

THE CONFIDENT CAREGIVER *Conference*



2024 Schedule

8:15 am - Registration, sign up for chair massage, visit with exhibitors

10:00 am - Opening Presentation: Loretta Veney - Building Joyful Caregiver Experiences using Humility, Hope and Humor! -Auditorium

11:00 am - Breakout Sessions

- Breakout Session 1 - Caregiver Action Planning Panel - John Brownlee, Vickie Landes, Ryan Miracle, Karen Rowell - Auditorium
- Breakout Session 2 - The Care and Keeping of You - Jeff Carr - Classroom 126A Plecker
- Breakout Session 3 - Smoother Transitions: From Home to Home Away From Home

Kelly Ott - Classroom, Houff Building

12:15 p.m. - Boxed Honey Baked Ham Lunch (Variety of options including vegetarian)

1:00 p.m. - Breakout Sessions Repeat

2:00 p.m. - Amazing Tools to Lighten the Caregiver Load - Loretta Veney - Classrooms 126 A-C Plecker

2:50 p.m. - Overview of VPAS services and door prizes - Classrooms 126 A-C Plecker



About the Speakers

Loretta Veney



Loretta Veney is an author, motivational speaker and trainer who has delivered more than 300 speeches and presentations on dementia and caregiving since 2013. She and her Mom have been featured in the Washington Post, The New York Times, and AARP as well as on Good Morning America and in a PBS special featuring Alzheimer's Caregivers. Loretta specializes in moving caregivers from "I give up!" to "I've got this!"

Jeff Carr



Jeff Carr is the chaplain manager at Sentara RMH Medical Center. Prior to his current job, he served as a chaplain in two long term care communities and was a pastor of a congregation for over 9 years. Throughout those experiences, and others in life, he has witnessed the power of caregiving and has deep respect for those who are caregivers, and for those who receive the benefit of that care. Jeff appreciates storytelling, puns, and marveling at the tenacity and resilience of people.

More on Reverse

About the Speakers

Kelly Ott



Kelly Ott is a Certified Senior Advisor and a Certified Dementia Practitioner serving families in the Shenandoah Valley and surrounding areas. She has a background in clinical hospital and outpatient administrative roles. Kelly is also an artist who hosts events for caregiver support and therapy. She is actively involved in the Triad community for senior safety, Alzheimer's chair event planning, and walks. Her experience as a caregiver has given her firsthand knowledge of the challenges involved in caring for aging family members.

John Brownlee



John Brownlee is the Local Long Term Care Ombudsman for Rockingham, Rockbridge, Augusta, Highland, and Bath Counties and the cities therein. John's resident advocacy work is mostly carried out in Nursing Homes, Assisted Living and Residential Facilities. LTC Ombudsmen deal with a wide range of resident rights issues. Their work ranges from finding solutions to specific situations to facilitating "person-centered care" and culture change in long term care institutions.

Vickie Landes



Vickie Landes is a Case Manager at Valley Program for Aging Services (VPAS), connecting older adults and caregivers to the resources needed to assist them in living independently. She began her career working with seniors and caregivers at the Central and Western Virginia Chapter of the Alzheimer's Association, where she provided support and education to those affected by dementia. She has worked in both assisted and nursing care, providing therapeutic activities for patients.

Ryan Miracle



Ryan Miracle is a Certified Financial Planner® and an Accredited Investment Fiduciary™ with Wells Fargo Advisors. His focus is on educating and consulting clients through life's transitional periods (death, divorce, retirement, caregiving, etc.) and how to best plan and prepare for what may come. Volunteering in eldercare greatly impacted Ryan's awareness and understanding of the need for lifelong and generational planning. Working with primarily retirees for over two decades, he has seen what can be done to help best prepare those entering their autumn and winter years.

Karen Rowell



Karen L. Rowell is a graduate of the College of William & Mary School of Law and began practicing law in 2008 in Harrisonburg, Virginia. Ms. Rowell joined Clark & Bradshaw in 2018. She is a member of the National Academy of Elder Law Attorneys and a United States Navy Veteran. Ms. Rowell represents the elderly, the disabled, their families and advocates. Elder Law includes estate and incapacity planning, estate and trust administration, powers of attorney, advance medical directives, guardianships, conservatorships, planning with regard to Medicaid and Supplemental Security Income and fiduciary services.

We're glad you're here! Questions? Visit the VPAS table.

