



Caring for a loved one who has a form of cognitive memory impairment can be a truly daunting journey. Emotionally, the road ahead holds heartbreak, confusion and frustration. Logistically, it often feels overwhelming and exhausting! No one should have to travel it alone.

C.A.R.E 101 (Compassionate Advocate Resource Essentials) will provide practical, proven guidance and empathetic encouragement from knowledgeable leaders in the field to ease the burden. It will help caregivers learn to more confidently, compassionately, and effectively advocate for declining loved ones and thrive — not just survive— the journey.

Speakers addressing topics such as...

- What is happening? Why is my loved one changing?
- A typical roadmap on the dementia journey.
- How can we (patient & caregiver) communicate and not feel frustrated or afraid in the process?
- Important questions to ask doctors and nurses.
- When is it time for hospice & how to find a quality one?
- Power of Attorney and how to advocate for my loved one.
- How to deal with grief & the sense of my loved one slowly 'disappearing'--losing them before they're actually gone?
- How to maintain balance with other relationships, work, etc. and self care.

PCC PRESENTS

C.A.R.E. 101 CONFERENCE

SAT | MAY 20 | 8:30-11:30AM | FREE

A conference to encourage and equip those caring for declining loved ones facing a dementia-related diagnosis, including Alzheimer's and Parkinson's.

- Expert Speakers
- Q&A panel
- Continental Breakfast
- Exhibits & Helpful Resources



PACIFIC COAST CHURCH

2651 Calle Frontera, San Clemente
949-940-2600

Reserve your complimentary seat at
pacificcoastchurch.org/care101

8AM

Doors Open-Refreshments

8:30AM

Welcome

Elizabeth Lonseth
Jane Pamphile Mundt

Break

Patty Barnett Mouton
Pastor Matt McGill
Panel Q&A

11:30AM

Dismiss/Visit Exhibits



Elizabeth Lonseth

Author/speaker

Elizabeth will cover the challenging feelings of a caregiver, the basics of dementia, and denial.

Jane Pamphile Mundt

Senior Care Consultant, CEO Next Steps Senior Care, Inc.
Jane will discuss different types of care, insurance, support, preparation, and advocacy.

Patty Barnett Mouton, MSGe

V.P. Outreach Advocacy, Alzheimer's Orange County
Patty will explore communication with your loved one, hospice, advance directives, and more.

Matt McGill

Executive Pastor, PCC
Matt will share how we might develop compassionate, Christ-like character.

next step
senior care inc



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Alzheimer's
ORANGE COUNTY

Elizabeth Lonseth
AUTHOR / SPEAKER