

00:26:40 A: Will the recordings be available afterward?

00:26:41 Caregivers Count: Welcome to the 14th Annual Caregivers Count Conference!

00:26:46 B: Good morning everyone

00:26:48 C: Good morning

00:26:53 F: Good morning!

00:26:55 A: Hello

00:26:58 Caregivers Count: Yes, the recording will be available

00:27:08 D: By the way, where will the recordings of the meetings be found?

00:27:20 Caregivers Count: All video recordings will be available to view here:
<https://www.caregiverscount.net/2024-sessions>

00:27:46 Caregivers Count: Good morning, everyone!

00:27:49 E: hello good morning toall

00:28:48 Caregivers Count: Yes, I have turned on transcript and CC

00:30:10 E: do we have certificate later after the class

00:31:17 Caregivers Count: @E - No, currently we are not offering certificates for our conference sessions.

00:31:56 Caregivers Count: Download Conference Packet here:
<https://www.caregiverscount.net/2024-sessions>

00:35:20 Caregivers Count: @B - can you view the speakers now?

00:41:52 Caregivers Count: When entering comments in Chat, you can change the dropdown in blue box to EVERYONE so that other participants can see your responses or questions.

00:42:02 F: Music gets me through hard times ☺

00:42:08 A: My cat; family and friends

00:42:20 F: playing the piano and knitting

00:42:34 G: My morning hillside walks. A time just for me

00:42:41 H: Water zumba

00:42:42 J: Exercises classes

00:42:46 K: My 2 supportive daughters.

00:42:54 E: yoga

00:42:56 J: My faith

00:43:06 H: Insight Timer audios

00:43:28 E: looking at nature

00:43:44 L: Cooking

Walking

Talking with a friend (I'm lucky to have more than a few)

00:44:02 B: Journaling

00:44:03 M: Reading, cooking, gardening, ,

00:44:22 F: petting the kitties, so calming

00:58:15 H: Fidget toys or fidget ring

01:02:01 Caregivers Count: <https://ichillapp.com/>

01:14:55 F: help caregiver recovery

01:15:33 N: I like this so much: "you can be your own hero"

01:16:01 O: I can totally relate to you!! My mother abused me too!

01:16:22 F: Thank you so much. Don't feel like I'm the only one

01:16:32 G: Christina - Thanks so very much for sharing your story with us.

01:16:55 P: Thank you for your generosity in sharing. You truly touched my heart.

01:16:56 H: Havening and EFT Tapping

01:18:01 Q: Beautiful story. I too can relate, now I'm trying to care for my siblings and friends.

01:18:03 R: EMDR saving my life

01:18:27 F: Sending 💜 Christina! My mother was also my abuser while I was growing up; I'm an only child and she's had Alzheimer's for 7+ years, she's in a board and care, but I am the only immediate family in California. I have had a really hard time because I feel like I'm "acting" like we have this wonderful relationship, while I'm also trying not to resent her since I'm caring for her when she didn't care for me. Did you feel this at all, and how were you able to get through those feelings?

01:18:58 E: thank you 😊 for your story it help me for all my journey to help my mom

01:19:55 F: So much guilt for getting mad at Mom from things she said to me while caring for her.

01:25:03 F: MY mom passed 10 months ago. But I'm feeling PTSD from that experience as I'm moving closer to being the caregiver for my husband. My heart races as I type this.

01:31:11 Q: Amen!

01:31:43 H: Was there a book about grief that helped you?

01:42:30 Q: Will you both be at the Live event Oct 5. I would love to meet you both in person.

01:43:35 G: "The Wild Edge Sorrow" by Francis Weller and Michael Lerner.

01:45:07 S: The Alzheimer's Association caregivers group and trained social workers (not the medical profession, my friends, nor my family) gave me the tools to learn how to become a caregiver. Learning from others going through this journey has been essential.

01:46:32 R: Anxiety the missing stage of grief and Conscious grieving books by Claire Bidwell Smith, LCPC had been my saving grace and lots of journal and allowed me to work things out plus one on one therapy...

01:48:48 F: This has been a wonderful presentation. AWESOME

01:49:01 H: Caring for a Husband with Dementia: the Ultimate Survival Guide by Angela Gentile

01:50:37 E: this is a very excellent presentation I learned a lot thank you for your presentation I will rate a 5 🌟

01:54:41 F: is this recorded so we can go back over all this great info?

01:55:02 F: Will the chat be available also?

01:56:42 Caregivers Count: Yes, this session is being recorded and will be available for viewing on our website: <https://www.caregiverscount.net/2024-sessions>

01:57:14 Caregivers Count: Yes, we can also provide a chat transcript on our website.

01:57:26 F: Thank you so much!

01:58:32 N: When I'm stressed, I clench my jaw. I remind myself to relax my jaw and open my mouth and breathe.

01:58:49 F: Clenching of the jaw, 100%!!

01:59:53 N: @Heather, try massaging your jaw joints from time to time

02:00:22 F: @N, that's a great suggestion, TY!

02:03:27 F: This has been very helpful, thank you all!

02:03:34 Caregivers Count: Thank you to our speakers, Jennifer Burton Flier and Christina Keys, for presenting on Trauma and Caregiving.

Today's session was recorded and will be available for viewing on the conference website:

<https://www.caregiverscount.net/2024-sessions>

02:03:46 Caregivers Count: Our next and final session on "Self-Care & Resiliency" is on next Saturday, 10/5, from 10am to 2pm. It will be an in-person event at the Campbell Community Center in Campbell. Registration is still open. For more details and to register, go to:

<https://www.caregiverscount.net/>

02:04:06 G: Thank you, Christina & Jennifer. Your sharing, comments, and helpful information is so very valuable.

02:04:18 H: Will next week's session also be on zoom?

02:04:19 S: Thank you do much got this presentation.

02:04:26 Caregivers Count: Sorry for typo. 10am to 12pm.

02:04:44 S: Ignore typos

02:04:53 E: thank you for this great presentation we learned a lot

02:05:28 H: Yes, great presentation. Thank you for open honest sharing.

02:05:52 Q: I did not hear a confirmation on the presenter presence next week

02:05:54 A: Thank you

02:06:23 E: thank you all

02:06:33 E: bye