

FREE, Community-Wide Resource Fair

# A Day of Empowerment, Solutions & Support

for Individuals with Acute or Chronic Illness or Disability  
and their Friends & Family

**SUNDAY MAY 16, 2010**

**10:00 A.M. TO 2:00 P.M.**

(DOORS OPEN AT 9:45)

**VENUE PEARL, 323 NW 13TH AVENUE, PORTLAND**

**Exhibitors include:**

Fitzwater Meyer LLP, Quest Center for Integrative Health, Health Advocacy Solutions, Sinai Family Home Services, Store to Door, National Tay Sachs & Allied Diseases Association, AARP Oregon, Susan G. Komen for the Cure, Talking Books & Braille Services, Oregon Psychological Association, Crohn's & Colitis Foundation, Ride Connection, Bryan Basinger DC & the Clearwater Clinic, CODA Inc, Debra MacDougall, Friderike Heuer, the Oregon Jewish Museum, My Life Works Today! Lupus Living Network, Independent Living Resources, Judy Brodkey, JFCS' TASK & Tikvah programs, Multiple Sclerosis Society, Leukemia & Lymphoma Society, Improve Your Balance, Portland Hadassah, Stay at Home America, Dinner at Your Door, and Jewish Family & Child Service.

***You Could Save a Life!***

JFCS will be conducting a Bone Marrow Donor Identification Drive  
(in partnership with the Gift of Life Foundation)

Donor registration involves only a simple swab of cells from the inside of the cheek. Donors must be between the ages of 18-60 and in general good health. You could be the "miracle match" for a mother, father, sister, brother, son or daughter in Portland, Oregon or Portland, Maine (or anywhere in between.)

“Whoever saves a single life, it is as if he had saved the whole world.”  
-- The Talmud, Sanhedrin 4:5

**Platinum Sponsors**

Jewish Family & Child Service  
Dunn Carney Allen Higgins & Tongue LLP

**Silver Sponsors**

Health Advocacy Solutions, Fitzwater Meyer LLP, Sinai Family Home Services, Quest Center for Integrative Health, AARP Oregon, Stay at Home America, CODA Inc., My Life Works Today! Lupus Living Network, Oregon Psychological Association, Portland Hadassah

**Learn about:**

■ Navigating the health care system ■ Hiring care providers ■ Self-care for caregivers ■ Effective strategies for managing stress ■ Caring for a seriously ill child ■ Special needs trust & estate planning ■ Living well with chronic illness ■ Making your home functional for a family member with special needs ■ Grocery, errand, meal & transportation services ■ Developing an end-of-life support team ■ Naturopathic & chiropractic support ■ Creating art as part of the healing journey ■ Volunteer opportunities ■ Counseling & support groups ■ Screening for Jewish genetic diseases

**SEE REVERSE SIDE  
FOR SCHEDULE OF  
PRESENTERS**

JFCS



*Jewish Family & Child Service*

To learn more: Contact Chana Andler,  
Director of JFCS Marketing & Development at  
503-226-7079 x116 or [chana@jfcs-portland.org](mailto:chana@jfcs-portland.org)

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**SCHEDULE OF PRESENTERS**

**10 to 11 a.m.**

**“Brain Health: Three Natural & Effective Approaches for Managing Stress”**

- *Greg Nigh, ND*

**“Advanced Medical Directives: Making your End-of-Life Wishes Known”**

- *Rabbi Daniel Isaak*

**“Discovering our Voice Through Images”**

- *Maria Pfifer, My Life Works Today! Lupus Living Network*

**11 am to 12 noon**

**“Navigating the Health-Care System”**

- *Jason McNichol PhD., Health Advocacy Solutions*

**“Caring for a Seriously Ill Child”** (interactive discussion)

- *Bonnie Davis, parent*

**“End-of-Life Issues: a Jewish Spiritual Perspective”**

- *Rabbi Ariel Stone*

**“How to Make your Home Safe & Suitable for a Family Member with Special Needs”**

- *Bill Puckett, CAPS certified contractor*

**“Reflexology for Relaxation & Healing”**

- *Debra MacDougall*

**12 noon to 1 p.m.**

**“Caring for the Caregiver”**

- *Vicki Schmall, author of The Caregiver Helpbook: Powerful Tools for Caregiving*

**“Why do Bad Things Happen to Good People?”**

- *Erica Goldman, Florence Melton Adult School*

**“Crossing the Bridge: Pathways to End-of-Life Care”**

- *Jaimie Harper LCSW*

**“Incorporating Self-Care Practices into your Daily Life”**

- *Dr. Shani Fox*

**“Living Well as a Family when there is a Chronic Illness or Disability”**

- *Sherry Fishman*

**1 to 2 p.m.**

**“Ins & Outs of Hiring Care Providers”**

- *Maria Sampson, MSW, MBA, Stay at Home America*

**“Mindfulness & Healing”**

- *Yael Schnitzer, LCSW, BC-DMT*

**“Finding Strength & Solace in the Psalms”**

- *Rabbi Michael Cahana*

**“Trusts & Estate Planning for Families with Special Needs Children”**

- *Melanie Marmion, J.D., Fitzwater Meyer LLP*