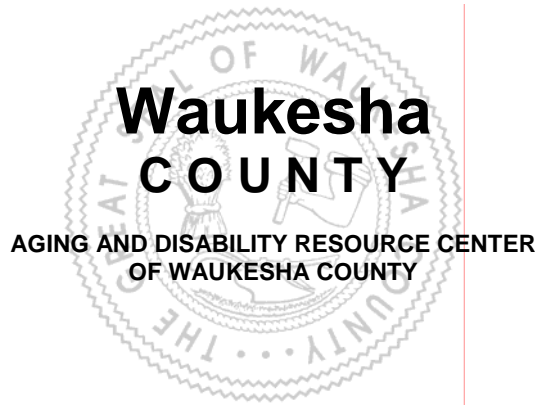


Daniel P. Vrakas
County Executive

Cathy A. Bellovary
Director



FOR IMMEDIATE RELEASE

Mailing Date: Monday, March 30, 2009

Contact: Aimee Henry, ADRC Specialist 262-548-7848

Family Caregiver Conference

Waukesha, WI– The Aging and Disability Resource Center of Waukesha County (ADRC) will hold the seventh annual Family Caregiver Conference on Tuesday, April 21 from 11 a.m. until 4 p.m. at the Country Springs Hotel. This conference is made possible by funding provided through the Older Americans Act Title III National Family Caregiver Support Program. The conference includes educational sessions, as well as exhibits from local agencies and businesses of interest to caregivers.

The keynote address, **Listening with your Eyes and Hearts**, will be presented by Kim Petersen, MD and Gail Petersen, PhD. In this session, caregivers will learn ways to enhance communication by interpreting non-verbal cues, controlling vocal **quality**, and supporting each person's unique personhood.

The second general session will be **Mirth for the Health of It: Therapeutic Humor**. Humor is a universal tonic which no one should live without. Persons with chronic illnesses cope better throughout their disease journey when they are able to enjoy levity. In addition, the burdens and frustrations of caregiving are eased when they are able to laugh now, rather than "someday." In this session, caregivers will learn to laugh well and often.

The day will conclude with a demonstration of **Drumming Therapy**. Presented by Kathryn Rambo, Drum Circle Music Practitioner, and Board Certified Music Therapist. People worldwide have experienced the benefits of drumming for centuries. Drumming accelerates physical healing; boosts the immune system, and produces feelings of well-being. Study results demonstrate that drumming is a valuable treatment for chronic illnesses and a wide range of physical disabilities. (e.g. stress, fatigue, anxiety, mental illness, hypertension, cancer, multiple sclerosis, Parkinson's disease, stroke)

A \$15.00 donation includes conference presentations, lunch and the gift of a relaxation CD. For more information or to register, please call the ADRC at (262) 548-7848.

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