

2023 VPAS CONFIDENT CAREGIVER CONFERENCE

Schedule

9:00 am - Registration, sign up for chair massage, visit with exhibitors

10:00 am - Welcome and Opening Keynote Presentation: Rhonda Moore: A Joyful Heart -Auditorium

11:00 am - Breakout Sessions

- Breakout Session 1 - End of Life Planning - Ralph Caldrony, MD - Auditorium
- Breakout Session 2 - Caregiver Wellness - Debi Kipps-Vaughan, Psy.D. - Room A
- Breakout Session 3 - Providing Healthcare at Home - Christen Bowman, BSN - Room G186
- Breakout Session 4 - Dementia: Education, Support, Hope - Kathy Guisewite, Heather Lawrence, Joyce Nussbaum - Room C

11:45 a.m. - Boxed Honey Baked Ham Lunch (Variety of options including vegetarian)

1:00 p.m. - Breakout Sessions Repeat

2:10 p.m. - A Day in the Life of a Caregiver - Caregiver Panel Presentation - Auditorium

2:50 p.m. - Closing remarks and door prizes - Auditorium



About the Speakers

Rhonda Moore



Rhonda Moore, MEd, is a daughter, sister, wife, mother and “Glammy” to seven grandchildren. After a career in higher education and healthcare, Rhonda is now a Trainer for Visiting Angels and a Dementia Educator. Rhonda believes a sense of humor is the key to a successful and fulfilling life and she can’t wait to share some humor with you!

Ralph Caldrony



Dr. Ralph Caldrony attended Washington and Lee University, class of 1972; MCV 1976; trained in Internal Medicine at the Medical University of South Carolina; Fellowship in Critical Care Medicine at the University of Florida. He spent seven years on the teaching medical staff at University of Kentucky Medical Center, then 25+ years in private practice in Lexington, KY. In addition to private practice, Dr. Caldrony spent eight years in the Army Reserves, volunteered with deployments to Germany; Iraq and Afghanistan. He has served as Medical Director at Rockbridge Area Hospice, on the RAH Board of Directors, and on the VPAS Board of Directors.

Debi Kipps-Vaughan



Dr. Debi Kipps-Vaughan is a professor in the Department of Graduate Psychology at JMU and a Licensed Clinical Psychologist. She has had a professional practice for over 20 years, including mental health wellness programming for educators and medical staff. She has engaged in research investigation of Youth Caregivers and has personal experience with elderly care giving. Debi has presented mental health wellness programs to school systems, organizations and professional development for providers at state level conferences and national conventions.

More on Reverse

About the Speakers

Christen Bowman



Ms. Bowman is a Bachelors's educated Nurse. She is a subject matter expert in skilled nursing, assisted living, residential living, and dementia support services. She has practiced at the bedside in multiple long-term care settings and has nearly a decade of experience in long-term care nursing. Over the last several years, Ms. Bowman has served as Director of Nursing in a continuing care retirement community. She earned her BSN from Western Washington University, and has experience as a certified nursing instructor and an anatomy and physiology instructor. She currently leads a team of nurses and CNAs and works with the interdisciplinary team at Summit Square Retirement Community.

Kathy Guisewite
Heather Lawrence
Joyce Nussbaum



Kathy Guisewite is the Caregiver Outreach Coordinator with VPAS and an adjunct professor at James Madison University and Bridgewater College. In those settings, Kathy works with college students to prepare them to offer respite to family caregivers. Her course educates students on the topics of aging, caregiving, and dementia while also building bridges across generations. She holds a BS in Elementary Education, a MEd in Deaf Education, and a MA in Counseling. **Heather Lawrence**, Caregiver Support Coordinator, has been with VPAS for one year. She is a graduate of James Madison University with a Bachelor of Social Work. **Joyce Nussbaum**, VPAS Director of Senior Services for Harrisonburg and Rockingham County, graduated from the Adult Degree Program at James Madison University in 2010 and has a degree in Social Sciences with a concentration in Gerontology and Family Studies. Joyce is a Master Trainer for several evidence-based programs including Chronic Disease Self-Management Education, A Matter of Balance, Tai Chi for Arthritis and Falls Prevention, Tai Chi for Memory, and Dealing with Dementia.

Mary Kay Adams
Leigh-Anne Lees
Tom Mizell



Mary Kay Adams has been a freelance musician, university music professor, music festival executive director, church elder, Boy Scout leader, and doting grandma to three young boys. She took early retirement to care for her husband and now volunteers for VPAS. **Leigh-Anne Lees** was a caregiver for her parents for nine years while caring for her three children. She is the Community Relations Director at VPAS. **Tom Mizell** is a caregiver for his wife of 55 years, Suzanne. They have known each other since the 10th grade and they have three sons.

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

