

Journey to Hope – DC

Sibley Senior Association Invites You to the 9th Annual Journey to Hope — DC
A Conference for Alzheimer's Family Care Partners

SATURDAY, MAY 4, 11 A.M. TO 5:30 P.M.

555 Pennsylvania Avenue, NW, Washington, DC



Are you caring for a family member or friend who has Alzheimer's disease or related dementia? Feeling uneasy, under-informed or overwhelmed? Let us help! Join us in person to learn tips to create better days for you and your loved one. Meet other care partners to learn and share new ways of coping and caring for yourself and your loved one. Light refreshments will be served.



Having a Good Day – What Does That Look Like?

Karen Stobbe and Mondy Carter

We will offer tips on communication, understanding behaviors and having purposeful things to do during the day. You will walk away with new tools to use every day.

Improve with Improv

(attendees will be invited to participate with improv prompts)

Improvisation has guidelines to help you learn to be a better performer. They are parallel to how to be a good care partner. Guidelines such as: Yes And..., Go with the Flow and Listen Fully. Karen and Mondy will facilitate each guideline and show you how to apply it to your daily life.

Karen Stobbe changed careers from theater and improvisation to health care when her father was diagnosed with Alzheimer's. Since then, she has served as the director of education for Pioneer Network, written over 12 training programs and spoken all over North America.

Mondy Carter has worked as a commercial and stage actor for 30 years and now animates videos. He has produced over 200 training videos. Karen and Mondy were featured in Real Simple magazine, NPR's This American Life and performed a National TEDMED Talk.



Learning to Care for Yourself While Caring for Someone Else

Jane Van De Velde, D.N.P., R.N.

You will learn simple tools and practices you can use when you are feeling depressed, sad, angry or anxious. These practices may help you to feel relaxed, calmer, more grounded and balanced. You will have the opportunity to both learn and practice these techniques during this session.

Jane Van De Velde, D.N.P., R.N., is a Reiki master practitioner and teacher with 20 years of experience. Her professional background is in community-based nursing with an emphasis in home care and hospice. Jane received her doctor of nursing practice from Rush University in Chicago.

Door prizes will be awarded during the conference. You must be present to win.

The venue is two blocks from the Judiciary Square Metro stop (4th Street entrance) and the Archives-Navy Memorial-Penn Quarter Metro stop. Street parking is available.



Understanding Alzheimer's Disease and Related Dementias

Marti Bailey, B.S., C.S.A., C.D.P.,

C.A.A.D.C.T.

Interim Director of Community Affairs
Director of the Sibley Senior Association (SSA) and Community Health at Sibley Memorial Hospital

Register at smh.memberclicks.net/2024JourneyToHopeDCSSA,

email pnunez3@jhmi.edu or call 202-364-7602 before May 1.

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MEDICINE