



32<sup>nd</sup> Annual Southern Maryland  
*Caregivers Conference*

*Friday, April 11, 2025*

Southern Pines Senior Center  
Lusby, Maryland

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# Caregivers Conference

Friday, April 11, 2025

Southern Pines Senior Center, Lusby, Maryland

*Presented by*  
**The Calvert County  
Office on Aging**

*In Cooperation with:*  
The Charles County Department of Aging  
and Human Services  
and  
St. Mary's County Department of Aging  
and Human Services

A special thank you to our top sponsor:



*Caregivers are people who care for and are concerned about older people.*

**Caregiving may include many different activities such as:**

- Caring for someone in your home
- Assisting with household chores, shopping, transportation, medical appointments, legal and financial arrangements
- Visiting someone in his or her home
- Other activities that emphasize your concern about, and responsibility for, the well-being of an older person

# Conference Schedule

8-8:45 a.m.

## Registration, Exhibits and Continental Breakfast

8:45-9 a.m.

## Conference Welcome

9-9:40 a.m.

### Opening Plenary: Transforming our Approach to Aging Well and Healthy Longevity in Maryland

**Carmel Roques, Secretary of Aging, Maryland Department of Aging**

Guided by a vision to transform institutions, systems and norms so that all Marylanders lead long lives that are healthy, financially secure, socially connected and purposeful, Secretary Roques will review the role of the Maryland Department of Aging and how the agency is working to fundamentally transform how we approach aging in Maryland.

She will outline the recently released Longevity Ready Maryland (LRM) Multisector Plan for Aging and its four Epic Goals, and explain how taking a longevity approach in governmental policy will help Maryland plan and prepare for the challenges and opportunities of a growing older population.

Secretary Roques will highlight the department's efforts to advance the implementation of the National Strategy to Support Family Caregivers through the Maryland Caregiver Navigation Grant, a partnership between the departments of aging, human services, disabilities and health and the Maryland Commission on Caregiving.

She will also review the department's recently launched innovative LRM Data Dashboard designed to track demographics that impact aging and longevity and create a more accurate picture of future needs, including paid and unpaid caregiving.

9:45-10:45 a.m.

## Breakout Sessions I

### A. Maximizing Healthcare Resources on the Highway to Health: Promoting Health Equity Among Seniors

**Meka Blizzard, MSN/Ed., RN (Health Equity Supervisor, Calvert County Health Department)**

This presentation will explain how *Highway to Health* can promote equity for seniors by ensuring that older adults have fair and equal access to resources, services and opportunities that allow them to live healthy, fulfilling lives. The *Highway to Health* team recognizes that seniors may face unique challenges due to age, health, financial status or other factors, and seeks to address these disparities to ensure that all seniors, regardless of background or circumstances, can thrive. Senior citizens should maximize their local healthcare resources for several important reasons, all of which contribute to better overall health, quality of life and independence.

### B. Understanding Private and Public Guardianship

**Maura Vilkowski, LCSW-C, Adult Services Supervisor with the Calvert County Department of Social Services and Amanda Seymour, Guardianship Case Manager with the Calvert County Office on Aging**

The presentation will explain the differences between private and public guardianship, guardianship as a last resort and when guardianship is necessary.

### C. Nursing Home and Assisted Living 101

**Christina McMahon, Long Term Care and Foster Care Medicaid Specialist with the Calvert County Department of Social Services and Amy Boucher, Long Term Care Ombudsman with the Calvert County Office on Aging**

In this informative session, we will explore the vital role of the Ombudsman Program in advocating for the rights and well-being of

# Conference Schedule

residents in nursing homes and assisted living facilities. You'll gain practical guidance on how to navigate available resources when selecting a facility, understand payment options for care and gain a clear understanding of the rights residents are entitled to once admitted.

## D. Assistive Technology and Independence

**Stacy Tobin, Independent Living and Assistive technology Specialist (IL/AT, Southern Maryland Center for Independent Living (SMCIL)**

The presentation will provide information on various forms of Assistive Technology (AT, how AT can facilitate independence and the costs associated with various forms of AT. Various methods of assistive technology will be demonstrated as well as information provided about short-term loans available from the Southern Maryland Regional Assistive Technology Loan Library housed at SMCIL. Information will also be provided about SMCIL's grant assistance for obtaining Assistive Technology needed to promote independence.

## E. Home Safety Tips for Caregivers

**Keith Hicks, Calvert County Sheriff's Office**

Due to the busy and strenuous nature of caregiving, sometimes it's easy to forget the essentials of home safety. This session will offer reminders and important tips for all of us to keep our loved ones, and ourselves, safer in our homes.

**10:45-11:15 a.m.**

## Break and Exhibits



**11:15 a.m. to 12:15 p.m.**

## Breakout Sessions II

### F. Dementia Basics featuring Dementia Live®

**Alena Dailey, Integrative Arts Manager, CDP, Hospice of the Chesapeake**

Collectively, we will explore fundamentals of dementia, followed by a brief session of the Dementia Live experience, concluding with valuable tips for successful family and caregiver visits. Dementia Live® stands as an impactful dementia simulation, immersing participants in the intricacies of life with dementia. This results in a profound comprehension of the experience of living with cognitive impairment and sensory changes.

### G. Medication Management and Your Pharmacy

**Prakruti Shah, PharmD, MPH and Vipul Shah, B.S., Business Administration and Psychology**

Expert wife and husband team discuss many of the free services they offer patients at their independent pharmacies, such as medication adherence packaging, home delivery, immunizations and medication management. Their long-term relationship with the medical providers in the area give them a unique perspective on working with providers. patients and their caregivers to ensure you receive the best pharmacy care possible.

### H. Building Resilience in the Caregiver

**Ed Sullivan, AAA Director/Division Chief, Calvert County Office on Aging and 2d Lt, Maryland Wing, Civil Air Patrol, U.S. Air Force Auxiliary, Chaplain Corps Character Development Instructor**

This session stems from a belief that resilience, fortitude and wellness can be built and cultivated by each individual. Resilience can be learned. The session will present a model and framework designed to encourage, challenge and strengthen you during your caregiving journey.

# Conference Schedule

## I. Veteran Services: Southern Maryland for Independent Living (SMCIL)

**Pamela Ford, deputy Executive Director, SMCIL**

SMCIL empowers veterans to come together, support each other, receive assistance in applying for benefits and get connected to service through Veterans Service Officers and other organizations. Attendees will learn about the Veterans Training Center and the Disabled Veteran Support Network, all coordinated through the Southern Maryland Center for Independent Living.

## J. Have you wondered about the term “behavioral health”?

**Kim Burton, B.A., Geriatric Mental Health Specialist**

Behavioral health is a term mostly used by professionals in health and human service work, but we should all know what it means because more than half of the U.S. population will experience a behavioral health disorder in our lifetime! Older adults are at higher-than-average risk for developing a behavioral health disorder simply because of common age-related changes. Come learn about this topic and ways to support your own behavioral health.

**12:15–1 p.m.**

## Lunch and Exhibits

**1–2 p.m.**

## Breakout Sessions III

### K. Coping with Challenging Behaviors Associated with Dementia

**Georgia Stevens, PhD, APRN, PMHCNC-BC, Educator and Consultant**

The widespread prevalence of agitation and disruptive behavior among elders with dementia impacts negatively on elders’ quality of life and caregivers’ stress. This session will assist caregivers to become skillful in identifying and managing selected behavioral problems, with an emphasis on prevention and

de-escalation. Caregiver stress management and well-being will also be addressed.

### L. Helping Your Loved Ones with Diabetes

**Sheila Gallagher, MS, RD, CDCES, Calvert County Office on Aging Dietician**

Hands on, interactive discussion on complex diabetes management. New trends in blood glucose monitoring, latest insulin therapies and current diabetes research will be reviewed. There will be an in-depth review of nutrition guidelines for diabetes and goal setting for the greatest success and optimal health improvement. Learn how you can make a difference in the life of someone with diabetes. Participants will gain a clear understanding of diabetes pathophysiology and treatment for improved blood glucose and HgbA1c.

### M. Planning for the Future: Essential Tools for Caregivers

**Brian Ritter Jr., ESQ. Founder and Managing Partner of Ritter Elder Law & Estate Planning**

Join Mr. Ritter of Ritter Elder Law & Estate Planning as he explores the critical legal tools every caregiver should understand. This session will cover wills, powers of attorney, trusts, Medicaid planning, probate and other essential elder law matters. Learn how to secure your loved one’s financial and healthcare future, protect assets, navigate the complexities of long-term care planning and ensure a seamless transition of responsibilities. Gain valuable insights into how these documents work together to provide peace of mind and stability for your family.

### N. Emergency Preparedness for Older Adults

**Kara Buckmaster, MS, CEM, Emergency Management Specialist, Calvert County Emergency Management**

Southern Maryland is a great place to live and work because of its innate vitality, but that does not mean it is completely without risk. In this session, Emergency Management staff will provide an overview of the natural and human-caused

# Conference Schedule

threats and hazards that affect Southern Maryland. Afterward, participants will learn how to develop a family communication plan, build an emergency kit, sign up for emergency alerts and make themselves and their homes more resilient to future disasters.

## O. Where do I begin? Navigating Aging and Disability Resources in Southern Maryland

Jenna Cisse, Laura Hardesty, Jessica Long and Kristy Matchett of Calvert County Office on Aging, Ruth Anderson-Cole of Charles County Department of Human Services and Jenny Beyer of St. Mary's County Department of Aging & Human Services

Maryland Access Point (MAP) is a single point of entry and support for caregivers, their loved ones and the community. In this session the attendee will gain information about MAP services in each county of Southern Maryland tri-county area, how caregivers may benefit and receive assistance in accessing programs, assessment for activities of daily living, dementia care navigation, information on long term support services and more.



2-2:30 p.m.

## Closing Plenary

### Reducing Stress Through Pet Therapy

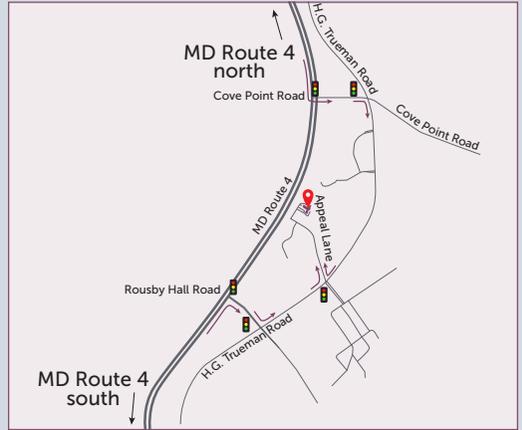
Pets on Wheels will be available share how pets can reduce stress for both the caregiver and the care recipient. There will be pets on site.

2:30 p.m.

## Conference Concludes

# Directions

## Southern Pines Senior Center (inside the Southern Community Center) 20 Appeal Lane, Lusby, Maryland 20657



**From Prince Frederick, Calvert County:** Take MD Route 4 south for approximately 15 miles. Turn left at the traffic light onto Cove Point Road. Turn right at the traffic light onto H.G. Trueman Road. Turn right at the traffic light onto Appeal Lane. Travel approximately one mile – the road will end as you turn right at the center.

**From St. Mary's County:** Take MD Route 235 to Route 4 north. Travel approximately six miles crossing the Thomas Johnson Bridge entering Solomons, Maryland. Continue north through two traffic lights. Turn right at the third traffic light onto Rousby Hall Road. Turn left at the traffic light onto H.G. Trueman Road. Turn left at the traffic light onto Appeal Lane. Travel approximately one mile – the center entrance is on your right as the road ends.

**From Charles County:** Take MD Route 231 east for approximately 12 miles into Calvert County. After passing through the traffic light at Prince Frederick Blvd., turn right at the following traffic light and merge onto MD Route 4 south. Take MD Route 4 south for approximately 15 miles. Turn left at the traffic light onto Cove Point Road. Turn right at the traffic light onto H. G. Trueman Road. Turn right at the traffic light into Appeal Lane. Travel approximately one mile – the center entrance is on your right as the road ends.

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## Registration Form

The registration fee for the conference is \$45, and covers conference materials, continental breakfast and a boxed lunch.

Name	
Street Address	
City, State, Zip Code	
Daytime Telephone number	
Email address	

I would like to attend the following breakout session(s):

### Breakout Session I – 9:45-10:45 a.m.

First Choice:	A	B	C	D	E
Second Choice:	A	B	C	D	E

### Breakout Session II – 11:15 a.m. to 12:15 p.m.

First Choice:	F	G	H	I	J
Second Choice:	F	G	H	I	J

### Breakout Session III – 1-2 p.m.

First Choice:	K	L	M	N	O
Second Choice:	K	L	M	N	O

**Please mail a check or money order payable to the Southern Pines Senior Council, Inc. no later than March 28, 2025. PLEASE INCLUDE YOUR PHONE NUMBER ON THE CHECK and the name/names of who is attending.**

Please send your check and this registration form to:

Calvert County Office on Aging

ATTN: Lisa Caudle

450 W. Dares Beach Road

Prince Frederick, MD 20678

For more information, please call 410-535-4606, ext. 8755 or email:

[Lisa.Caudle@calvertcountymd.gov](mailto:Lisa.Caudle@calvertcountymd.gov)

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