

Winter

Dr. Craig Loving

Aging – the season of winter – is an important time in our own lives and in the life of our family. Many of us will be called on to help aging parents (or other dependent family members) during this season in their life. In whatever form it takes, whether in their home or ours, whether full time or shared with others, taking care of our aging parents requires awareness and a plan. This workshop will give an introduction to the issues, challenges and resources for effectively caring for aging parents.

Dr. Craig Loving is a licensed marriage and family therapist and addiction counselor. He is an ordained Lutheran clergyman with 30 years pastoral experience. Throughout his career, he had first-hand experience of the importance of providing helpful information and resources on aging and care for caregivers. For the past two years, Dr. Loving and his wife have been the primary caregivers for her elderly father in their home.

Morning Session 10:30am

Part #1: Introduction - What's happening to Mom? Normal aging process

Part #2: What's happening to Mom? This isn't normal! Mental / behavioral health complications, Depression Dementia, Alzheimer's Substance abuse / medication misuse

Part #3: Family Care giving – what you need to know to take care of your aging Parent, Role reversals, Health concerns, Mental health, Legal, Financial, End of Life

Afternoon Session 12:30pm

Part #4: Family Care giving Challenges

Critical family discussions and decisions about taking care of aging parent
Share your experiences: What do you see?

Part #5: Family Care giving Stress and Self-Care

Daily – Personal ADL / IADL
Weekly – Rest and Spiritual Care
Monthly – Check-in / Support
Annually – Physical, Time off,
In the red-zone
Safety-plan



A Seminar for understanding the
seasons of life

Saturday, April 2, 2016

Zion Lutheran Church and School
1400 Skeel Street
Brighton, CO 80601

For more information contact:

Marilyn Fingerlin

303-659-2339

Pluginzlc@gmail.com

Name:

Phone Number: _____

Email: _____

Check One

_____ Single \$10.00 _____ Couple \$15.00

Child Care will be \$5.00 per child.

_____ #Children and ages attending _____

_____ Total amount paid

Breakfast and Lunch included in the registration fee
provided by CJ's Catering.

3 ways to register: (Due by March 28)

- Please send the registration sheet along with your check payable to Zion Lutheran Church
1400 Skeel Street, Brighton, CO 80601
- Turn it in to the church office
- Register by email and bring your payment to the event. Pluginzlc@gmail.com

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"Seasons of Change"

Marty Rasmussen, Jack Lipski, Lindy Schultz, Dr. Craig Loving
Schedule:

- 8:30 a.m. Registration and Refreshments
- 9:00 a.m. Opening and Keynote Presentation
- 10:15 a.m. Break and move to sectionals
- 10:30 a.m. Morning Sectionals– Choose from Spring/Summer, Autumn or Winter–parts 1, 2, and 3
- 12:05 a.m. Lunch
- 12:45 p.m. Afternoon Sectionals– Choose from Spring/Summer, Autumn or Winter– Parts 4 and 5
- 1:45 p.m. Break and gather for panel presentation
- 1:55 p.m. Panel presentation
- 2:40 p.m. Closing

Keynote

Seasons of Change: Marty Rasmussen

An overview of common stressors that occur when we experience a change of season in our life. * Recognizing ones own personal perceptions and identities that become barriers to adapting to change. * Learn skills to manage stress * Understand how God encourages our need for self care. Especially during stressful times.* Reconnect to the strength God provides us in stressful transitions and changes in our lives.

Marty Rasmussen is a graduate of Concordia Irvine in 1986. Masters from Loma Linda Graduate School 1988 in Marriage and Family and Child Therapy. Since that time I have worked 29 years, providing mental health services through Counseling, (Private Practice) Supervising Clinical staff and directing programs in Community Mental Health, Substance Abuse and Treatment Foster Care. I am currently the CEO and Therapist (LPCC) of Rasmussen Counseling in Albuquerque, New Mexico providing clinical services to children, families, couples and individuals.

Spring /Summer

Understanding the Heart of a Child

Jack Lipski 10:30am & 12:45pm

"Understanding the Heart of a Child" a theological/existential, psychological construct for understanding behavior and motivation in children and adolescents. Participants will understand the functionality of all behaviors and how to best address the deep motivations they reflect.

Jack Lipski, M.A., is a Marriage and Family Therapist as well as a School Counselor. This fall will be his 40th year in education. Jack is a Certified Love and Logic Parenting Facilitator and has experience working with children with Special Needs, court-ordered counseling and sex offenders. He is husband to Susan, whom he has know since 3rd grade, and father to Lauren and Nick.

Autumn

Mental Health CPR: Lindy Schultz 10:30am & 12:45pm

There are many myths and misconceptions regarding mental illness. The more we know, the more compassionate and supportive we can be to friends and loved ones struggling with emotional or behavioral health issues. "Understanding the Realities of Mental Health Challenges" is a fast paced, engaging presentation that provides information about prevalence, signs and symptoms related to a variety of mental health disorders – including depression, anxiety, bipolar disorder and schizophrenia. The presentation includes a thought provoking video from the perspective of someone who survived their suicide attempt. Local resources will be also be provided.

Lindy Schultz is the Public Relations & Communications Manager for Community Reach Center – the community mental health system serving the Adams County, Colorado region. With 30 years of experience in the healthcare field, ranging from hospital systems to community mental healthcare, Lindy has developed a unique perspective on the most effective and efficient methods for promoting health and wellness services to all communities. She is a veteran public relations professional with a passion for raising awareness about worthwhile services and resources that help individuals who are struggling with emotional, behavioral or medical issues to live productively, with independence and dignity. Lindy speaks extensively throughout Colorado on the subject of "Understanding the Realities of Mental Health Challenges", and is also a certified Mental Health First Aid instructor. www.CommunityReachCenter.org