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PROGRAM
2nd SPOUSAL CAREGIVERS' SYMPOSIUM
Virtual
May 22, 2021

08:00-8:10 (PT) 11:00-11:10 (ET)	Opening Remarks	Edna V. Culp, MSN, RN, CNS Board Member, WSA
08:10-08:15 (PT) 11:10-11:15 (ET)	Welcome Address	Robert Mastrogiovanni President, WSA
08:15-09:15 (PT) 11:15-12:15 (ET)	"G.R.A.P.E.S: Positive coping & reducing stress for caregivers"	Dr. Brent Mausbach, PhD Associate Professor, UC San Diego
09:15-09:20 (PT) 12:15-12:20 (ET)	Music Video	Andra Day
09:20-10:20 (PT) 12:20-1:20 (ET)	Author, "Wherever You Are: A Memoir of Love, Marriage, and Brain Injury"	Cynthia Lim, PhD Former Spousal Caregiver
10:20-10:30 (PT) 1:20-1:30 (ET)	BREAK	BREAK
10:30-11:00 (PT) 1:30-2:00 (ET)	Finding Funny in Caregiving	James Russell Former Spousal Caregiver
11:00-12:00 (PT) 2:00-3:00 (ET)	Author, "The Soul of Care: The Moral Education of a Husband and a Doctor"	Dr. Arthur Kleinman, MD Professor of Medical Anthropology and Psychiatry, Harvard University
12:00-12:05 (PT) 3:00-3:05 (ET)	Music Video	Chris Mann
12:05-12:15 (PT) 3:05-3:15 (ET)	BREAK	BREAK
12:15-1:15 (PT) 3:15-4:15 (ET)	Use of Medical Cannabis and CBD for patients and caregivers	Lori Johnson, RN, MSN Consulting-Education-Mentorship
1:15-2:30 (PT) 4:15-5:30 (ET)	Sexuality and Intimacy	Dr. Kelly Rees, MBA, PhD Clinical Sexologist and Therapist



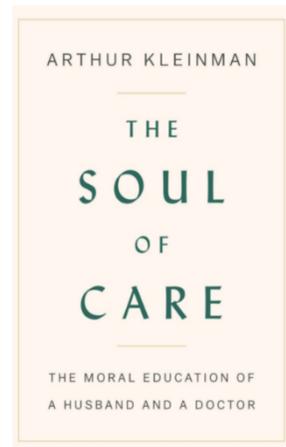
SPEAKERS
2nd SPOUSAL CAREGIVERS' SYMPOSIUM

Dr. Arthur Kleinman, MD



Professor of Medical Anthropology and Psychiatry, Harvard University, and author of [The Soul of Care: The Moral Education of a Husband and a Doctor](#).

The Covid-19 pandemic has shown that the American healthcare system has a crisis of caregiving. There is a similar crisis affecting family care. Dr. Kleinman will review the core foundation of family care and medical caregiving and how both can be revitalized. Emphasis will be placed on care for the conditions of older people, from chronic conditions and frailty to dementia. Kleinman's book, [The Soul of Care](#), is based on his fifty-year career as a clinician, clinical researcher, and most important of all, family-carer for his late wife Joan who suffered early-onset Alzheimer's disease for a decade.



Dr. Brent Mausbach, PhD



Dr. Mausbach is an Associate Professor at University of California San Diego and a Co-Principal investigator for the Alzheimer's Caregiver Project.

He has worked in the Department of Psychiatry and Behavioral Sciences at Stanford University where he was involved in several research projects. One study examined the effectiveness of interventions for distressed family caregivers of dementia victims. The research team was able to determine that a cognitive-behavioral intervention, which taught a wide range of coping skills to caregivers, was most effective for reducing caregiver distress. As a result of this research, Dr. Mausbach believes caregivers can learn and use specific skills to reduce stress and improve their moods and overall well-being.

Dr. Mausbach's current research continues to focus on stress and well-being in dementia caregivers. He has helped author research papers on well-being and coping, treatment options for caregivers, and the relationship between psychological stress and physical health. The newly developed Pleasant Events Program (PEP), funded by the National Institute on Aging, should help caregivers determine: a) when they experience changes in their moods (e.g., they become more sad or frustrated), b) the effect that caregiving has on their engagement in enjoyable activities, and c) if certain skills can be used to help them prevent mood changes, increase their coping skills, and improve their overall well-being.

Cynthia Lim, PhD



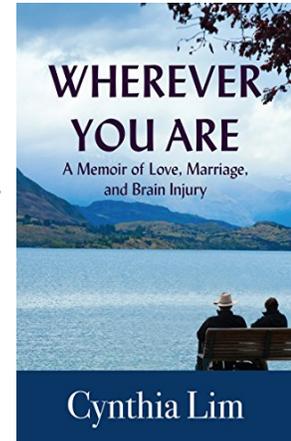
Cynthia Lim is the author of “Wherever You Are: A Memoir of Love, Marriage and Brain Injury” about her journey with caregiving and disability after her husband’s brain injury. It’s the story of re-envisioning life with disability and discovering the real truth of love and marriage. Cynthia holds a doctorate in social welfare and is retired from the Los Angeles Unified School District. She is a writer, traveler, quilter and hiker. She is currently working on a second memoir about her family’s immigration history from China.

Social Media handles:

Website: cynthialimwriting.com

facebook.com/cynthialimwriting

twitter.com/cynthiawriting



Dr. Kelly Rees, MBA, PhD



Dr. Kelly Rees is a board certified Sexologist with a private practice based in Portland, Oregon, specializing in sexual issues, intimacy, and alternative relationships. She is LGBTQ+ friendly, kink-friendly, and aging-aware. She is a group therapist at Crestview Recovery where she teaches Sexual Health and Relationships in Recovery. Recently she has lectured at the Parkinson's Institute and SPEEC Portland. Her preferred pronouns are She/Her. drkellyrees.com

Kelly Rees

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Coaching in Intimacy and Sexuality

www.drkellyrees.com

Ph. 503.914.1310

Show up

Pay attention

Tell the truth

Let go of the outcome

Lori Johnson, RN, MSN



Lori Johnson, RN, MSN, is a nurse educator with decades of experience in supporting family caregivers coping with the unique challenges that caregiving presents. Lori has been counseling patients and caregivers on the use of medical cannabis and CBD since 2015. Her talk will cover the possible benefits of cannabis and CBD for selected neurological conditions such as Parkinson's Disease, Multiple Sclerosis, and Alzheimer's. She will also cover the use of cannabis and CBD for caregivers who are interested in decreasing anxiety, improving sleep, and supporting their own health and wellness.

Consulting - Education - Mentorship

E-mail: Ljjohnson57@yahoo.com

"The best exercise for the heart is lifting others up." -Unknown

James Russell

Former Spousal Caregiver



James Russell, “life-educated”?

James Russell - who has been described as a “Muppet” - was caregiver for 18 years for his wheelchair-mobile wife Hannah, who had Multiple Sclerosis and (fortunately for him) a tremendous sense of humor.

Jim joined the Well Spouse Association in 1992 and was invited to emcee five WSA National Conferences, before cooler heads finally prevailed.

He enjoys baking cookies, making butter-crunch toffee and composing piano music. Retired (and not really getting anywhere in life), he became president of the Westchester Glass Club, and has been zooming antique glass-collector meetings with museums across the country. The latest was with the Smithsonian Art Museum, which for a minute thought they found one of their lost dinosaurs.