

2025 Caregivers Conference

Registration

8:30 am

Breakfast and Exhibits Open

Welcome and Introduction

9:00 am

Pastor Doyle Theimer

Associate Pastor for Mission Development

Christ the King Lutheran Church

Session One

9:30 - 10:30am

1 Planning with Trusts by Kristi Stanley,

Attorney at Law, Currin, Wuest, Mielke, Paul & Knapp, PLLC

Many people benefit from using a trust as a part of their estate plan. Kristi will discuss the mechanics of a trust, how to properly fund a trust, and the common mistakes and misconceptions of trust planning.

2 Understanding Medicare by

Houston-Galveston Area Council

Medicare benefit basics, information, and resources.

3 The Dos and Dont's of Senior Living

By Donna Composto, Founder of Mom's Care Plan, Co-Founder of the Kingwood Memory Cafe & Certified Dementia Practitioner

Learn how to determine when it is time to consider care outside of the home, the importance of choosing the right environment and how to make a successful transition from home to senior living.

4 Practical Caregiving Skills by Lydia Mims, RN, MSN Island Time Foot Care

Learn the physical skills for assisting your loved ones with activities of daily living. Hear about tips, tricks, and new tools that everyone can use to keep your loved one safe and comfortable.

5 Family Dynamics by Caren L. Barnes, LPC and Jonathan Rea, LPC, LCDC

Caregiving may increase and complicate existing family tensions. We will discuss some techniques to reduce or resolve these conflicts.

6 When The Time Comes - Speaking The Words That Matter Most - John Darst

What do you want your loved ones to know when you're no longer here to tell them? Led by a local funeral director who has walked with many families through sacred moments, this is a time to reflect, prepare, and offer the gift of clarity and comfort to those who will carry your memory.

Session Two

11:00 - 12:00

7 Estate Planning and Probate in Texas by Charioty James, Attorney & Counselor at Law, James & Parlange Law, PLLC

This presentation is geared to empower you and your family with information and options about probate matters in Texas and how you could benefit from estate planning. Don't miss this opportunity to learn more!

8 Activites for Improving Quality of Life at Home by Cheryl McClure Certified Dementia Practitioner, Belmont Village

This workshop focuses on activities, exercises and strategies tailored to stimulate cognitive functions, promote mental engagement, and foster a supportive enriching home environment. These activities are enjoyable and therapeutic, aiming to improve memory retention and overall well-being.

9 De-mystifying the End of Life Journey by Becky Villarreal, LCSW, Devotion Hospice

Develop an understanding of the services and expectations of caring for a loved one at the end of life.

10 Everchanging Emotions of Caregiving by Barbara Hemphill, MPS, Dementia Support Group & Kingwood Memory Cafe

This workshop explores the emotional journey of caregiving, from diagnosis to end-of-life, offering tips to reduce stress and find support.

11 Behaviors & Alzheimer's Disease by Emily C.Castillo, CarePartners

This workshop is designed for family caregivers that are caring for a person living with Alzheimer's disease or another form of dementia. The goal of the workshop is to teach family caregivers strategies to manage difficult behaviors that arise with the onset of dementia.

12 Handle With Care, Senior Home Safety Steven Crenshaw

This workshop focuses on helping seniors age safely and comfortably in their own homes: specializing in home safety modifications tailored to individual needs to enhance accessibility and promote independent living.

How to Register

Please register by August 27 for best possible session selection. Register online at christ4u.net or mail this form to:

Christ the King

3803 W. Lake Houston Pkwy, Kingwood, TX 77339

Name _____

Address _____

Zip Code _____

Day Phone _____

Email _____

How did you hear about this conference?

*For free Adult Respite Care on site call
SarahCare Adult Day Care, 281-361-7000,
before August 27.*

1st workshop selection for 9:30 am
(circle one)

1 2 3 4 5 6

2nd workshop selection for 11:00 am
(circle one)

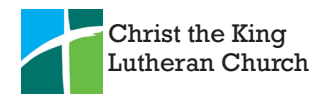
7 8 9 10 11 12

I consent to being photographed or videotaped during my participation and to the possible use of those photos in the media.

Signature _____

For More Information / Questions:
Nicole Chaires
nicolec@christ4u.net
Christ the King, 281-360-7936

QR CODE
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Alzheimer's Association
CarePartners of Texas
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Christ the King Lutheran Church
SarahCare Adult Daycare

Breakfast Sponsor Fountainwood at Lake Houston

Exhibitors

All Organized LLC
Darst Funeral Home
Devotion Hospice
Dignity Memorial-Kingwood Funeral Home
Encompass Health Rehab Hospital
Enhabit Home Health and Hospice
Handle with Care Senior Home Safety
Kingwood Memory Cafe
Momentum Skilled Service:
-Fall Creek Rehab and Healthcare
-Ridgewood at The Woodlands
Mom's Care Plan
PAM
Rice University Behavioral Medicine
Research Program
Rice University Research Group
The Home Care Family
Your Medicare Made Easy

Christ the King Lutheran Church
3803 W. Lake Houston Pkwy
Kingwood, TX 77339

Presented by
Christ the King Lutheran Church,
CarePartners:

2025 Caregivers Conference

Free skill-building and informative
workshops for family members
caring for a loved one.

Free limited space, Adult Respite Care
provided during the workshops.

**Saturday, September 6, 2025
8:30am to 12 noon**



Christ the King Lutheran Church
3803 W. Lake Houston Parkway
Kingwood, Texas 77339 christ4u.net