

# Maine PASA's 6th Annual Conference

## September 26, 2008



# Working Well

*A Special Invitation to Direct Care & Support Staff:  
You have someone's world in your hands each day, so we  
want you to have a professional day*

*September 26th, 8AM—2PM  
Saint Paul Center, Augusta*

*Featuring great speakers, prizes, food, and a chance to put  
your feet up and meet others, learn and have fun*

Sponsored by the Maine  
Personal Assistance  
Services Association and  
the generosity of our  
members and donors



Special thanks to the Maine  
Long-Term Care Ombudsman  
Program, PHI National, and  
the Direct Care Alliance

## Conference Highlights and Information:

### Friday, September 26, 2008 Conference Agenda

**8:00AM— 8:45AM: Get Acquainted Coffee— A Time for Workers**

**8:45AM— 9:00AM: General Registration**

**9:00AM —9:15: Welcome and Introductions**

**9:15—10:00: Keynote Speaker John Booker:**

John is a professional direct care worker with over 30 years of experience, as a C.N.A., and most recently as a recruitment and retention consultant. He is the Executive Director of the National Association of Direct Care Workers of Color and the Indiana CareGiver Association, and is active across the country on Boards and giving presentations on the economic and social advancement of direct care workers.

**Register Now and Get a \$15 Gas Card**

**10:15—11:45: Workshops (choice of 3)**

**A: Getting by on less: Home Heating Tips:** Many people are worried about the cost of home heating for the winter. Learn some tips and how to locate resources for you and your consumers. Speaker: David Gilpatrick, Kennebec Valley Consumer Action Program.

**B: Staying Well at Work:** Direct care and support jobs are physically and emotionally demanding. What can you do to “Work Wise” to prevent work related injury and stress. Speaker: Ed Latham, RN

**C: Working Wise:** Maine PASA members present the Voices Institute in a personal and insightful summary of this national program for direct care and direct support workers sponsored by the Direct Care Alliance. You will hear about the knowledge and skills that 4 people learned about advocating for themselves to improve their working conditions, their own lives and those of their consumers/clients. Speakers: Helen Hanson, PSS; Julie Moulton, DSP; Lorenzo Raffa, Community Case Manager/DSP; Roberta Record, PSS.

**11:45AM —1:00PM: Lunch, Networking, Recognition**

**1:00PM—2:00PM: Maine PASA Annual Updates, Door Prizes, Adjourn**

**Chair massages and print materials on a variety of personal and professional health and**

## Directions & Information:

**Conference Location: St. Paul Center, 136 State St. Augusta**

**Directions to the St. Paul Center:** Maine Interstate to Exit 109 (formerly Exit 30). Drive south approximately one mile to traffic circle. Continue  $\frac{3}{4}$  around circle and fork right to State Street. The St. Paul Center is located at 136 State Street on the corner of State and Green. Parking is on the left before reaching Green Street.

**To Register:** Send a registration form with payment (next page & [www.maine-pasa.org](http://www.maine-pasa.org))

**For more information: Call Maine PASA: 207-890-0773**