



Empowering Our Future

October 3, 2008

The Regional Learning Alliance

Cranberry Woods Drive

Cranberry, PA

www.therla.org

Hosted by Health Care for Health Care Workers

Sponsored by PHI Pennsylvania

www.coverageiscritical.org/empower

DRAFT Conference Schedule

7:30 – 8:00 a.m. Registration

Be sure to pick up your raffle tickets when you register!

8:00 – 9:00 a.m. Breakfast

Welcome... Tracy L. Lawless, Health Care for Health Care Workers,
Pennsylvania Campaign Coordinator

Plenary Breakfast Speaker... Former State Senator Allen Kukovich, Director,
southwestern Governor's Office

9:15 – 10:30 a.m. WORKSHOPS

Dealing with Dementia: Coping through Validation

This workshop provides an overview of the changes that occur in the brain with Alzheimer's disease and other age-related dementia disorders, the decline of communication skills in diagnosed individuals, and the use of validation techniques to temper behavior issues.

Presenter: Lois Lutz, MS, Education and Outreach Coordinator, Alzheimer's Association—Greater Pennsylvania Chapter

Mental Illness: the Benefits of Involving Families in Treatment and Recovery Planning"

A film ("Mental Illness: A Family's Story") and discussion will highlight the significance of the families' perspective in treatment planning. The session will offer strategies to overcome some of the barriers to incorporating meaningful

family input. Presenters will also highlight “what hurts” and “what helps” to illustrate what families seek from caregivers and mental health professionals.

Presenter: Sharon A. Miller, Director of Education and Outreach, NAMI Southwestern Pennsylvania

Grassroots Advocacy: When They Feel the Heat They See the Light

The workshop will cover the essential aspects of grassroots advocacy as it relates to health care reform. Activities will include skill-building exercises about how to communicate with legislators and other policymakers about health care reform. Attendees will hear from a professional lobbyist about the process of building relationships with legislators and learn about the current political landscape in Pennsylvania.

Presenter: Morgan Plant, Lobbyist, Morgan Plant and Associates

10:45 a.m. – 12:00 noon WORKSHOPS

Living on Less than \$20,000 a Year.

This session will offer practical personal finance and money management techniques such as comparison-shopping, meal planning, and *much* more.

Presenter: Janet Hooper

Communications: Bringing Your Best Self to the Workplace

At the end of this workshop you will have a better appreciation for the important role you play in your organization. You will have an increased awareness of the effect your presence has on others while strengthening your existing skills and learning new skills to help you communicate more effectively.

Presenters: Francine Finemen, PHI Pennsylvania —Training & Organizational Development Specialist

P. Afeefa Murray, PHI Pennsylvania —Coaching & Organizational Development Specialist

Grassroots Advocacy: When They Feel the Heat They See the Light

A repeat of the morning workshop (see above)

Presenter: Morgan Plant, Lobbyist, Morgan Plant and Associates

12:15 – 1:00 p.m. Lunch

Plenary Luncheon Speaker: Congressman Jason Altmire
Columnist and writer, Gary Rotstein, Pittsburgh Post-Gazette

1:15 – 2:00 p.m. Panel Discussion

How Direct Care Workers Advocate and Build a Sustainable Direct Care Worker Association in Pennsylvania and Other States

Panelists:

Roy Gedat, National Advocacy Director, Direct Care Alliance
Direct Care workers from Other States

2:15 – 3:00 p.m. Meeting of the PA Direct Care Workers Association

Membership; Activities; Introduction of DCW Advocacy Council and Come Care With Me Day

3:00 – 4:00 p.m. Closing

Presenter: Maria Elena DelValle, PHI New York — Training Manager

Raffle drawing