



WCI Speaker's Bureau

The following presentations are available for your business, organization, or place of worship at no charge. To schedule a WCI Community Presentation, call Bert Copple at 888-317-8760.

- **You Can't Do it all –**

- **How to be an Effective Caregiver**

- Participants will review the medical and social conditions that put aging parents at risk, identify and understand the stresses of caregiving, learn approaches to avoid burn out and how to be a more effective caregiver, no matter what condition or stage of illness their loved one is experiencing. Presenter: Peter Ostrow, LMSW, Director, Brown Adult Day Program – one hour plus time for questions.

- **Taking the Next Step –
Don't Wait for a Crisis**

- Unfortunately, many caregivers are reluctant to take action until they can't take it any more. This workshop helps caregivers move beyond difficult change points like learning a new diagnosis, facing the need for seeking outside help or moving a loved one. The advantages of planning ahead versus waiting until a crisis hits are explored.

- Presenter: Peter Ostrow, LMSW, Director, Brown Adult Day Program – one hour plus time for questions.

- **How to Keep Your Loved one Active at Home**

- This workshop helps caregivers who are challenged to keep a loved one with dementia or a mood disorder active and stimulated in the home setting. This workshop explains why staying occupied is vital for a frail older adult and demonstrates a variety of hands-on activities that can be carried out with readily available household items.

- Presenter: Peter Ostrow, LMSW, Director, Brown Adult Day Program and Brown Program Recreation Coordinator – 60 to 90 minutes plus time for questions.

- **Keeping Your Brain Fit**

- This workshop explores the exciting research developments that can empower all of us to take responsibility for enhancing our brain's vitality. There will be discussion and demonstration of what kinds of activities are beneficial for those already experiencing mild cognitive impairment as well as dementia disorders. Presenter: Peter Ostrow, LMSW, Director, Brown Adult Day Program and or Ronnie Berman, MA, Memory Club Coordinator – one hour plus time for questions.

- **"It's Not Your Mother's Retirement"**

- Women are making progress in the working world and they are set to change the retirement world as well. This presentation is directed toward women of all ages, providing insight into the unique situations and needs of today's (and tomorrow's) women as they approach retirement. The speaker will present the challenges women face, the mistake typically made by women and some recommendations for women as we move forward. Susan A. Myers, CPA, CFP, CLTC, is the speaker. The presentation will take approximately 45 minutes plus time for questions and answers.

- **"Understanding Social Security"**

- Everybody thinks they understand Social Security, but do they really? This presentation is aimed at providing all of the basics such as: Who receives benefits? How are your benefits calculated? How do you read your Social Security statement? What other benefits does Social Security provide? When should you begin taking your benefits? Susan A. Myers, CPA, CFP, CLTC, is the speaker and the presentation will take approximately 45 minutes plus time for questions and answers.

- **Straight Talk About Long-Term Care**

- This presentation will address Long-Term Care insurance in detail. Topics include: Defining Long term care and Long term Care Insurance, the Effect of Caregiving on the Caregiver, How Long-Term Care Insurance Ensures Better Health for Everyone, How Care is Paid For, Where Care can be Received, When to Buy Long-Term Care Insurance. It also covers the essentials of shopping for long term care insurance:

- Can You Afford Long-Term Care Insurance?
 - Three Basic Types of Policies
 - How Benefits Vary From One Company to the Next
 - Consumer Tips for Purchasing Long-Term Care Insurance
 - The Cost of Waiting

This presentation is for anyone over the age of 40, male or female, married or single, that at some point may experience Long-Term Health Care, either as a caregiver or a recipient of care. Presented by: Dorothy McMahon, McMahon and Associates, Ltd. **Presentation time: 45 minutes**

- **12 Things to Consider When Picking a Long-Term Care Facility**

An important look at the topics and issues that need to be addressed before selecting a long term care facility. This class provides practical tools to use when visiting/touring a facility and provides 12 important things to look for before making a selection. Rick Mehrer, Executive Director, St. Anne's Mead Senior Care Community. **Presentation time: 30 minutes**

- **Depression: Not a Normal Part of Aging**

Identification of the signs and symptoms of depression. Treatment options including therapeutic interventions, medications and community resources. Kathryn D. Bartz, MA Optimal Care Inc. **Presentation time: 45 minutes plus time for questions**

- **Dementia: What is Dementia and What Can Be Done About It**

Signs, symptoms and supportive measures for both the person diagnosed with dementia and the caregivers. Kathryn D. Bartz, MA Optimal Care Inc. **Presentation time: 45 minutes plus time for questions**

- **Elder Abuse: The Rise of Elder Abuse is a Cause for Concern**

Know the signs-physical, emotional, financial and mental abuse. Caregiver stress can be a factor in abuse whether at home, an assisted living or nursing home. Know your obligations to report. Kathryn D. Bartz, MA Optimal Care Inc. **Presentation time: 45 minutes plus time for questions**

- **Myths of Aging: What is Normal Aging?**

What you can expect from your body as you age. How to remain healthy as you age. Kathryn D. Bartz, MA Optimal Care Inc. **Presentation time: 45 minutes plus time for questions**

- **Family Communication: Is Dysfunction Here to Stay?**

Communication is the hardest thing we do each day. How to talk to each other. How to make your needs known. How to say no without feeling guilty. Kathryn D. Bartz, MA Optimal Care Inc. **Presentation time: 45 minutes plus time for questions**

- **How to Choose Appropriate Living Options: Do You Know what Living and Care Options are Available for You or Your Loved One?**

What makes sense for someone that is beginning to show signs of poor safety and problem solving or decreased memory. Kathryn D. Bartz, MA Optimal Care Inc. **Presentation time: 45 minutes plus time for questions**

- **Fall Prevention**

Every year, more than half of adults over the age of 65 fall. Once they fall, they are 60% more likely to fall again. This class looks at the six main reasons why seniors fall, and addresses those reasons with practical advice for everyday living. The class also provides a demonstration on how a senior can safely get up after a fall on their own. Bert Copple, MA. Home Instead Senior Care. **Presentation time: 30 minutes**

- **Generation Ruth: A Biblical Reflection on Caregiving**

What does the Bible have to say about caregivers and their vocation? Using the Book of Ruth as a platform, Pastor Bert talks about the power of reconciliation and forgiveness, and the impact it can have on this new generation of caregivers. Bert Copple, MA. Home Instead Senior Care. **Presentation time: 30 minutes**

- **What is the Working Caregiver Initiative?**

The founder of the Working Caregiver Initiative, Bert Copple, discusses the importance of having a one-stop-shop for community resources for working caregivers. Following a brief overview of staggering statistics facing the current and next generations of caregivers, practical reasoning and application are provided as to how your organization or place of worship can tap into the support, education, and training of the WCI program. Bert Copple, MA. Home Instead Senior Care. **Presentation time: 30 minutes**

- **Spice it Up! Cooking for Seniors**

As we age, the taste buds lose their ability to savor the flavor of many of our foods. Seniors require balance in their diet, but also demand foods that taste good, too. Bert Copple and guests will cook up a few items and talk about the importance of using spices, and how they complement each other when preparing food for seniors. Bert Copple, MA. Home Instead Senior Care. **Presentation time: 45 minutes**

- **Home Is Still the Best Place to Be**

An in-depth look at respite options for working caregivers which includes the ability to provide for and care for mom and dad in their homes. Questions to ask when hiring an in-home non-medical care company are discussed, as well as the Top 10 things to look for in your next home care company. Bert Copple, MA. Home Instead Senior Care. **Presentation time: 30 minutes**

- **The Power of a Positive Attitude for Caregivers**



Using one of two 30-minute videos featuring award winning National Geographic photographer Dewitt Jones, this class encourages working caregivers to see and celebrate what is right in the world, even in the midst of chaos and strife. Interactive discussion follows the video presentation. Nan Wilberding, Home Instead Senior Care. **Presentation time: 60 minutes**

- **Passion with a Purpose: One Woman’s Journey Finding the Joy in Helping Others**

This inspirational workshop will help to motivate you and those around you to “do good.” The speaker reminds each of us that we do make a difference and gives the audience concrete tools to implement the golden rules of finding the joy in your life. The speaker is The Director of Community Education, an experienced elder law and special needs attorney with The Center for Elder Law and The Center for Special Needs Planning, who has educated the community through presentations, print, and broadcast media across the United States. **Presentation time: 45 - 60 minutes required**

- **Calling All Caregivers In Crisis!**

Caregiving for someone is one of the most difficult jobs in the world. In addition to making sure that your loved one is safe and that their daily needs are met, you are also faced with the fact that there are many financial and legal issues that must be addressed. As if that was not enough, you are trying to provide the best quality of care at the least cost to the family.

If you are a caregiver, you are not alone. There are 50 million caregivers in this country. If you are not a caregiver, chances are that you will be in the future. Studies show that 12 million people in the country need long term care and the number is growing. The caregiving crisis is affecting business owners as well, costing them anywhere from \$17 to \$33 billion a year.

Danielle Mayoras, author of [Alzheimer’s Disease and Related Dementias: a Guidebook for Care, Comfort, Legal and Financial Security](#), will give caregivers the financial and legal answers they need to do a better job and to avoid the “caregiving crisis.” **Presentation Time: 30 – 60 minutes required**

- **Elder Law: Going Gray... It’s not all Black and White!**

There are a wide variety of legal issues involved when caring for an aging loved one. These issues range from medical issues, such as surgeries and placement in a facility, to financial issues of who is going to invest the money, how the money is going to be invested, and who has the right to do so. This workshop will explore everything from proactive planning to crisis planning. We will discuss probate court issues, such as guardianships, conservatorships and wills to basic estate planning such as durable powers of attorney, advance directives, and revocable living trusts. In addition, we will unravel Medicaid myths associated with nursing homes and focus on how families can pay for long term care without going broke. The goal for caregiving is to give a loved one the greatest quality of care at the least cost to the family. This workshop is a must for every caregiver!

The speaker is The Director of Community Education, an experienced elder law and special needs attorney with The Center for Elder Law and The Center for Special Needs Planning, who has educated the community through presentations, print, and broadcast media across the United States.

Presentation Time: 30 – 90 minutes required

- **Family Feuds: How to Avoid Them and What to do If You Cannot Avoid Them!**

Even the most harmonious families experience stress when caring for an aged loved one. This workshop will explore guardianships, conservatorships, contested wills and trusts. In addition, we will discuss family feuds ranging from medical decisions, such as termination of life support and placement, to financial decisions, such as who controls mom and dad’s money and how it’s invested. While we understand that no one wants to be a part of a controversy or end up in probate court, the reality is that even the best families can be dysfunctional. Sometimes we wonder if it is the norm rather than the exception!

The speaker is an experienced probate court attorney from The Center for Probate Litigation who has published and has educated the community through television, radio and workshops throughout Michigan. **Presentation Time: 45 – 60 minutes required**

- **Medicaid and Medicare 101: What You Need to Know to Preserve your Assets.**

This class is a must for anyone who is a senior or has aging parents. Learn everything you need to know to understand how Medicaid works and how to preserve assets. This class will cover the basics of what Medicaid and Medicare are and how they work. It will also address Medicaid myths, including the ability to gift money, the look-back period, liens on a home and what questions a nursing home can legally ask. Additionally, learn how to use estate planning to protect assets from Medicaid.

The speaker is The Director of Community Education, an experienced elder law and special needs attorney with The Center for Elder Law and The Center for Special Needs Planning, who has educated the community through presentations, print, and broadcast media across the United States. **Presentation Time: 30 – 60 minutes required**

- **Solving your Greatest Worry: Proper Planning for Parents of Special Needs Children.**

Have you ever wondered what would happen to your special needs loved one if you passed away tomorrow? Have you done everything possible to ensure that your loved one with special needs will maintain his or her government benefits and receive an inheritance from you? For many parents with special needs children, whether the children are minors or adults, these questions linger in the back of their minds. This workshop teaches parents of special needs children about the unique planning that they need to do. Every parent should complete proper planning to protect their children, but for a parent of a child with special needs, planning is a MUST. Our motto at The Center for Special Needs Planning is “Solving Your Greatest Worry” and that is what this workshop will help you do.

The speaker is The Director of Community Education, an experienced elder law and special needs attorney with The Center for Elder Law and The Center for Special Needs Planning, who has educated the community through presentations, print, and broadcast media across the United States. **Presentation Time: 30 – 60 minutes required**

- **Life & Estate Planning: an Act of Love for You and Your Family.**



Estate planning is more than just planning for death; it's planning for disability and illness, which can devastate a family if the proper planning is not done. In this workshop, attendees will learn the basics of estate planning, such as the difference between a will and a trust as well as durable powers of attorney and advance directives. The speaker will discuss guardianships, and conservatorships. Finally, the attendees will learn how probate court works and what we can do to avoid it.

The speaker is The Director of Community Education, an experienced elder law and special needs attorney with The Center for Elder Law and The Center for Special Needs Planning, who has educated the community through presentations, print, and broadcast media across the United States. **Presentation Time: 30 – 60 minutes required**

- **Protect Yourself: How to Ensure that your Medical and Termination of Life Support Wishes will be Followed.**

In order to ensure that your medical and termination of life support wishes are carried out, you need this workshop! Not all medical power of attorneys and patient advocates are created equally, and it is important that you make sure that your document reflects your wishes. The speaker is The Director of Community Education, an experienced elder law and special needs attorney with The Center for Elder Law and The Center for Special Needs Planning, who has educated the community through presentations, print, and broadcast media across the United States. **Presentation Time: 30 – 60 minutes required**

- **Your Bottom Line...Why Employers Need to Know about Elder Law.**

American businesses are losing between \$17 and 33 billion dollars each year because employees are caring for loved ones 50 years of age and older. Nearly 60% of caregivers are working, the majority of those work full time. This workshop will explore how employers and HR professionals can help reduce employee caregiving anxiety and increase their productivity at the worksite. The goal of this workshop is to address the caregiving proactively so that the employee can avoid a crisis situation. Employees will learn available options to them and become educated about the caregiving issues that might arise. This workshop will also address medical decisions, termination of life support, nursing homes, disability and illness as well as financial issues. As a result, employees will be able to reduce their caregiving anxiety, and employers will be able to increase their employee productivity at the worksite.

The speaker is The Director of Community Education, an experienced elder law and special needs attorney with The Center for Elder Law and The Center for Special Needs Planning, who has educated the community through presentations, print, and broadcast media across the United States. **Presentation Time: 30 – 60 minutes required.**

- **When is Assisted Living the Right Choice?**

This presentation describes the difference between independent living, assisted living and skilled nursing care, lists the pros and cons of assisted living and prepares the audience with criteria for conducting a quality search for the right assisted living community for their loved ones. Terri Hafner, Sunrise Senior Living. **Presentation time: 45 minutes plus time for questions and answers**