

## 2009 Well Spouse Association Conference Schedule

Oct. 23 – 25 Doubletree Hotel, Annapolis, MD

**Wed. Oct.21** Hospitality Room Open 5 pm – 11 pm (Windward and Concourse Lobby)

**Thurs. Oct.22** Hospitality Room Open 8 am – 11 pm (Windward and Concourse Lobby)

7 pm – 8 pm **Caregiver Journey Workshop Presentation demo: *Richard Anderson***

(Windward) Early conference-goers are welcome to see our WSA workshop presentation, and to prepare to help present it on Sunday morning. A copy on CD will be given to each participant.

**Friday, Oct.23** Windward Room available from 8 am – 11 pm

Noon – 3 pm Board meeting (Windward Room)

4 pm – 7 pm Registration (Main Concourse)

4 pm – 6 pm Hospitality (Windward and Concourse Lobby)

Includes informal Welcome for first-time attendees

6 pm – 7 pm Cocktail hour (Main Concourse)

7 pm – 10 pm Dinner (Mainsail Ballroom –Main & East)

**Presidents' Welcome: *Richard Anderson & Larry Bocchiere***

**Keynote Address: Survival Strategies for Long-Term Mainstays**

***Janet Cromer, Former Well Spouse***

Using material from her forthcoming book, *Professor Cromer Learns to Read: A Couple's New Life after Brain Injury*, Janet will speak about how family caregivers often move back and forth on a continuum for many years -- providing acute care, rehabilitation, habilitation, stabilization, and end of life care. She will share strategies that can help long-term well spouses recognize and survive the challenges, stress, and demands of caregiving.

**Saturday, Oct.24**

Windward Room available from 8 am – 11 pm

7:30 am – 9:00 am Breakfast (Mainsail Ballroom – West)

8:00 am – 9:00 am Yoga (Windward Room) ***Jerry Bishop, Well Spouse***

Jerry Bishop will play a DVD yoga session and be on hand to lead and encourage participants.

### **SATURDAY WORKSHOPS** (All in Coastal Rooms)

*Session 1 9:00 – 10:20 am Choose one:*

**“When is Hospice Appropriate?”** *Erwin Abrams, President of Hospice of the Chesapeake*

Misunderstandings abound regarding Hospice’s role in the care of those with progressive illnesses. Erwin Abrams will clarify the types of services available through Hospice and will explain how we as well spouses can use these for our spouses’ benefit, often well before death is imminent. He will then answer our individual questions.

**“Rehab for The Spirit: Hers, Mine & Ours – Coping, Sometimes Even Thriving, Despite My Wife’s Profound Paralysis”** *Jack Fuhrer, Well Spouse*

Jack Fuhrer will talk about his experience in caring for his wife after her major stroke, and in designing rehabilitation activities that they could work on together, sharing their artistic and musical talents.

*Session 2 10:30 – 11:50 am Choose one:*

**“When a Well Spouse Feels Anger – Understanding, Coping and Letting Go”**, *Henriette Kellum, LCSW.*

Henriette Kellum will speak about her experience as a family therapist in helping spousal caregivers deal with anger. This anger may be about the “elephant in the room” (the illness), or it may be triggered by their ill spouses’ behavior, or other factors. She will discuss techniques for emotional adjustment to our situations.

**“Embarking on A New Voyage” – A Discussion for Formers**

***Jim Anderson, Janet Cromer, & Rona Auster, Former Well Spouses***

Former well spouses are those whose spouse has died, and who are making the transition to a new life. ( See Elizabeth Dean Vanasse’s *Transitioning from Well Spouse to Former Well Spouse* in the Member Experiences – Stories section of the WSA web page.)

Saturday Workshops (continued)

*Session 3 12:00 – 1:15 pm*

**Men’s Workshop: “All It Takes Is Duct Tape And ...” *Richard Anderson & Larry Bocchiere, Well Spouses***

The traditional men’s group at the conference, to discuss our take on spousal caregiving. Duct tape will be provided!

**Women’s Workshop: “Going for Our Dreams”, *Edie Brozanski, Well Spouse.***

Part of taking care of yourself is not letting your dreams fade but instead, identifying and cultivating them by thinking about them, writing them down, and making a plan to see them become reality.

*Lunch*

1:15 pm Lunch & time on your own -- Restaurants in the hotel; across the street; and downtown

1:15 pm **Support Group Leaders’ lunch and discussion** – Windward Room, Doubletree Hotel. Led by *Donna McQuade, Rona Auster, and Wendy Picardo. New President Larry Bocchiere and Past President Richard Anderson* will also be on hand.

*Tour*

4:00 – 5:00 pm Optional Narrated Cruise featuring Annapolis Harbor & the U.S. Naval Academy (rain or shine) -- \$12 – *Pay in advance, when registering for the Conference*

7 pm – 12 am Dinner (Coastal Room – West, Main and East)  
Awards & entertainment (Dance, with DJ)

**Sunday, Oct.25**

8:00 – 9am **Spirituality Session.** Informal discussion to share how your spirituality helps you cope with being a Well Spouse, or how being a Well Spouse has affected your spiritual beliefs.

9:00 – 10:30 am **Breakfast** (Mainsail East)

10:00 – 10:20 am **Caregiver Journey Workshop** presentation (Mainsail East) *Richard Anderson*

10:30 am **Closing Ceremony** (Mainsail Ballroom), *Rona Auster*