

2019 Fall Conference



Sat., Nov. 2, 2019

1 - 4:30 p.m.

(doors open at 12:15)

Providence Portland
Medical Center
Cancer Center
Amphitheater
4805 NE Glisan St.
Portland, OR 97213

To register:

tinyurl.com/20191102NtJ
call 503-988-8210

Parking and Transit

Parking structures located
on both Glisan St. and 47th
Ave. TriMet bus line #19
directly serves the hospital.

- 1-1:45 pm **(Keynote) "Aging—everybody does it!"**
presented by Ann McQueen, Ph.D., Research and
Policy Integration Manager, APD, Oregon DHS
- 1:45-2 pm **"ADRC/211 resources,"** presented by Deborah
Spere
- 2-3:15 pm **"Technology and tools for aging,"** presented by
Joyce Sjoberg, RN, CMC, Owner, Aging Advisors
- 3:30-4:30 pm **"Making your wishes known,"** presented by Sasha
Holden, Providence Hospice

"Aging—everybody does it!" Whether we like it or not, we all have one thing in common: AGING. We're all doing it. But HOW you age is, in part, up to you. Our keynote presentation will look humorously at the aging process, as well as present some deeper, aging-related questions for you to consider. Ann is the Research and Policy Integration Manager for Office of Aging and People with Disabilities. She is especially interested in the experiences of people living with dementia and helping to create a world that affords them the respect, dignity, and companionship.

In **"ADRC/211 resources,"** Deborah Spere will discuss how to connect with the ADRC and 211 resources. Deborah has worked with Aging and People with Disabilities at the State of Oregon for 18 years and is currently providing outreach for the ADRC.

In **"Technology and tools for aging,"** Joyce Sjoberg, MA, BSN, RN, CMC, Owner, Aging Advisors, will present information about today's technology, tools and robots available that can improve quality of life as we age." Joyce is a registered nurse and founder of Aging Advisors PDX - an Aging Life Care™ consulting and care management agency

In **"Making your wishes known,"** Sasha Holden, RN, Providence Hospice Clinical Educator, will focus on the opportunities that we have throughout our life to prepare for, and understand, dying in a holistic way. The discussion will focus on how you can support a loved one as well as how you can plan for your own future. Sasha earned her degree in nursing from OHSU and has worked with Providence Hospice since 2005. Prior to her work at Providence, Sasha was an Oncology nurse at OHSU.

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