

Speaker Schedule

Caring for the Caregiver Conference - Saturday, May 6th

A Survival Guide for Healthy Aging



Bob Mauterstock - Financial Planner

Bob has been in finance for over 35 years. After retiring as a financial planner, he focused on coaching financial advisers to learn the skills to advise clients on eldercare issues. Bob will discuss how you can help your family member or friend - and ultimately yourself - plan for healthcare and financial decisions to know they are taken care of.

10:15-10:50
Auditorium



Donna Bartlett - Author

Donna is a Board Certified Geriatric Pharmacist who will speak about better health by **RE**thinking the **MED**ications You take - The **REMEDY** for being overmedicated. She will have her book, *MedStrong—Shed Your Meds for a Better, Healthier You*, available for purchase.

10:15-10:50
B-129



Dr. Wayne Saltsman - All Care VNA & Hospice

Dr. Saltsman is triple board certified in internal medicine, geriatrics, and hospice and palliative care. In his dual role of Hospice Medical Director and Chief Medical Officer at All Care, he is passionate about understanding what a patient's wishes and goals are and meeting them where they are. He would love to get to a spot where there's an understanding that palliative care has nothing to do with mortality, but everything to do with symptom management.

11:00-11:50
Auditorium



Rebecca Love - IntelyCare

Rebecca is the Chief Clinical Officer of IntelyCare, Inc. She is passionate about empowering nurses and to help them innovate, create and collaborate to start businesses and inventions to transform healthcare. Rebecca sits as an advisory board member on several leading digital health organizations, has co-authored 2 books, founded 3 companies, speaks internationally, and is passionate about empowering nurses to be at the forefront of healthcare innovation and entrepreneurship.

11:00-11:50
B-129



Kathryn Burns - Greater Lynn Senior Service (GLSS)

Kathryn is CEO of GLSS whose career has focused on improving the quality of in-home care and healthcare delivery for older adults with complex medical needs. This fits perfectly with the mission of GLSS and helping people facing significant health and social challenges to remain living independently, safely and with dignity. The broad range of services GLSS offers helps eligible consumers of all ages live healthier lifestyles and remain living independently in the community.

12:30-1:00
Auditorium



Diane Reynolds - SHINE Representative Swampscott Senior Center

Diane has been with the Center for 6 years and had previously been in management at Salem Hospital, NSMC and North Shore Physician's Group. The SHINE (Serving the Health Insurance Needs of Everyone) program provides free health insurance information and counseling to residents with Medicare and their caregivers, Also, people who are about to become eligible can meet to learn about benefits and options available.

12:30-1:00
B-129



Beth Gray-Nix - AARP Homefit Representative

Beth will explain how to help people live safely and comfortably by enabling where they live to be a "lifelong home," suitable for themselves and others in their household, no matter a person's age or life stage. There are more than 100 tips and suggestions for each room that are doable regardless of housing type or ownership status.

1:00-1:50
B-129



Judith Black - Local Story Teller & Comedian

Judith's traditional and original stories keep the audience laughing! A creator and teller of tales for over 30 years, her stories wrestle with everything from familial dysfunction, to the search for spiritual connection, to the questionable joys of aging. Her background in theater, early childhood development, political activism, and wryly observed life, inform her work.

**1:10-1:40
Auditorium**



Emily Righter (PT, DPT, GCS) - The Center for Balance, Mobility and Wellness

Emily, Clinical Director of the Center, enjoys treating patients with gait and balance impairments and vestibular disorders to assist in the improvement of overall functional mobility and independence. She has a Certificate of Competency in Basic and Advanced Vestibular Rehabilitation and Cervicogenic Dizziness, and is also a Board Certified Clinical Specialist in Geriatric Physical Therapy. Most recently, she expanded her knowledge and expertise by attending the Parkinson's Foundation Team Training.

**1:40-2:10
Auditorium**



Panel Discussion - Asking for Help & Creating Your Village in Life Changes

If daily life activities become a bit more difficult, there are different solutions for those that want to remain independent in their homes. One option is creating your "village" to help seniors live purposely, independently, safely, and socially in their own homes. Alyce and Sabrina will give an overview of the village movement and will answer any questions you may have.

**2:00-2:45
B-129**



Alyce Deveaux is currently Executive Director of Seaglass Village and was the Director of the Swampscott Library. She is a member of the Swampscott for All Ages Committee and is also a member of the action team to make Swampscott a Dementia Friendly Town.



Sabrina Cloptin (LICSW) is the Outreach Social Worker at the Senior Center and has worked with diverse populations across the lifespan. In the past, she provided outpatient therapy at a busy North Shore private practice. She is passionate about improving mental health through fostering intergenerational and cultural connections.



Patricia and Jerry Kreitzer are members of the leadership team on the Shir Chesed Committee of Congregation Shirat Hayam. They will shared their work of loving-kindness and supporting life changes including bereavement, illness and celebrating joys. Patricia and Jerry have been part of the leadership team for 5 years, and assist in the direction of over 65 volunteers that make up Shir Chesed's nine caring teams

Richard Frenkel - Technology for Caregivers

Richard is a caregiver for a relative and will be talking about how he uses technology to support and help keep his family member independent in their home. He will talk about setting up an internet connection, using home automation to allow one to "drop in" and control the TV and other devices, how to set up voice commands to replace remotes, setting up a camera, and an actual demo. Using technology is an option to assure that someone will be there when needed.

**2:20-2:45
Auditorium**

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