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FOR IMMEDIATE RELEASE: Peninsula Volunteers, Inc. holds Caregivers Resource Conference

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PVI's Adult Day Services at Rosener House held a **Caregivers Resource Conference** today, an educational and skill-building opportunity to support caregivers of those living with dementia. Two expert consultants presented two topics: "Fork in the Road: Navigating Mealtime Challenges in Dementia" by Adria Thompson, MA, CCC-SLP, CEO of Be Light Care Consulting. Adria provides online presence where she creates content easily accessible to professional and unpaid caregivers. "Family Caregiver Planning (Through the Stages of Dementia)" with Tami Anastasia, MA, CSA Alzheimer's and Dementia Counselor, Educator, and author of Essential Strategies for the Dementia Caregiver. Tami offers individual counseling and support group in the Bay Area.

Following their presentations, both speakers each took 30 minutes for an open question and answer session. Caregivers asked questions from "how can I get my husband to slow down and prevent an unsafe situation at mealtime?" While another, "This conversation was incredibly insightful, I learned so much." During Tami Anastasia's presentation she stated, "You are not a bad caregiver, you just had a bad day" when discussing the needs of the caregiver and the individual they are caring for, and the audiences "sigh of relief" was audible.

PVI's Adult Day Services at Rosener House was able to offer this informative session to the community with the support of CalGrows Innovation Funding. The conference was specifically designed for caregivers who are unpaid family and friends, and for professional caregivers who are currently caring for someone living with dementia. The in-person event drew over 80 attendees from the community, PVI staf and volunteers. PVI's Caregiver Resource conference is one of the many opportunities open to the public and community to help PVI meet their mission of **enabling seniors to age in place**.

About PVI Adult Day Services: PVI Adult Day Services at Rosener House helps families remain together as long as possible by providing respite care through recreational and therapeutic intervention to prevent unnecessary hospitalization or institutionalization. The program supports family caregivers through weekly support groups, educational opportunities, individual counseling, and referrals to other necessary services, while helping older adults attending the program to remain physically active and socially connected, preventing social isolation. PVI programs are here to assist caregivers in their journey of care.

*About Peninsula Volunteers, Inc. (PVI): For over 75 years Peninsula Volunteers, Inc., has demonstrated a profound legacy of caring for and **enabling seniors to age in place**, a commitment of providing high quality and nurturing programs so seniors are engaged, cared for and respected as vital community members. PVI's four core programs, Meals on Wheels nutrition services; Adult Day Services at Rosener House for those with Alzheimer's and other dementias; our Senior Activity Center at Little House, The Roslyn G. Morris Activity Center; and Ride PVI, our transportation services program, address the most pressing issues of aging adults by offering critical services to sustain their daily physical, nutritional, emotional and mental health while achieving dignity and independence in their lives. www.1pvi.org*

