

## REGISTRATION

You May register online at the NJ District-LCMS website: [www.njdistrict.org/events](http://www.njdistrict.org/events)

or

call Caren Vogt at the district office  
(908-233-8111)

or

email her at [vogtc@njdistrict.org](mailto:vogtc@njdistrict.org) .

You may also mail your registration to:

The NJ District LCMS  
1168 Springfield Ave  
Mountainside, NJ 07092

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Cost: \$10.00 (Pay on line or send check made out to NJ District – LCMS and on memo line put ALOA)

I would like my Blood Pressure Checked during conference.

## Presenters

**Mark Schoepp:** Executive Director, ALOA, A Director of Christian Education for multiple churches, Coordinated/participated in the Fitz Family Juggling Ministry for 20 years, and was Director of Congregational Engagement for Wheatridge (Now We Raise)

**Colleen Bottcher:** NJ District Parish Nurse; Parish Nurse at Our Savior Lutheran Church, Fair Lawn, NJ

**Linda Panarella:** Certified Dementia Practitioner; NJ District Certified Lay Minister

**Shirley Carpenter:** Classroom Educator and Administrator, NJ District Senior Ministry Advisor

**Rev. Dr. Anthony Steinbronn:**  
President of the NJ District – LCMS

**Rev. Dr. Richard Vossler:** Pastor at Grace Livingston, Senior Chaplain for NJ District LWML, Chaplain for Livingston Police Department, PT Chaplain for Lutheran Social Ministries of NJ.

# Transitions: Navigating Life's Changes



## ALOA

(Adult Lutherans Organized for Action)

**Monday, May 13, 2019**  
**9:00 am – 3:30 pm**

Somerset Hills Lutheran Church  
350 Lake road  
Basking Ridge, NJ 07920

## TOPICS for SESSIONS

**How Dementia Affects the Brain:** In an introduction to Alzheimer's and dementia, learn to recognize features of typical vs not typical aging. Gain insight into the changes that occur in the brain. Discover new ways to interact so that persons living with dementia are supported as persons with purpose and worth.

**Re-Membering and Ministering to Persons Living with Dementia:** Pastors and lay people gain an overview of how the church can respond and find a comfort level in our dis-ease with disease. Obtain insight into what a person living with dementia experiences. Identify ways to make meaningful connections and provide reassurance of God's omnipresence and everlasting care.

**Caring for Mind, Body and Spirit in Thanksgiving to God:** An overview of Parish nursing and Congregational Health Ministries, centered on Christ's healing love, stewardship of health, and community outreach.

**Stretching for Wellness:** Learn simple stretches and strengthening exercises aimed at enhancing balance, coordination, and strength. Promotes wellness and cardiovascular health and aid with relaxation and sleep.

**Home to Nursing Home – Helping Your Loved One (and You) Make the Transition:** How do you know it is time for your loved one to enter a nursing facility? How do you start the conversation? What level of care is needed? How can I prepare for my loved one to make the transition from home to a nursing facility? Together we will explore these questions and concerns.

**HHA – IL – AL – SN – Helping Your Members (and You) Make Sense of the Next Chapter in Life:** You recognize it is no longer safe for a member to live on their own. What is the next step: Home health aide; independent Living; Assisted Living; Skilled Nursing? Together we will explore how to begin the conversation with your members and their families, and help you find your role in their lives.

**Being Mortal:** Based on the book by the same name, this workshop will explore how to use the book as a tool to help people discuss end of life questions in a proactive manner. Usable by individuals, couples, small groups, and church topical classes. The book focuses on the end of life but is useful for the journey that starts when people are no longer able to stay in their own home due to health reasons.

**Bless the Years and Milestones:** Explore ways for the church to publicly affirm the role of disciple/steward all along the life cycle, but particularly in the later years. There is no "retirement" from discipleship, but we (the church) needs to provide tangible, regular reminders of that in a public forum to affirm our life long journey as a follower of Jesus

**Blood Pressure Checks:** Throughout the day Colleen Bottcher will do blood pressure checks. Please check the box on registration so we know how much time to allot. Thankyou.

## SCHEDULE

9:00a - **REGISTRATION BEGINS**

9:15a – **WELCOME/ Opening Devotions**

9:30a – **Keynote Address By Mark Schoepp  
Executive Director ALOA**

*“Transitions: Navigating Life's Changes*

**10:35a – 11:35a - SESSION 1**

*“How Dementia Affects the Brain”*

*By Linda Panarella*

*“Caring for Mind, Body and Spirit in  
Thanksgiving to God” by Colleen Bottcher*

**11:35 -12:05p – LUNCH**

**12:10 -1:10p - SESSION 2**

*“Remembering and Ministering to Persons  
Living with Dementia”*

*By Linda Panarella*

*“Home to Nursing Home- Helping your  
loved one (and YOU) make the Transition”*

*By Rev. Dr. Richard Vossler*

*“Transitions”*

*By Rev. Dr. Anthony Steinbronn*

**1:15 – 2:15p - SESSION 3**

*“HHA – IL – AL – SN – Helping Your  
Members and You Make Sense of the Next  
Chapter in Life” By Rev. Dr. Richard Vossler*

*“Being Mortal” by Mark Schoepp*

**2:20p – 3:20p SESSION 4**

*“Stretching for Wellness”*

*(Blood pressure done at this workshop)*

*By Colleen Botcher*

*“Bless the Years and Milestones”*

*By Mark Schoepp*

**3:20p -3:30p - CLOSING AND SENDING**

*by Pastor Vossler &*

*President Steinbronn*