

# LaSalle County Caregiver Conference



Sponsored and Organized by Bridges Senior Center and Alternatives   
Your quality of life, our passion.

## INFORMATION AND ASSISTANCE FOR THOSE CARING FOR A LOVED ONE...

**SATURDAY**

**JUNE 1ST, 2019**

**8 AM-NOON**

Illinois Valley Community College  
815 N. Orlando Smith Ave.  
Oglesby, IL

No pre- registration necessary.  
Forms will be available at the  
event.

**SPEAKERS**

**EXHIBITORS**

**INFORMATION**

**REFRESHMENTS**

**FREE TO THE COMMUNITY!**

- Caregiver decisions are easier when you are well informed. Make the most of your time and energy with a variety of aging network professionals who serve LaSalle County - all under one roof - who can guide you through the maze of caregiving issues, information and resources.
- Learn about products, services and programs from local service providers and agencies (who are ready to help you or the person you are caring for.)

**For more info, contact  
Bridges Program Coordinator  
Aly Witek at 815-431-8034.**

### *Retirement Strategies- The Best Way To Plan For Retirement* 9:00 AM Presented By Sandra Brown, Senior Retirement Consultant

**Sandra Brown** is principal of Senior Watchdog Inc. and has been working with those already retired or nearing retirement for the last several years. She is an independent, licensed Life and Health broker, is certified in Long-Term Care Insurance and is a *Certified Senior Advisor* for Health, Retirement and Social needs. Whether retirement planning, Medicare or Social Security advising, Sandra always works in a fiduciary manner. She is also a lifetime member of "Who's Who in Business" and a proud member of The National Ethics Association, Society of Senior Advisors, Trusted Choice, Illinois Independent Insurance Agents, and both the National Association of Medicare Supplemental/ Medicare Advantage Plans and the American Association of Medicare Supplements. Senior Watchdog, Inc. is an accredited business with Better Business Bureau. As a former nurse, Sandra has worked in the health care field for more than 20 years, gaining a vast knowledge of Medicare insurance. She was born and raised in LaSalle County in Illinois.

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| 8-9         | Registration, Time with Exhibitor   |
| 9-10        | Presentation- <i>Retirement Strategies- The Best Way To Plan For Retirement</i> |
| 10-10:15    | Break (visit the Exhibitors)  |
| 10:15-11:15 | Presentation- Effective Communication Strategies                                |
| 11:15-Noon  | Time with Exhibitors  |

### *"Effective Communication Strategies"*

**10:15 AM Presented by Hadi Finerty, Senior Management of Education and Outreach for the Alzheimer's Association.**

*Communication is more than just talking and listening— it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when some has Alzheimer's, learn to decode the verbal and behavioral messages delivered by some with dementia, and identify strategies to help you connect and communication at each state of the disease.* **Hadi Finerty** is the Senior Manager of Education and Outreach for the Alzheimer's Association- Illinois Chapter. She strives to educate five counties in Illinois on Alzheimer's disease and other dementias including warning signs, planning ahead and promoting brain health.