



3rd Annual Caregiver Expo

Connecting Caregivers with knowledge, support, and wellness.

Presentation schedule

9:15- 9:30AM

Laughter Yoga

John Wallstrom

Laughter Yoga involves guided exercises that are lighthearted and easy to follow. Laughter strengthens the immune system, releases feel-good endorphins and lowers blood pressure. Come and have a laugh with us!

John was a business man in the North Vancouver Community for 30 years. After retirement he trained as a Laughter Yoga Teacher, and 10 years later he says, "LIFE IS BETTER WHEN YOU'RE LAUGHING".

9:30 -10:00AM

Family communication and the power of boundaries

Jodie MacDonald

With a focus on somatic awareness and breathwork, this talk will help caregivers navigate the complexities of family dynamics and sibling relationships, learning to separate their own needs from the needs of others, through boundary practice and insight into habitual patterns of relating.

Jodie McDonald is the Executive Director of the Cowichan Family Caregivers Support Society and a consultant with Family Caregivers of BC. Trained as a social worker, she is also an Integrative Body Psychotherapist in private practice.

10:15- 10:45

The Rollercoaster of Grief

Robin Rivers

Grieving the loss of a loved one or anticipating the loss can be challenging, no matter how long you have been in a caring role. Learn about ideas to help you on your grief journey and resources that are available in the community.

Robin Rivers has been a volunteer with Family Services of the North Shore for over 20 years. She has led grief support groups and grief walking groups.

11:00- 11:30

Re-filling your Cup: Preventing Caregiver Burnout

Karyn Davies

Join us in learning to recognize what activities give you energy, and which ones drain your mental, emotional and physical energy reserves. Become aware of the major signs of burnout, while considering how you can re-fill your own reservoirs of hope and strength.

Karyn is a counsellor who has the honour of supporting family caregivers at North Shore Caregiver Support, which provides an environment for caregivers to learn, connect with others, and practice self-care. She is passionate about helping people to make their own needs important even as they pour out love to their care partner.

11:45- 12:35 (50 minute keynote)

Energy to Care: the science of how to balance self-care with giving

Dr. Maia Love

How do you care for yourself as you help a loved one through a health crisis? Learn key tools and skills to support your own health and wellness as you care for others; understand the wellness science to lift your energy and recharge your mind.

Dr. Maia Love is an internationally-certified doctor and yoga instructor, with degrees in biology, physics, athletics, and medicine, and training in mindfulness, neuroimaging, and energy medicine. Maia also founded and directs the medically accredited talk series BrainTalks@UBC. Raised among doctors and recharged by wilderness, she is deeply passionate and curious about your health on all levels.

1:00- 1:30PM

1. Inspiring your best quality of life: The Everyday Counts Program

Jane Jordan (15 minutes)

Learn about the Every Day Counts Program, a free support program for individuals living with a life-limiting illness. The program offers access to services and supports that are designed to enhance quality of life and are available whenever individuals feel they need them.

For the past 18 years, Jane Jordan has been part of the Administration team for the North Shore Palliative & Supportive Care Program, working with a multi-disciplinary group of doctors, nurses, and social workers.

2. All Ready to Go

Stephen Garrett (15 minutes)

Learn about accessible and affordable options for pre-planning a loved one's funeral arrangements. Having a plan can greatly reduce stress for family members during a time of loss.

Stephen Garrett is a public speaker as well as the interim Executive Director for Memorial Society of BC. The Society is a non-profit organization which helps its members to plan funerals that are simple, dignified and affordable. <https://memorialsocietybc.org/>

1:45- 2:15

Qi Gong to boost your energy

Caroline MacGillivray

Together we'll practice some accessible, fun Qi Gong exercises. Qi Gong is designed to help you let go of stress and tension, energize your body and mind, and create feelings of peace.

Caroline MacGillivray is a teacher of Qi Gong and various healing modalities. Qi gong is a fusion of movement, vocal release, meditation and breathwork that benefits the body, mind and spirit. Caroline enjoys leading sessions with our caregivers, and brings a joyful spirit to her teaching.

2:30- 3:00

The importance of having a Power of Attorney and Representation Agreement

Jackie Morris

This presentation will focus on two important legal documents, a Power of Attorney and a Representation Agreement, what they do and the pros and cons of alternatives.

Jackie Morris is a lawyer who has been in practice for 32 years. She only works in the areas of estate planning and document preparation (Wills, Powers of Attorney, Representation Agreements and related matters) and the Administration of Estates. She is the head of a free legal clinic for seniors held at Silver Harbour Seniors' Centre.