



## Caregiving Issues

[Caregiving Chronicles:  
Panel Discussion](#)

Writers R. Lynn Barnett, Elaine Scholly, and Gerald Wood discuss their caregiving experiences, what inspired them to write, and how they got their stories published.

[Confronting Death](#)

Cheryl Hemerson, a hospice professional and end-of-life doula, explains hospice care, what to expect at end of life, and how end-of-life doulas can help ease the transition.

[Embracing Memories](#)

Former Fox 10 TV Morning News host, Rick D'Amico, who retired to care for his wife Ruth, shares the impact of Alzheimer's on their lives.

[Finding Placement for  
Your Loved One](#)

Christina Cave, elder care placement specialist and owner of About Seniors, discusses logistical and emotional aspects of finding a safe place for your loved one.

[How to be a Positive  
Advocate](#)

Nancy Kriseman, licensed clinical social worker, author, trainer, and consultant, shares ideas and examples for handling sensitive and challenging situations while advocating for a care recipient.

[How to Communicate  
with Memory Loss](#)

Speech-language pathologist and author Susan Kohler shares techniques to enhance your ability to connect with your loved one experiencing memory loss.

[Journaling for Caregivers](#)

Anne Lackey and Bonnie Danowski share techniques in the art of journaling to help caregivers find inner strength, courage, and wisdom.

[Life Plan Communities](#)

Outreach Ambassador for Beatitudes Campus, Nancy Splain, discusses the services and amenities provided in life plan communities.

[Medical Cannabis](#)

Veronica Santarelli, CEO of Grassphealth, discusses benefits of medical cannabis for afflictions such as dementia, Parkinson's, and multiple sclerosis.



[Navigating Hospice Care](#)

Cameron Svendsen, MSW, LCSW, shares how choosing the right hospice agency early can improve symptom management, enhance family connections, and provide peace of mind.

[Strategies for Successful Caregiving](#)

Elaine Poker-Yount shares sixteen strategies to help you establish attainable goals, find appropriate focus for your unique situation, and direct you to pertinent and meaningful avenues for success.

[The Value of Arts](#)

Laura Hales, curator of learning and innovation at Scottsdale Arts, shares how art contributes to well-being and shows simple activities you can do with your loved one.

[Tips for Hiring a Caregiver](#)

Respected local home care agency owner and longstanding Duet advocate, Bob Roth, describes what to look for and expect when hiring a caregiver.

[Travel Well with Dementia](#)

Nurse and noted dementia expert, Jan Dougherty, presents practical tips and strategies to use before, during, and after a trip.

[Vitamin M \(Music\) for Dementia](#)

Amanda Marcum, board-certified music therapist, shares evidence-based benefits of individualized music and guides you to use music as a caregiving tool.

## Financial Information

[All About ALTCS](#)

What to know about Arizona Long Term Care System, which is health insurance for individuals who are age 65 or older, or who have a disability, and who require nursing facility level of care.

[Elder Law Estate Planning](#)

An experienced elder law attorney explains practical legal solutions for some of the issues that arise with aging.

[Getting Your \(Financial\) Docs in a Row](#)

Certified Financial Planner, Marie Burns, conducts this free virtual workshop demonstrating what it means to get your financial house in order.



[Lining Up Your Legal Documents](#)

Longstanding Duet advocate and former board member, Stacey Johnson, an elder-law attorney, discusses legal document preparation and planning.

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## Emotional Help

[A Conversation with Dr. Boss](#)

Dr. Pauline Boss discusses enduring concepts from her book, *Loving Someone Who Has Dementia*, with a special focus on stress, coping, and resiliency.

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[Caring for the Care Partner](#)

Therapist Michelle Zipser focuses on the caregiver experience and the complexities of caring for someone with cognitive impairment.

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[Family Support in Caregiving](#)

Shannon Arriola, MC and Family Coach, shares how to re-engage your family to participate through the caregiving journey in a skillful and compassionate way.

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[Growing Caregiver Resilience](#)

Susan Stern, caregiver coach, guides caregivers to see beyond the caregiving lens, reconnect with their own needs, and navigate this challenging season with support and personal growth.

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[Empathy Fatigue](#)

Dr. Barry Kerzin addresses the adverse impacts of empathy fatigue on our health and well-being.

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## Overall Senior Information

[Adaptive Technology](#)

From smart watches that detect falls, and stove alerts, to robotic pets, Tana M. Luger Motyka, PhD, MPH, discusses how technology can enhance lives.

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[Increase Your Immunity](#)

Naturopathic doctor, Yasaman Tasalloti, presents lifestyle practices, home therapies, and nutritional suggestions that can optimize your health.

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[Wishes Registered,  
Wishes Honored:  
Advance Directives](#)

Carla Sutter, MSW, explains the importance of completing advance directive forms and how to register yours in Arizona.

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[You Can Prevent Falls](#)

Elton Bordenave, PhD, of A.T. Still University, discusses how you can prevent falls and how to avert burn-out related accidents.

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## Family Caregiver Symposiums

[Amy O'Rourke and Dr.  
Frances Lewis](#)

Amy O'Rourke provides insight into caring for aging loved ones, regardless of their living situation, and navigating familial conflicts with compassion and understanding. Dr. Lewis sheds light on the complexities of caregiving relationships and offers strategies to navigate them with compassion, resilience, and mutual support.

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[Dr. Aaron Blight and Dr.  
Macie P. Smith](#)

Dr. Blight offers caregivers a framework for processing their experience and building resilience. Dr. Smith addresses the resistance many caregivers face from their loved ones and provides tips and tools to address it.

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[Dr. Aaron Blight and Dr.  
Robert Wicks](#)

Dr. Blight explains how caregivers can improve their capacity by adapting to their loved one's ever-changing circumstances. Dr. Wicks discusses resilience, self-care, and the integration of psychology and classic spiritual approaches to maintain a healthy perspective.

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[Dr. Pauline Boss and Dr.  
Arthur Kleinman](#)

Dr. Kleinman shares how the experience of caring for his wife transformed his thinking about our medical system and the need to put those who give care at its center. Dr. Boss discusses how new ambiguous losses have been compounded by the COVID-19 pandemic and how family caregivers can cope and stay resilient.

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## Respite Assistance

[Arizona Caregiver  
Coalition](#)

Find out how to apply for partial reimbursement for respite care through the Arizona Caregiver Coalition.



## **Ask the Doctor: Patricio Reyes, M.D.**

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[Bridging the Gap –  
Caring for Caregivers](#)

Dr. Reyes provides medical education to help ease and overcome some of the many life-changing challenges of caring for a loved one.

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[Common Dementias](#)

Dr. Reyes discusses current research, treatments, and medicines available to treat Lewy Body, Parkinson's, and Frontotemporal dementias.

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[Dementia and Traumatic  
Brain Injury](#)

Dr. Reyes speaks with several spouses of NFL players about the role as caregiver to those afflicted with cognitive issues likely stemming from hard-hitting football heydays.

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[Dementia in Strokes and  
Other Treatable  
Dementias](#)

Dr. Reyes highlights the diverse range of factors that can contribute to dementia and the treatability of vascular dementia associated with strokes.

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