

*2019 Direct Caregivers Conference*

**PILLARS OF HEALTH:  
CREATING A FOUNDATION  
FOR HEALTH AND HEALING**

*Thursday, Oct. 17*

**LOCATION**

Prince Conference Center at Calvin College  
1800 East Beltline Ave. SE  
Grand Rapids, Michigan

*The 20th annual Direct Caregivers Conference is organized and presented by the Western Michigan Brain Injury Network, a collaboration of:*



HOPE NETWORK  
**NEURO REHABILITATION**

**Mary Free Bed**  
Rehabilitation Hospital

**SPECTRUM HEALTH** 

## TARGET AUDIENCE

The Direct Caregivers Conference is open to anyone, but participation is strongly encouraged for direct care and residential staff who work in the brain injury field.

## FACULTY

**Mara Fenton, CTRS**, is manager of Learning and Professional Development and a Direct Care and Clinical Service provider at Hope Network. During her 23-year tenure with Hope Network, she held a variety of roles with the Neuro Rehabilitation division before joining its Learning and Professional Development department. Her experience includes previous employment at Mary Free Bed Rehabilitation Hospital and Shirley Ryan AbilityLab (formerly Rehabilitation Institute of Chicago). Mara also served as an adjunct faculty member at Grand Valley State University in its Allied Health Sciences program. She is a Mandt-certified instructor and holds an Empowerment Coaching certificate. She enjoys volunteering with Kentwood Parks and Recreation's adaptive recreation program.



**Krista Gast, RD**, is a registered dietitian who's worked with Spectrum Health for 20 years, covering specialized areas such as digestive disease, orthopedics and outpatient counseling for weight management, chronic kidney disease and enteral nutrition. Prior to joining Spectrum Health's Culinary Medicine team, she was a dietitian for its Heart and Lung Transplant program. She is working toward Professional Plant-Based Professional Certification through Rouxbe culinary school and becoming a certified Health and Wellness Coach through Wellcoaches. Krista has a passion for cooking and inspiring people to make delicious food that also supports their health.



**Sarah Jacobsma, MS, CCC-SLP, CBIS**,

is a speech-language pathologist and therapy supervisor at Spectrum Health Rehab and Nursing and Neuro Residential Care. She began her career at Spectrum Health eight years ago, after earning a bachelor's degree from Calvin College and a master's degree from Rush University in Chicago. After working several years as a speech-language pathologist, she stepped into her role overseeing physical, occupational and speech therapists, and working within a large interdisciplinary team. A Certified Brain Injury Specialist, Kara works with staff members, patients and families in the areas of traumatic brain injury, stroke and a wide variety of other diagnoses.



**Kim McGowan, MA, LLP**, has

worked as a Limited License Psychologist for Hope Network Neuro Rehabilitation in Kalamazoo and Coldwater since 2015. She previously worked on the inpatient psychiatric unit. She completed her undergraduate degree at Michigan State University and master's degree at Western Michigan University. Kim is a Certified Brain Injury Specialist.



**Kelley Syverson** uses her

background in marketing and communications to advocate for education about traumatic brain injury. She worked on a 2007 film project with the National Road Safety Foundation titled "The Other Breakfast Club," which shares the stories of six young adults from Grand Rapids, Michigan, as they recover from the impact of traumatic brain injury following car crashes. Kelley's daytime job is a reading tutor at Ken-o-Sha Elementary School and she volunteers at Frederik Meijer Gardens & Sculpture Park. She joins the WMBIN Direct Caregiver's Conference today to continue her advocacy and educational efforts.



## AGENDA

7:30 a.m.	Registration/Continental Breakfast
8-8:20 a.m.	The Other Breakfast Club <i>Kelley Syverson</i>
8:20-9:20 a.m.	Speech and Swallowing Issues, and Management Strategies <i>Sarah Jacobsma, MS, CCC-SLP, CBIS</i>
9:20-9:35 a.m.	Refreshments/Networking Break
9:35-10:35 a.m.	Culinary Medicine <i>Krista Gast, RD</i>
10:35 a.m.-12:05 p.m.	Creating a Culture of Kindness <i>Mara Fenton, CTRS</i>
12:05-1 p.m.	Lunch/Networking Break
1-2 p.m.	Building Therapeutic Relationships and Boundaries <i>Kim McGowan, MA, LLP</i>
2-3 p.m.	Going the Distance: Journeys of Recovery
3 p.m.	Conclusion/Evaluation

## WMBIN DIRECT CAREGIVERS COMMITTEE MEMBERS

**Sherrri Ackerman, LPN, CBIS**, Hope Network Neuro Rehabilitation

**Holly Anderson, M.Ed, RN, LPC, CRRN, CBIST**, clinical educator, Spectrum Health Neuro Rehabilitation Home Care

**Courtney Lamb**, residential assistant, staff trainer, Spectrum Health Worth Residential Services

**Bonita Pawloski, M.Ed., R.T.(R)(T)(ARRT)**, director of Education, Mary Free Bed Rehabilitation Hospital

**Anna Reynolds**, staff development and safety coordinator, Hope Network Neuro Rehabilitation

**Brenda Watkins, CBIS**, house supervisor, Spectrum Health Neuro Rehabilitation Home Care

# CONFERENCE REGISTRATION

## Location

Prince Conference Center at Calvin College  
1800 East Beltline Ave. SE  
Grand Rapids, MI 49546-5951  
616.526.7200

## Dress Code

Business casual. The conference room temperature can fluctuate; it is recommended you bring a sweater or jacket.

## Participant Information (please print). You **must** complete the **entire section** to register!

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

Title: \_\_\_\_\_

Organization: \_\_\_\_\_

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

City/State/Zip: \_\_\_\_\_

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

E-mail address: \_\_\_\_\_

## Check one of the following

### WMBIN Affiliate Staff Member

Please fill out this form and return to one of the following by **Sept. 30**:

Mary Free Bed: Bonita Pawloski

SH/SHCC: Malena Nguyen

SH-NRS: Eldon Lieb

HNNR: Anna Reynolds

**Conference fee:** \$35, includes meals

### Community Professional

Please fill out this form and mail with payment by **Sept. 30**:

Mary Free Bed Rehabilitation Hospital

Attn: Bonita Pawloski

235 Wealthy St. SE

Grand Rapids, MI 49503

**Conference fee:** \$50, includes meals

*Make checks payable to: Mary Free Bed Fund/DCC'19*

