The retreat includes therapeutic music, art and gentle physical activities that can refresh and replenish flagging energy.

Friday, September 8, 2017

2:00pm – Arrival time and settling into your room. Feel free to use the various recreational facilities of the resort, the swimming pools or the beach at the lake.

5:00pm - BBQ dinner. Exact location to be announced.

7:00pm – 8:00pm Celtic Harp concert with Debi Johnson from Summerland, BC. Debi, a therapeutic musician, has been working with dementia clients for 8 years. Presently, she works at the Penticton's Village By The Station that is run by the Good Samaritan Society and the Summerland Extended Care Unit. In her work, she includes family members discussing strategies that work when coping with difficult situation. She has given workshops and talks explaining the effects of therapeutic harp music, including demonstrations at the Arts Council in Summerland, BC. She believes that bringing comfort to residents and loved ones living with dementia is just as important as for caregivers. Debi is a graduate of the International Harp Therapy Program and completed her practicum at the former San Diego Centre for Palliative Medicine and Hospice.



Contact information for Debi Johnson: johnsonharp@gmail.com

Saturday, September 9, 2017

8:00am – Breakfast. Location to be announced

Morning Session

9:30am – 12:30pm – Session with Shelley Klammer, REACE, MTC, RCS. Shelley comes from Nelson, BC. She is



a Registered Expressive Arts Educator/Consultant with the International Expressive Arts Therapy Association, a Registered Counsellor and a Registered Counselling Supervisor with the Association of Cooperative Counsellors of Canada. Shelley has written 16 expressive arts e-courses and e-books - available on her website Expressive Art Workshops and published by Daily Om. Shelley offers expressive arts e-courses from beginner to advanced levels that support the self-expression of original thought, authentic emotions

and intuitive insight. She supports expressive arts facilitators as they start art programs in their communities. Shelley worked at Artworks Studio in Burnaby, BC for nine years with a team of artists and art therapists to maintain a large working art studio that provided projects in painting, textiles, clay and weaving to seniors with varying levels of dementia and physical challenges.

More information on Shelley Klammer, please visit:

<https://www.expressiveartworkshops.com/shelley-klammer-counsellor/official-bio/>

12:30 - 2:00 – Lunch. Exact location to be announced.

2:00pm – 4:00pm Take a break and enjoy what the resort has to offer

Afternoon Session

4:00pm – 6:30pm – Session with Shon Thomas, B.A., B.Ed., M.T., is the Drama teacher at Kalamalka



Secondary School in beautiful Coldstream, BC. The 2015 Drama Teacher of the Year and Clarence Sansom Gold Medal winner has been educating in the Okanagan since 2001. His Theatrical Production class collaborated to conceive, write and perform two plays with the At This Age group of older adults in Vernon. *Misplaced* is a Reader's Theatre piece focused on the disparities, and overwhelming similarities, between teens and seniors. The cast featured 14 teens and 4 seniors working together poignantly and hilariously. The more somber *Closing Doors* was representative of research the students gathered from Dr.

Gottlieb-Tanaka, coupled with their shared experiences of dementia and end-of-life care. *Closing Doors* is an unapologetic look at the struggles, joys and complexities a family faces when dealing with dementia. Shon has been occasionally coerced into working with adults in acting, speech and therapy workshops. His secret knowledge of the workings of the bureaucracy, and hypocrisy, came from being along for the ride as his grandmother journeyed through dementia - as well as being a staunch advocate for his eldest child who has Angelman Syndrome.

Contact information is stthomas@sd22.bc.ca

7:00pm – Dinner and mingling. Exact location to be announced.

Sunday, September 10, 2017

8:00am – Breakfast. Location to be announced.

9:30am – 11:30am – Session with Shelly Klammer. A discussion on potential health issues and concerns caregivers may face during prolonged caregiving to a family member or a client.

11:30 – Conclusion. Check out. Light lunch. You are free to use the resort's amenities before returning home.

Fees for the Workshop/Retreat

Subsidized fee for a family caregiver (first 20 approved applicants) is \$250 Canadian dollars. This includes 2 nights' accommodations (shared rooms), all meals and all sessions). Subsidy needs to be requested and is at the discretion of the Society. See registration form on www.cecd-society.org

Formal paid caregivers are invited to join us for the full fee of \$450. All inclusive.

Method of Payment

1. Send a **certified check** and mail to:
The Society for the Arts in Dementia Care
#205 3609 30th Avenue, Vernon, BC, V1T 2E6

2. **Direct deposit** by using Interac E-mail Money Transfer.
To send an E-mail Money Transfer, log on to online banking and click on Make a Transfer. Under the heading "Interac E-mail Money", click on Send Money. The only information that you require is our e-mail address: dr.daliagt@gmail.com

If this is your first time sending an E-mail Money Transfer, it will take a few minutes to register.

Note: It is important you create a security question we can easily answer. Please notify us in advance of your question in an e-mail to dr.daliagt@gmail.com in order for us to deposit your transfer.

3. **Using Paypal.** Once you register online, we will issue a Paypal Invoice which you will be able to pay through a Paypal account or a credit card.