

“It was a real gift to have the speaker here to share both her expertise and herself as we worked through our questions about hospice care.”

“Thank you, thank you! The bereavement manager was a wonderful addition to our group. We were so blessed to hear her insights ... she is welcome back any time.”

“The speaker did an amazing job! She has a real gift engaging students.”

For questions or to schedule an event call, (616) 235-8772.



**SPEAKERS  
BUREAU**

If you need a speaker for an event or in-service, let the Holland Home Speakers Bureau provide a speaker, free of charge, from our staff of experts.

Advanced scheduling of four to six weeks is recommended.

**To schedule an event call, (616) 235-8772.**



Holland Home™

2100 Raybrook Street SE,  
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hollandhome.org



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# Speakers Bureau Topics Guide

**THE POWER OF POSITIVITY** Maintaining a positive outlook in your day-to-day life can bring out changes in your mental, physical and emotional health. In this fun and practical presentation, Holland Home staff will talk about how to stay positive and make sure each day is a great day.

**HOW TO PRAY FOR YOUR FAMILY** Everyone needs prayer, for the big and small things in life. Whether it's for your grown children or your aging parents, this topic will discuss ways to be a prayer warrior for your family's specific needs.

**HOW TO STAY VITAL IN YOUR FAMILY** As we age and watch our families become busier, it can easily feel as though we are not needed. This is an encouraging and uplifting discussion that will outline ways that seniors can continue to support and stay vital in their family's lives.

**SEVEN STEPS OF WISDOM IN AGING** Life is a spiritual journey best navigated by tending to the human spirit. Aging brings many changes that often include significant losses. Do I have regrets? Did I make a difference? What meaning did my life have? This workshop will lead you to explore these spiritual issues and learn how to continue to enjoy rich, full days.

**EXPECTATIONS OF AGING** What's "normal" as we get older? A discussion of the expected physical and mental changes as a person ages. The topic will also cover when memory loss is just a symptom of aging and when it might be dementia.

**STRESS REDUCTION** Creating a more peaceful time for your emotional, spiritual and physical life. Concrete tools to use in addressing the stress that impacts daily living.

**CARING FOR THE CAREGIVER** You can't take care of others unless you take care of yourself. Learn to set boundaries, master techniques for coping with stress and utilize community resources available for caregivers. This topic can also be focused on spiritual care needed for those in caregiving situations.

**POSITIVE APPROACH TO CAREGIVING** Based on dementia expert Teepa Snow's Positive Approach to Care, this presentation discusses the brain changes that occur with dementia, how those brain changes affect behavior, and how positive techniques can be used to meaningfully connect with someone living with dementia.

**ADVANCED DIRECTIVES** Learn everything you need to know about living wills, durable power of attorney for health care and the Kent/Ottawa EMS do not resuscitate order forms and policy. This presentation will help you learn how to specify what type of medical care you want in the future or who should make those decisions should you lose the ability to do so for yourself.

**SETTING UP A SAFE HOME FOR YOUR LOVED ONE** This presentation will educate families on transitioning their loved one to a new environment, as well as how to provide safe, clear pathways throughout the home and give recommendations for adaptive equipment.



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**UNDERSTANDING HOME HEALTH CARE** Learn the difference between Medicare certified “skilled” and non-medical home health care, payment options for both types, and how it can help you or your loved ones maintain independence at home, receiving the support needed to age in place.

**POSITIVE APPROACH TO CAREGIVING** Based on dementia expert Teepa Snow’s Positive Approach to Care, this presentation discusses the brain changes that occur with dementia, how those brain changes affect behavior, and how positive techniques can be used to meaningfully connect with someone living with dementia.

**UNDERSTANDING MEMORY LOSS AND ALZHEIMER’S DISEASE** What is the difference between memory loss and Alzheimer’s disease? This presentation covers the characteristics and stages of the disease process, details how the brain is affected, discusses current research and explores what the future holds.

**DEPRESSION AND AGING** Depression is not a normal part of aging and should not go overlooked or untreated. If you are depressed, you are not alone. Help is available.

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**CARING FOR THE CAREGIVER** You can’t take care of others unless you take care of yourself. Learn to set boundaries, master techniques for coping with stress and utilize community resources available for caregivers. This topic can also be focused on spiritual care needed for those in caregiving situations.

**PARKINSON’S & BIG AND LOUD THERAPY** An estimated 1.5 million Americans have Parkinson’s and 60,000 are diagnosed every year. A certified LSVT “Big and Loud” therapist will educate on how big-limbed movement and strong and forceful speech are beneficial for those with Parkinson’s.

**THE AGING SPINE** Learn about the natural aging process of the spine and degenerative changes that can occur, such as osteoarthritis, spinal stenosis, degenerative discs and osteoporosis. An Atrio physical therapist will educate on how these changes can be managed and positively impacted through therapy.

**SUCCESSFULLY MANAGING YOUR CHF** Learn the fundamentals of congestive heart failure, new developments in medications and how to manage the day-to-day basics of this chronic disease.

#### **ADDITIONAL TOPICS WE CAN PRESENT:**

- Hypertension
- Loss of Speech
- Exercise at Any Age
- Slip and Fall Prevention
- Transfer Education



**ATRIO**<sup>™</sup>  
HOME CARE

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# Speakers Bureau Topics Guide

**UNDERSTANDING HOSPICE CARE** Learn how patients, families and caregivers can benefit from quality end-of-life care through pain and symptom management, and emotional and spiritual support. Understand key hospice principles, and review common myths about end-of-life care.

**MYTHS OF MEDICATION USE IN END-OF-LIFE CARE** How do I know what is true or what is false about the medications the doctor is prescribing me or my patients? Learn about the common myths surrounding the most commonly used medications and how they can help you and the patients you care for.

**SYMPTOM MANAGEMENT AT END OF LIFE** Learn the principles of palliative care as they relate to pain, nausea and respiratory distress. Develop a deep understanding of medications used primarily for the hospice patient.

**WHAT'S THE DIFFERENCE BETWEEN PALLIATIVE CARE AND HOSPICE?** Would palliative care serve me and my family better or should I choose hospice? Learn what the differences are and how to decide which would be best for you, your patient or your family.

**INTEGRATING HOSPICE CARE IN YOUR FACILITY** This presentation will outline how a hospice team works to help meet your facility regulations regarding coordination of care, along with offering medical, emotional and spiritual support to the patients/families in your facility, as well as your staff.

**UNDERSTANDING GRIEF** What is grief, and why do we have to go through it? After experiencing a loss, it is common to experience a host of challenges during the grief and bereavement process. It is important to understand normal grief and loss reaction, while learning positive coping mechanisms that can assist you.

**COPING WITH GRIEF WHILE CELEBRATING THE HOLIDAYS** Holidays can intensify our grief for a lost loved one. Learn how to cope during this difficult time.

**WALKING ALONGSIDE THE BROKENHEARTED** Grieving is often a solitary and lonely journey. Coming alongside as a walking companion can provide the mourner with encouragement and hope. This topic offers practical and meaningful ways to support those in mourning.

**WHEN GRIEF VISITS THE WORKPLACE** Understand the dynamics of grief and how different types of loss can affect the workplace, your employees and your residents.

**MAKING MEMORIALS OF MEMORIES** The death of a loved one doesn't mean the loved one is forgotten. Understanding how to incorporate the memories of the deceased in a healthy and endearing manner is the goal of this presentation.

## Speakers Bureau Topics Guide

**MINDFUL AGING** Aging requires us to confront the reality of mortality, but how can we live well through to the end? In this session, we'll explore what it means to live well, die well and grieve well, with a focus on extending the quality of life through to the end of life.

**COURAGEOUS CONVERSATIONS** When serious illness strikes, how can we respond with honest discussions and sound decision-making? How can faith guide our understanding of the prognosis and the options without clouding our discernment of God's will? In this session, we'll explore how to have courageous conversations in the face of adversity.

**WHEN MIRACLES ARE BEYOND OUR REACH** Medical "miracles" may seem commonplace as pharmaceutical and technical options grow, but mortality is still in everyone's path. In this session, we'll explore both the potential and the limits of modern medicine, and examine the wisdom to know the difference.

**ADVANCE CARE PLANNING** No one can predict when a sudden illness or accident may occur, leaving a person unable to make personal health care decisions. In this session, we'll learn about advance care planning as a tool to discern, express and document your personal values related to your health.

**OTHER TOPICS THAT WE CAN PRESENT:**

- Planning for an Extraordinary End-of-Life Experience
- Redefining Hope
- Considerations in Pain Management
- Integrating Palliative Care into Mainstream Medicine

Additionally, Trillium Institute coordinates palliative clinical experiences for nurse practitioner students, medical students, residents and fellows in collaboration with area health care providers, colleges and universities.