# 13th Annual Native Caring A Conference to Learn, Connect, and Share

April 24- 25, 2018
Three Rivers Casino and Hotel
Florence, Oregon

Come join other caregivers of Native Elders and relative caregivers of children from Northwest Indian Communities for this two-day event. You will have the opportunity to attend valuable workshops which will enhance your caregiving skills and give you a refreshing break from you daily responsibilities.

### Hosted by: Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians

Other Partnering organizations: The Cow Creek Band of Umpqua Tribe of Indians, Coquille Indian Tribe,
Confederated Tribes of the Umatilla Indian Reservation, Confederated Tribes of Warm Springs, Confederated
Tribes of Siletz Indians, Confederated Tribes of Grand Ronde, The Klamath Tribes, Burns Paiute Tribe, AARP
and the DHS State Unit on Aging

For more information contact:

Doug Morrison, CTCLUSI (541) 997-6685

## 13th Annual Native Caring A Conference to Learn, Connect, and Share

Day One: Tuesday April 24, 2018

8:00 – 9:00	Breakfast Buffet (In the Events Center)
8:00 - 9:00	Registration
9:00 - 9:30	Opening Prayer, Flags, Welcome CTCLUSI Chairperson
	(Mark Ingersoll), Announcements, Energizer (Mitch Factor)
9:30 - 10:00	Polling/Evaluation (AARP)
10:00 - 10:15	Break
10:15 – 11:15	Wisdom Warriors (Becky Bendixen)
11:15 – 12 pm	Dealing with Conflict in Caregiving (Vicki Schmall)
12 pm – 1:15	Lunch (Hosted by The Confederated Tribes of the Umatilla
	Indian Reservation),
	Bonding Exercise, Committee Introduction (Mitch Factor)
1:15 - 2:30	Workshop Session I:
	Double Jeopardy (Rebecca Arce & Ada Osuna) Relieve Stress
	with Five Senses (Mitch Factor) Scams and Financial Fraud
	(Kevin Jeffries)
2:30 - 2:45	Break
2:45 - 4:00	Workshop Session II: Repeats of Session I
4:00	Wellness Walk – (Hosted by CTCLUSI)
5:00	Adjourn
6:00	Dinner – (Hosted by CTCLUSI)
7:00	Bingo / Entertainment

## 13th Annual Native Caring A Conference to Learn, Connect, and Share

Day Two: Wednesday April 25, 2018

7:30 – 8:30	<b>Breakfast Buffet</b> – Main Events Center
8:30 - 8:45	Opening: Blessing, Announcements, Energizer (Mitch Factor)
8:45 – 9:30	Deciding to Decide to Decide (Shelly Zylstra)
9:30 - 9:45	Break
9:45 - 10:45	Less Stress Through Prevention (Mitch Factor)
10:45 – 12pm	Native Wellness (Thosh Collins, Chelsey Luger)
12pm – 1:15	Lunch
1:15 – 2:30	Workshop Session I
	Medicare 101 (Miranda Mathae), Diabetes (Chris Shurrod),
	Living Life to your Fullest (Caroline Cruz)
2:30 - 2:45	Break
2:45 - 4:00	Workshop Session II: Repeats of Session I
4:00 - 4:30	<b>Polling, Evaluation</b> — (AARP)
4:30 - 5:00	Closing

#### **Thirteenth Annual Native Caring Conference**

April 24-25, 2018 **Three Rivers Casino Resort** Florence, Oregon

PLEASE PRINT CLEARLY	Please fill out one registration for each attendee.		
Name:			
Mailing Address:			
City:	State:	Zip:	
Daytime Phone:	Evening Phone:		
Group Affiliation & Tribal	·		

#### **Registration Fee:**

\$125 if received by March 19, 2018 \$150 if received after March 19.2018

(Registration fee includes Breakfast, lunch & dinner on day one; breakfast & lunch on day two.)

If you require a special diet or physical accommodations, please explain here:

#### **Hotel information:**

\*\*Please mention Native Caring Conference for these rates\*\*

#### No Refunds after April 3, 2018

#### Make checks payable to:

#### CTCLUSI

\*\*\*Note For: Native Caring Conference\*\*\*

Please Mail registration and payment to: Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians

> Florence, OR 97439 Attn: Doug Morrison

PO Box 2000

#### Three Rivers Casino Resort

(\$89 + tax; per night, limited availability) 5647 Highway 126 Florence, OR 97439

Individual Reservations:

Rebecca @ (541) 991-6585 (541) 997-7529

#### **Quality Inn Florence**

(\$99 + Tax per night) 2475 Hwy 101 Florence, OR 97439 Reservations: (541) 997-7797

