

Keynote Speaker: Robin Straight, MSW is the WV Representative to the National Family Caregivers Association and the Founder and President of Embracing Family Caregivers. She speaks across the state on Aging Well, Alzheimer's Disease and Dementia.

In West Virginia there are over 270,000 persons providing billions of dollars of unreimbursed care for an aged or disabled loved one. Many of us began giving care early in our lives and may have cared for young and old alike. The toll of caregiving is financial, physical, and emotional. We know as caregivers we must accept the challenge to "age well" in order to be physically and emotionally prepared to not only care for our loved ones, but also provide for our own health in a holistic way. Though we know this, we forget, and need to take time to remind ourselves of what is needed to sustain our heroic efforts in this life process. Please join us in this day of reflecting upon and honoring the work of giving care.

Workshop Information:

Offering 6 continuing education credits for Social Workers (**Category I**) who are caregivers in their personal and/or professional lives. Also open to community members and family caregivers, who are not pursuing continuing education credits.

COSTS:

We are offering this workshop at a nominal cost of **\$30.00** for those registering for CEU credits; **\$10.00** for members of the community not pursuing CEUs. No registration fee for employees of agencies associated with the Bureau of Senior Services.

LUNCH:

An hour and 15 Minute lunch break is scheduled to allow participants to have lunch in one of the many fine restaurants in Shepherdstown.

For example: A-Wok; Betty's Restaurant; Blue Moon; China Kitchen; Kazu; Maria's Taqueria; Mellow Moods; Shaharazade's; The Sweet Shoppe; Stone Soup Bistro; Three Onions; Tony's Pizza; Yellow Brick Bank

Lunch is on your own and not included in the registration costs.

SHEPHERD UNIVERSITY'S

SOCIAL WORK PROGRAM

In collaboration with the
**West Virginia
Bureau of Senior Services**

Invites you to experience

A day of reflection and rejuvenation
for family and professional care givers

3rd Annual Aging Well Workshop

*Life's Heroic Journey:
Care of Self/Caring for Others*

Friday
May 20, 2011
9 a.m. to 4:00 p.m.

Student Center
Shepherd University
Shepherdstown, WV

Directions at <http://www.shepherd.edu/>



AFTERNOON PRESENTERS

Rhonda Jackson, MSW, is a licensed clinical social worker with over 20 years of clinical experience working with children, adolescents, adults and families in community mental health and private practice. She came to Shepherd University Counseling Services in August 2007. In her clinical practice Rhonda has utilized the practice of meditation, mindfulness and related Buddhist principles to help her clients find healing and improved mental health. These practices have also helped her to find peace and comfort in her role as a caregiver in her personal life.

Anne Murtaugh, Ph. D., has a Master's degree in Community Psychology from Temple University, and a M.A. and Ph.D. in Clinical Psychology from the University of Montana. She has worked as a psychologist and psychotherapist in many kinds of clinical settings, specializing in work with children, adolescents and families. Since 1996, she has been teaching undergraduate courses (including abnormal psychology, developmental psychopathology, personality and positive psychology) and graduate courses in clinical psychology. Research interests include factors that affect self-regulation and attention, including the difficulties of ADHD in young adults. Anne has also studied the benefits of meditation and its applications in psychotherapy, and has been meditating regularly for many years.

Christa Mastrangelo Joyce is an RYT-200 trained yoga teacher. She has studied with Kim Manfredi in Baltimore, MD, as well as with world renowned teachers Maria Garre and Shiva Rea, among others. She currently teaches at Jala Yoga above Mellow Moods Juice Bar and Cafe in Shepherdstown, WV, as well as for Harmony Healing Arts Center, also in Shepherdstown, WV. She has taught many diverse groups and for diverse places, including at senior centers, NCTC retreats, and offers private yoga instruction that include Ayurvedic wisdom. She hopes to share the gifts that yoga has offered her with all those she gratefully teaches.

Rashid Revicki is an award-winning musician, poet, artist and educator, who has traveled extensively and has been actively involved for many years with internationally renowned teachers of esoteric meditative breath, sound and movement practices from several cultural traditions. The knowledge, skills and inspiration derived from these experiences are reflected in the workshops and retreats that he leads.

REGISTRATION FORM

May 13th Deadline

Name: _____

Organization: _____

Email: _____

Tel #: _____

Are you registering for CEUs?

Yes (\$30) No (\$10)

Please return registration form with check made payable to: Department of Social Work.

Mail to P.O. Box 5000; Shepherd University
Shepherdstown, WV 25443.

Attention: Christina Wolfe
(304-876-5268)
cwolfe@shepherd.edu

Workshop Series I

1:30 to 2:20 [Indicate 1st and 2nd preferences]

PM1a Mindfulness Meditation

PM2a Ayurvedic Wisdom and Yoga

PM3a Seeds of Oneness

Workshop Series II

2:30 to 3:20 [Indicate 1st and 2nd preferences]

PM1b Mindfulness Meditation

PM 2b Ayurvedic Wisdom and Yoga

PM3c Seeds of Oneness

Contact Geri Crawley-Woods
(304-876-5337)
for further information

Agenda

- 9:00 - 9:30 Registration/Breakfast
9:30 -9:40 Welcome - Introductions
9:40-10:30 Keynote Address – Robin Straight
10:30- 10:40 Presentation of Round Table
Discussion Format
10:40-10:50 Break
10:50 -11:50 “Every one has a Story”
11:50 -12:15 A Collective Conversation
12:15 – 1:30 LUNCH
1:30-2:20 **Afternoon Workshop Series I**

PM1 a&b Mindfulness Meditation

Rhonda and Anne will share their personal and professional experience to help attendees understand the benefits of the principles and practices associated with meditation for self care and service to others.

PM 2 a&b Ayurvedic Wisdom and Yoga.

These sessions will offer the ultimate care of self, as we both invigorate and restore our bodies with yoga postures that are strengthening and calming. We will begin to learn how to use our breath to calm and center our minds and our bodies. Join Christa Mastrangelo Joyce in this class designed to offer fluid motion that evolves from a steady base.

PM 3 a&b Seeds of Oneness

From the ancient healing wisdom of several cultural traditions, we will experience introductory body-based practices, involving sacred breath, sound and movement, that are effective in quieting the mind, healing the body, and uplifting spirit for the purpose of deepening our capacity to influence the unfolding of our lives

2:30-3:20 Afternoon Workshop Series II

The above offerings will be repeated in this time frame to allow participation in two of the three offerings.

3:30- 4:00 Afternoon tea and conversation

Casual comfortable clothing should be worn.

Group Moderators and Recorders

Ryan Bird, BSW, LSW is A&DW Case Manager with Berkeley Senior Services and works with low income seniors and disabled adults.

Donna Cobean, MSW, LICSW, CCAC is a medical social worker, currently employed at the VA Hospital in Martinsburg coordinating services to caregivers of veterans

Geri Crawley-Woods, Ph.D. LICSW is a Prof. of Social Work at Shepherd Univ. where she directs the field education program. She has been a professional caregiver for 40 years and is still learning to take care of herself.

Karen Green, MSSW, LCSW-C is an Assoc. Prof. at Shepherd Univ. and mother of two young children. She has extensive experience in working with group participants of all ages. She is a recipient of a CSWE BEL grant which aims to recruit students to gerontological social work to ensure an adequate elder care workforce

Amy Hampton, MSW coordinates the Region III PRIDE program which trains foster and adoptive parents to care for traumatized children. She is the primary caregiver for her two young daughters.

Doug Horner, PhD, LCSW is Professor and Director of the Social Work Program and contributes to the care of his parents who live independently in their mid-nineties.

Susannah C. Lynch, LICSW, MSW University of Michigan, Private Practice, Former Methods Faculty, Catholic University, Clinical Social Worker, Psychiatric Institute of DC

Kathy McIntrye, BSW, LSW, Program Manager for BSS Adult Day services, funded to provide supportive services to family caregivers

Glenda E. McNeill, ACSW LCSW-C is former Program Director and Associate Professor Emerita, Hood College, Frederick, Maryland