

Planning Committee



Helping the Helpers

*equipping those who interact
with family caregivers*



March 8, 2013

Helping the Helpers
Summit & Resource Fair

Desert Springs Community Church
14440 West Indian School Road
Goodyear, Arizona 85395



Welcome!

Thank you for attending the “Helping the Helpers - equipping those who interact with family caregivers” Summit. We are very thankful for our gracious host, Desert Springs Community Church, for providing us with this wonderful facility.

The Agenda we have put together contains lifetimes of experience in serving family caregivers in our communities. Our keynote speakers Dr. Mary Gurney, Lora Johnson and Dr. David Coon, have been specifically selected to help us understand how each of us can help those who are caring for a loved one.

Our message today is that each of us - in small ways or in large ways - can help transform our communities by coming together to provide support for family caregivers. By day’s end, we hope you will have received all you came for, and more.

From all of us on the planning committee, thanks again for attending and have a wonderful Summit!

Betty Lynch, Chair
West Valley Human Services Alliance



Mary Gurney, Ph.D., is an Assistant Professor of Pharmacy Practice at Midwestern University College of Pharmacy – Glendale (MWU-CPG).

She received a BS degree in Pharmacy from Drake University in 1987 and practiced as a community pharmacist for 8 years before returning to graduate school at the University of Wisconsin-Madison where she received her MS and PhD degrees in Social and Administrative Sciences in Pharmacy.

Dr. Gurney began her academic career at South Dakota State University College of Pharmacy where she taught for 3 years before moving to Midwestern University College of Pharmacy – Glendale in 2007 where she currently teaches Patient Decision-Making, Pharmacy Law and Public Policy, and Motivational Interviewing.

Dr. Gurney is a member of American Association of Colleges of Pharmacy, American Pharmacists Association, Academy of Management, Arizona Pharmacy. She serves on the editorial board for the journal, Research in Social

Attending Organizations

A New Leaf	Foster Care Review Board
About Seniors	Fountain of Life Lutheran Church
ABRiO Family Services	Geriatric Resources
Adultcare Assistance Homecare	Gila River Indian Community
Alzheimer’s Association	Good Neighbor Support Services
American Lutheran Church of Sun City	Hospice of Arizona
Area Agency on Aging	Hospice of the Valley
Arizona Attorney General’s Office	Johnson & Associates PLLC
Arizona Caregiver Coalition	Joni and Friends
Arizona Department of Economic Security	La Familia
Arizona Fiduciary Association	Littleton Elementary School District
Arizona Living Well Institute	Long Term Care Solutions
Arizona State University	Lord of Life Lutheran Church
Arizona’s Children Association	Maricopa County - SAIL Program
ArizonaSERVES	Maricopa County Public Fiduciary
ASU School of Social Work	Midwestern University College of Pharmacy
AZ Links	NAU Civic Service Institute
Banner Boswell Medical Center	Office of the Arizona Attorney General
Benevilla	Office of Faith and Community
Benevilla Sun City Caregivers	Peace Lutheran Church
Blessings! For Seniors	Pendergast Elementary School District
Braille and Talking Book Library	Peoria Unified School District #11
Care 1st Gila Bend Resource Center	Phoenix Public Library
Care 1st Health Plan of Arizona	Scottsdale Healthcare
Caregiver	Southwest Lending Closet
Childhelp	Southwest Network
Christ Presbyterian Church	Sun Health La Loma Care Center
Christian & Isham LLC	Synergy Home Care
City of Glendale	Tolleson Elementary School District
City of Litchfield Park	Total Transit
City of Scottsdale	UPTOHIM Ministries
Community Justice Support Services	West Valley Human Services Alliance
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Resource Fair Exhibitors

- About Seniors:** Christina Cave, christina@aboutsensorsaz.com
- Alzheimer's Association:** Abbie Cimino, acimino@alz.org
- Area Agency on Aging:** Alfredo Gonzalez, alfredo.gonzalez@aaaphx.org
- Arizona Attorney General's Office:** Viviana Jacques, viviana.jacques@azag.gov
- Arizona Caregiver Coalition:** David Besst, dbesst@azdes.gov
- Arizona Fiduciary Association:** Cathy Yoshida-Corella, yoshidac@mail.maricopa.gov
- ArizonaSERVES:** Chuck Fitzgerald, cfitzgerald@azdes.gov
- AZ Links:** David Besst, dbesst@azdes.gov
- Benevilla:** Regina Thibideau, rthibideau@benevilla.org
- Blessings! for Seniors:** Steve Kramer, steve@blessingsforseniors.com
- Braille and Talking Book Library:** Christine Tuttle, ctuttle@azlibrary.gov
- Care1st Health Plan of Arizona:** Brandon Newman, bnewman@care1st.com
- DES Aging & Adult Services:** David Besst, dbesst@azdes.gov
- Duet:** Brett Petersen, petersen@duetaz.org
- Geriatric Resources:** Crystal Littlejohn, crystal@geriatricresourcesaz.com
- Hospice of Arizona:** Judy VanDellen, judy.vandellen@americanhospice.com
- Southwest Lending Closet:** Rose Schmidt, kpings1@cox.net
- Sun Health La Loma Care Center:** Mary Davidson, mary.davidson@sunhealthsl.org
- Synergy Home Care:** Midge Nelson, mn@synergyaz.com
- Total Transit:** Ron Barnes, rbarnes@totaltransit.com

Key Resources

2-1-1 Arizona (www.211Arizona.org) 2-1-1 Arizona serves all of Arizona all day every day by handling more than 1.2 million requests each year for help with health and human services through their call center and website.

Arizona Caregiver Coalition (www.azcaregiver.org) The mission of the Arizona Caregiver Coalition is to create awareness of caregiving issues and improve the quality of life for caregivers and care recipients through advocacy, information and education, support, and access to resources.

ArizonaSERVES (www.ArizonaSERVES.gov) Connecting the faith community with the systems of care for Foster Care Participation, Free or Reduced Cost Child Care, Supervised CPS Visitations, Elder Independence & Grandparents Raising Grandchildren, and Transportation for the Underserved.

AZ Links—Aging and Disability Resource Center (www.AZLinks.gov) AZ Links helps Arizona seniors, people with disabilities, caregivers and family members locate resources and services.

Caregiver Resource Line (888-737-7494) Caregiver Resource Line volunteers work with family caregivers and others seeking information and assistance finding resources.

and Administrative Pharmacy and has served as a Continuing Pharmacy Education Program Reviewer for the Accreditation Council for Pharmacy Education.



Lora G. Johnson is a native Arizonian. She earned a scholarship to Arizona State University, where she received her Bachelor of Arts in Psychology and graduated from Barrett Honors College, the first member of her family to earn a university degree. Her research was published in the Journal of Personality and Social Psychology. She earned her Juris Doctorate from Arizona State University.

Lora practiced with a large local estate planning firm for eight years, six years as an attorney. She focused in the areas of estate planning, small business planning, and Medicaid/Long term care planning, opening her own practice in 2006.

Lora believes that quality customer service is vital. She enjoys doing community service with various local women's groups, and serves on the Regional Leadership Counsel for Alzheimer's Association and caregiver support group. She has a very diverse background as a talented artist, seamstress, and pianist, and loves to travel with her family. She has visited Sweden, the land of her ancestors, several times.



David W. Coon, Ph.D., is the Associate Vice Provost, Health Solutions, and Professor in the College of Nursing & Health Innovation at Arizona State University.

He previously served as the Associate Director of the Older Adult Center of the VA Palo Alto Health Care System and Stanford University School of Medicine and Research Scientist at UCSF/Mt. Zion Institute on Aging in San Francisco.

Dr. Coon designs and implements a variety of intervention projects, such as CarePRO and EPIC, that focus on diverse groups of midlife and older adults facing chronic illnesses (e.g., AD/DR, cancer, depression) and their family caregivers. He has co-developed several empirically based treatments recognized by the American Psychological Association to help treat late life depression and family caregiver distress.

A fellow of the Gerontological Society of America, Dr. Coon's work has been funded through federal and foundation grants, including the National Institute on Aging, the National Cancer Institute, and the U.S. Administration on Aging and it appears in variety of national and international scientific journals.

8:00 a.m. Resource Fair & Continental Breakfast

9:00 a.m. Welcome and Opening Remarks

Greetings and Invocation from our host Pastor Don Engram, Desert Springs Community Church.

“Family Caregiving in Arizona” Chuck Fitzgerald leads the Arizona Department of Economic Security’s Office of Faith and Community. His opening remarks will set the stage for today’s guest speakers and panelists as he provides an update on family caregiving in Arizona.

9:30 a.m. Dr. Mary Gurney, Midwestern University

“What Influences a Person’s Decisions About Their Health? Some Things to Think About.” There are many things that influence the types of decisions an individual and their caregivers make about their health. Health beliefs and health literacy are two areas that impact individuals and their caregivers.

10:30 a.m. Resource Fair & Break

10:45 a.m. Lora Johnson, Johnson & Associates PLLC

“Elder Law and Long Term Care Solutions” Navigating systems is difficult for the family caregiver, quite simply because “they don’t know what they don’t know.” There are many choices to make regarding long term care, aging and disability law, health care and estate planning. A little knowledge clearly goes a long way!

11:45 a.m. Resource Fair & Lunch

12:30 p.m. Dr. David W. Coon, Arizona State University

“Caring for the Caregiver” Caregiving for family members or friends with a chronic health condition can impact physical health and emotional well-being, and can yield both social and financial consequences. Using Alzheimer’s disease as an example, Dr. Coon provides an overview of distress across the course of caregiving; the current state of intervention research designed to reduce caregiver distress across this trajectory; and, key tools and strategies demonstrated to reduce caregiver distress.

1:30 p.m. Resource Fair & Break

1:45 p.m. Leadership Q & A Panel

Moderator Betty Lynch, Chair of the West Valley Human Services Alliance, leads a panel of experts through a discussion of family caregiver topics to include self care, advocacy, finding resources, health care, long-term care and much more. Panelists are:

Nancy Bivins, Dignity Health

Jane Bruzzese, Benevilla

Christina Cave, About Seniors

Steve Kramer, Blessings! for Seniors

Crystal Littlejohn, Geriatric Resources

Kristina Mitchell, Hospice of Arizona

Julie Szubinski, Johnson & Associates

3:45 p.m. Resource Fair & Adjourn

Speakers / Panelists

Nancy Bivins, Dignity Health, nancy.bivins@dignityhealth.org

Jane Bruzzese, Benevilla, jbruzzese@benevilla.org

Christina Cave, About Seniors, christina@aboutsensorsaz.com

Dr. David Coon, Arizona State University, david.w.coon@asu.edu

Chuck Fitzgerald, Department of Economic Security, cfitzgerald@azdes.gov

Dr. Mary Gurney, Midwestern University, mgurney@midwestern.edu

Lora Johnson, Johnson and Associates, lora@johnsonstatelaw.com

Steve Kramer, Blessings! for Seniors, steve@blessingsforseniors.com

Crystal Littlejohn, Geriatric Resources, crystal@geriatricresourcesaz.com

Betty Lynch, West Valley Human Services Alliance, cats01@cox.net

Kristina Mitchell, Hospice of Arizona, kristina.mitchell@americanhospice.com

Julie Szubinski, Long Term Care Solutions, julie.ltcsolutions@cox.net