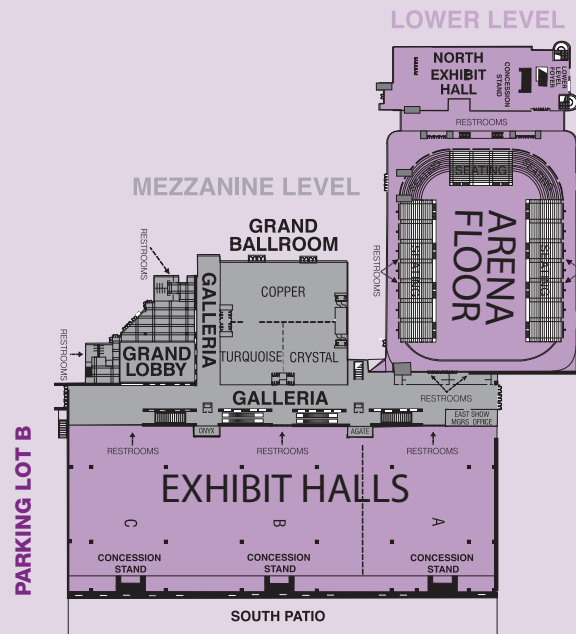


# The Resilient Caregiver: Embracing the Spiritual Journey

Tucson Convention Center  
260 S. Church Avenue  
Tucson, AZ 85701



PSALM 119:105

*Thy word is a lamp  
unto my feet,  
and a light  
unto my path.*

**IMPORTANT NOTE:**

Event will be held in the Tucson Convention Center's Turquoise Ballroom. Please park in Lot B and enter through the Grand Lobby. Parking is FREE.

Saturday, March 13, 2010  
8:00 a.m. – 1:00 p.m.  
Tucson Convention Center

Sponsored by



and



Roman Catholic  
Diocese of Tucson

# The Resilient Caregiver: Embracing the Spiritual Journey

**8:00 a.m. – 8:45 a.m.**

Registration & Resource Fair  
Continental Breakfast provided

**8:45 a.m. – 9:00 a.m.**

Welcome – **Most Rev. Gerald F. Kicanas, DD,**  
*Bishop of Tucson*

Inspiration Message – **Jude A. Magers, MAPT, MSN**  
*Vice President and Chief Mission Integration Officer*  
*Carondelet Health Network*

Conference Moderator: **Paul N. Duckro, PhD,**  
*Director, Office of Child, Adolescent and Adult Protection*  
*Diocese of Tucson*

**9:00 a.m. – 9:45 a.m.**

Keynote Address:  
**A Personal Story: Heartaches and the  
Light at the End of the Tunnel**

Keynote Speaker: **Anne Morrison, MPA,**  
*Director of Education, University of Arizona Center on Aging*

**9:45 a.m. – 10:15 a.m.**

Break

**10:15 a.m. – 11:00 a.m.**

Presentation:  
**The Sacred Path of Caregiving**

Presenter: **Jan Sturges, M. Ed., LPC,** *Caregiver Coordinator*  
*University of Arizona Life & Work Connections*

**11:00 a.m. - 11:45 a.m.**

Panel Discussion:  
**Having Conversations We're Afraid to Have,  
Overcoming Obstacles We Hate to Face**

Presenter: **Karen Chandler, MD,** *Clinical Medical Director*  
*Carondelet Hospice and Palliative Care*

Panelists: **Steve Arthur, David Anderson, Norma Patrick**

**11:45 a.m. – 12:15 p.m.**

Audience Questions

**12:15 p.m. – 1:00 p.m.**

Gifts, Takeaway Resources provided Resource Fair

## *A Personal Story:*

### *Heartaches and the Light at the End of the Tunnel*

Presented by: **Anne Morrison, MPA,** *Director of Education*  
*University of Arizona Center on Aging*

We often find ourselves in a caregiver's situation before we have had the option to take on the role and we cannot see the light at the end of the tunnel. Anne will share her personal and emotional journey as a caregiver and the many difficult obstacles she faced. Her story will help you to realize that you should not feel alone on this journey as you seek a light at the end of the tunnel.

## *The Sacred Path of Caregiving*

Presented by: **Jan Sturges, M. Ed., LPC,**  
*Caregiver Coordinator*  
*University of Arizona Life & Work Connections*

Healing, reconciliation, resolution and forgiveness... These are all issues a caregiver must address, even in the face of constant adversity. Jan will take you through a valuable table exercise, which can help you find *inspiration through adversity*. She will provide important tips and resources you can use everyday to keep you resolute on your sacred path as a caregiver.

## *Having Conversations We're Afraid to Have, Overcoming Obstacles We Hate to Face*

Presented by: **Karen Chandler, M.D.,**  
*Clinical Medical Director*  
*Carondelet Hospice and Palliative Care*

Panelists: **Steve Arthur, David Anderson, Norma Patrick**

Every caregiver struggles with conversations they wish they did not have to have and obstacles they wish they did not have to face. Our panel will share their personal experiences, providing hope as they describe how they overcame obstacles along the way. Dr. Karen Chandler will show you why it is so important to ask for help and where to easily find the resources you need as you travel this difficult, but necessary, path.

2010 CAREGIVERS' CONFERENCE

## **The Resilient Caregiver: Enbracing the Spiritual Journey**

Saturday, March 13, 2010, 8:00 a.m. – 1:00 p.m.  
Tucson Convention Center

### REGISTRATION FORM

Place in an envelope with \$10.00 admission fee and mail to:

**Caregiver Conference**  
Carondelet Foundation  
120 N. Tucson Blvd.  
Tucson, Arizona 85716

Make Check Payable to: **Carondelet Health Network**

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Contact Phone \_\_\_\_\_

Contact Email \_\_\_\_\_

Who are you a caregiver for?

\_\_\_ Spouse \_\_\_ Parent

\_\_\_ Other Family Member

Other \_\_\_\_\_

How did you hear about this conference?

\_\_\_\_\_

Would you like a FREE copy of The Resilient Caregiver Resource Book? (*Will be provided to participants at Conference*)

\_\_\_ Yes \_\_\_ No

If yes, would you prefer a copy of the book in

English \_\_\_\_\_ or Spanish \_\_\_\_\_

**Important note:** TCC map provided on back of brochure.

For more information, contact Mary Louise Luna,  
Caregivers' Conference Chair at 520-873-5006.