

Caregiver: A Love Story

FOLLOWED BY

Serious Illness Action Network Forum on Caregiving

NOVEMBER 8, 2021
10:00-12:00PM &
1:00-3:00PM



Minnesota Network of Hospice & Palliative Care
MNHPC.org



MINNESOTA NETWORK OF
HOSPICE & PALLIATIVE CARE

Caregiver: A Love Story Wald Lecture & Serious Illness Action Network Forum

This event will be split into two sessions:

Morning Session:

10:00 am -12:00 pm

Wald Lecture featuring Dr. Jessica Zitter and screening of her film, Caregiving: A Love Story.

Afternoon Session:

1:00 pm-3:00 pm

Serious Illness Action Network
Forum on Caregiving.



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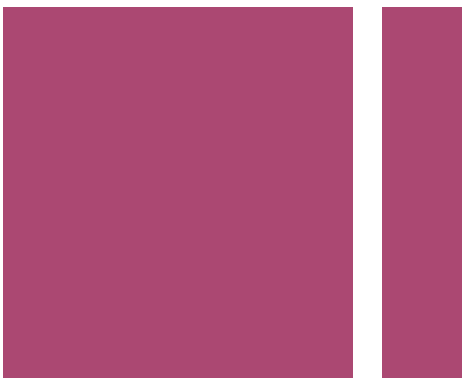
Wald Lectureship

This Caregiver event is made possible through the financial support of the University of Minnesota's School of Nursing and the Florence Schorske Wald Lectureship.

The Wald Lectureship was established by Derry Ann Moritz and Charles Shepard with the intentions of "providing a public forum for hearing a noted scholar in the area of palliative care/hospice/end-of-life care, and for drawing together faculty and care providers throughout the community to reflect on the care of persons who are dying."

Florence Wald (April 19, 1917 – November 8, 2008) was an American nurse, former Dean of Yale School of Nursing, and largely credited as "the mother of the American hospice movement".

She led the founding of Connecticut Hospice, the first hospice program in the United States. Late in life, Wald became interested in the provision of hospice care within prisons. In 1998, Wald was inducted into the National Women's Hall of Fame.



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Serious Illness Action Network

The logo for StratisHealth, featuring the word "Stratis" in a bold blue font and "Health" in a black font, with a large blue circular graphic element behind the text.

StratisHealth



MINNESOTA **NETWORK** OF
HOSPICE & PALLIATIVE CARE

CAREGIVER: A LOVE STORY

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NOVEMBER 8, 2021

10:00-12:00PM

TIME	TOPIC	SPEAKERS
10:00	Welcome & Introductions	Jessica Hausauer, PhD
10:15	Caregiver: A Love Story Film Screening	
10:45	Fireside Chat	Jessica Zitter, MD, MDH Critical & Palliative Care Specialist, Producer/Executive Producer/Director of <i>Caregiver: A Love Story</i> , Author of <i>Extreme Measures</i>
11:00	Panel of Family Caregivers	Suzanne Madison Gail Hartman Alex Clark Alexis Yeboah
11:25	Panel of Hospice Providers	Miguel A. Ruiz Diaz, MD Regions Hospital, Hospice and Palliative Medicine Doctor Nikki Gruis Diekmann, MBA Seasons Hospice, Director of Quality and Compliance Lynn Liberman, BCC Community Chaplain Intisar Hussein, MSW, LICSW Founder of Lakes Counseling Services and an Adjunct Professor in the Department of Social Work at Augsburg University
11:45	Q&A / Closing	

About the Film

Over the past decade, we've gotten better at caring for the dying. But now we have a new crisis on our hands: the plight of those who care for them. *Caregiver: A Love Story* highlights an essential, yet largely unseen workforce—the family caregivers of America.

While most documentary films about death focus on people who are dying, *Caregiver: A Love Story* directs our attention to the millions of family caregivers who support them at home.





Jessica Zitter, MD, MDH

Producer/Executive Producer/Director

A national advocate for transforming the way people die in America, Jessica is Harvard and UCSF-trained to practice the unusual combination of Critical and Palliative Care medicine. She works as an Attending Physician at a public hospital in Oakland, California. Dr. Zitter's work is featured in the Oscar and Emmy nominated Netflix documentary, *Extremis*. She is the author of *Extreme Measures: Finding a Better Path to the End of Life*. She is a regular contributor to *The New York Times* and her articles have appeared in *The Atlantic*, *Time Magazine*, *Journal of the American Medical Association*, *The Washington Post* and many other publications.



Panel of Family Caregivers

Suzanne Madison
Gail Hartman
Alex Clark
Alexis Yeboah



Panel of Hospice Providers



Miguel A. Ruiz Diaz, MD

Dr. Ruiz currently practices as an internal medicine hospitalist and as a member of the palliative care team at Regions Hospital, where he was Chief of Staff and member of the BOD in 2014-15. He is an associate medical director for HealthPartners Hospice. He has been involved in several equitable and palliative care efforts and projects through the years. He currently co-chairs Regions' Health Equity Committee. In the past he was a staff internist at the West Side Community Health Services/La Clínica and there he founded the HIV Primary Care program. He is an expert in the area of Advanced Care Planning in minority communities and a member of the Minnesota Honoring Choices Advisory Council. Dr. Ruiz currently serves on the MNHPC Board of Directors.

Panel of Hospice Providers



Nikki Gruis Diekmann, MBA

Nikki Gruis Diekmann is the Director of Quality & Compliance at Seasons Hospice Rochester. She has worked in the home care and hospice industries since 2005 of which both of her degrees have been utilized in administrative roles as administrator and director. She oversees daily operations of the agency and provides feedback to the clinical teams. Nikki is currently the President of the MNHPC Board of Directors.

Panel of Hospice Providers



**Lynn Liberman,
BCC**

Rabbi Lynn Liberman was ordained from the Jewish Theological Seminary of America in 1993. She served as a congregational rabbi for over 20 years. She has taught and worked in a variety of educational settings, including Jewish Day Schools and as an Adjunct Lecturer in Judaics at Augsburg College, Minneapolis as well as a current faculty member for the Melton Adult Learning Program through Hineni.

Rabbi Liberman is a Board Certified Chaplain currently working as the Community Chaplain for the Jewish Family Service of St Paul. Lynn also serves as an on-call chaplain for Regions Hospital, Gillette Children's Hospital and the MHealth Fairview Hospital System. Lynn is also passionate about end of life care including seven years as a Hospice Chaplain.

Over the years, Rabbi Liberman's passions as a rabbi have been many. Currently she volunteers as a Police and Fire Chaplain for the Mendota Heights/West St. Paul Police and Fire Departments. She has served on Boards and has volunteered for a number of local causes including NECHAMA: A Jewish Response to Disaster and as board secretary for J-HAP, a program creating supportive housing for people with special needs. Currently she is also the vice president with Neshama: Association of Jewish Chaplains.

Panel of Hospice Providers



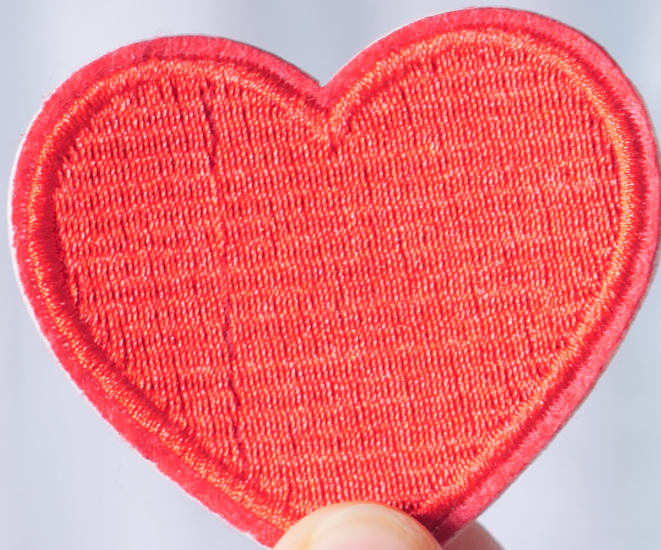
**Intisar Hussein,
MSW, LICSW**

Intisar Hussein MSW, LICSW is a mental health therapist, founder of Lakes Counseling Services and an Adjunct Professor in the Department of Social Work at Augsburg University in Minneapolis, MN. Hussein's practice specializes in mental health, and offers services to individuals from diverse communities impacted by trauma as well as those facing end of life decisions. Intisar is a member of the Somali, Latino and Hmong Partnership for Health and Wellness (SoLaHmo), a community-driven research program that engages in Community Based Participatory Research (CBPR) partnerships with academic researchers. Through her work in SoLaHmo, she is currently a Community Co-Investigator on a National Institutes of Health funded study, Our body, Our health, to address topics in Somali women's sexual health. She received her Master's in Social Work from Augsburg University (2015) and her Bachelor's in Social Work from University of St. Thomas (2012). Intisar is an executive board member of the Minnesota Network of Hospice and Palliative care, presenting and advocating for end of life care and access to services. In 2019 she was elected by the Commissioner of Health to take the role of Social Worker on the Palliative Care Advisory Council.

Stratis Health & Serious Illness Action Network



Fall Forum on Caregiving





MINNESOTA **NETWORK** OF
HOSPICE & PALLIATIVE CARE



SERIOUS ILLNESS ACTION NETWORK //
FALL FORUM ON CAREGIVING

NOVEMBER 8, 2021
1:00-3:00PM

TIME	TOPIC	SPEAKERS
1:00	Welcome & Introductions	Jessica Hausauer, PhD Jennifer Lundblad, PhD
1:05	Bridging the Family Care Gap	Joe Gaugler, PhD Professor and Robert L. Kane Endowed Chair in Long-Term Care and Aging, School of Public Health, UMN
1:15	Caregiving as a Social Determinant of Health	Jennifer Olsen, PhD Chief Executive Officer at Rosalynn Carter Institute for Caregivers, Health & Aging Policy Fellow
1:30	Recognize, Assist, Include, Support & Engage (RAISE) Family Caregivers Act Report to Congress	Beth Wiggins, MSW, LISW Director of Caregiving and Aging Services, FamilyMeans
1:40	Breakout Session	
2:00	Panel: Caregiver Services & Supports	Dawn Simonson , Executive Director, Trellis Sheryl Fairbanks , Co-Creator, Dementia Caregiver Re-entry Initiative Dorothea Harris , Director, Culturally Responsive Caregiver Support & Dementia Services, Volunteers of America
2:30	Breakout Session	
2:40	Recommendations, Next Steps, & Closing	



Joe Gaugler, PhD

Professor and Robert L. Kane Endowed Chair in Long-Term Care and Aging, School of Public Health, UMN

Dr. Gaugler's research examines the sources and effectiveness of long-term care for persons with Alzheimer's disease and other chronic conditions. An applied gerontologist, Dr. Gaugler's interests include Alzheimer's disease and long-term care, the longitudinal ramifications of family care for persons with dementia and other chronic conditions, and the effectiveness of community-based and psychosocial services for older adults with dementia and their caregiving families. Underpinning these substantive areas, Dr. Gaugler also has interests in mixed methods and implementation science.



Jennifer Olsen, PhD

**Chief Executive Officer at Rosalynn Carter Institute for Caregivers, Health & Aging
Policy Fellow**

Dr. Jennifer Olsen, an experienced epidemiologist, serves as Chief Executive Officer of the Rosalynn Carter Institute for Caregivers (RCI), which promotes the health, strength, and resilience of caregivers throughout the United States. Prior to joining RCI, Olsen managed the Ending Pandemics in Our Lifetime initiative at the Skoll Global Threats Fund, and prior to that she served as Fusion Division Director in the Office of the Assistant Secretary for Preparedness & Response at the U.S. Department of Health and Human Services, where she developed and implemented an analytics platform to increase awareness and information sharing during public health emergencies. She also previously held roles with the Defense Threat Reduction Agency, where she conducted scenario modeling. Olsen holds a B.A. in biomathematics from Rutgers University, an M.P.H. in Epidemiology from The George Washington University, and a Dr.P.H. from the University of North Carolina.



Beth Wiggins, MSW LISW

Director of Caregiving and Aging Services, Family Means

Beth has more than 25 years of experience in developing and administering community-based supportive services for older adults and their families. With a broad understanding of gerontology, family caregiving, community involvement issues and nonprofit management, she has provided leadership in a number of collaborative entities and multi-sector partnerships to champion aging as a positive and integral part of family and community life. Beth holds a BA in Psychology from Carleton College, and a master's degree in Social Work from the University of Minnesota.



Dawn Simonson

Executive Director, Trellis

Dawn Simonson has more than 20 years of experience in the field of aging, healthcare and advocacy, Dawn is recognized for her leadership as an innovator and collaborator. She is the past chair of the Minnesota Leadership Council on Aging and is past president of the National Association of Area Agencies on Aging, currently serving on their Mission Forward Committee. Dawn has a Master of Public Affairs degree from the Humphrey School of Public Affairs, University of Minnesota. She was named one of the 100 most influential healthcare leaders in 2020 by Minnesota Physician magazine.



Sheryl Fairbanks

Co-Creator, Dementia Caregiver Re-entry Initiative

Sheryl left a 25-year career as an information technology senior project manager for IBM, SUPERVALU, 3M Co. and an independent book publisher in 2002 – she thought for just a few months -- to help her mother through heart surgery. After surgery her mother had memory loss, her father's health issues worsened, and Sheryl ended up caring for them and helping her in-laws until 2012. All four parents died in hospice within 14 months. After participating in 2013 in the eight-month Evolve program sponsored by the Vital Aging Network (VAN), Sheryl joined The Roseville Alzheimer's and Dementia Community Action Team (Roseville A/D) and in 2015 was the first to suggest to this group the possibility of a program to help former dementia caregivers find themselves and a place in the world. She is a co-facilitator of the Dementia Caregiver Re-Entry Initiative group with her husband Warren Wolfe. She is an active retiree who volunteers in her community to make a difference.



Dorothea Harris

Director, Culturally Responsive Caregiver Support & Dementia Services, Volunteers of America

Dorothea Harris holds a master's degree in social work from Augsburg College and is a Licensed Independent Clinical Social Worker. She is a leader and innovator in expanding critical caregiver support services, increasing understanding about dementia for both community members and professionals and addressing the need for cultural awareness in dementia care. She is a tireless advocate for those experiencing the highest rates of health disparities in our state and promotes person-centered care trainings to service providers and health care professionals that will result in culturally responsive services to ethnic communities.



Minnesota Network of Hospice & Palliative care brings people together to have conversations around important end-of-life topics. MNHPC is a non-profit organization and events like this are made possible through the help of sponsors and donors. **Give to the Max day is November 18, 2021.** Please consider supporting us, your donations make this work possible.

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