

For Immediate Release

Contact: Deborah Liedel, Executive Director
The Family Center of Grosse Pointe & Harper Woods
(O) 313.432.3832 or (C) 313.701.5450
Debbie.Liedel@familycenterweb.org
familycenterweb.org

A special Ask the Experts series for caregivers, professionals

The Family Center's Association of Professionals will offer three "Ask the Experts" programs in April that will provide caregivers — both professionals and laypersons — a chance to learn and share their experiences. The programs will be held on successive Wednesdays, April 10, 17 and 24, at Barnes School in Grosse Pointe Woods.

The April series will begin with a "Meet & Greet: A Gathering for School, Mental Health and Other Professionals Working with Youth and Families" on April 10, from 9 to 11 a.m. All school, community mental health and health professionals are invited to attend this gathering and are encouraged to exchange business cards and brochures.

On April 17, 6-9 p.m., "TAKING CARE WHILE GIVING CARE: Coping with the Challenges of the Sandwich Generation" is geared for people who find themselves in the middle of caring for aging relatives while balancing the pressures of their own lives. Attendees will also have opportunities to meet with resource organizations.

Are you stressed? Do family and friends tell you need to take action to alleviate stress? If so, the evening's kickoff presentation, "Stop It Before It Stops You! Successful Solutions for Solving Stress," is for you:

- Learn the sources, symptoms, and consequences of stress.
- Get compelled into action with well-established stress management skills and cognitive restructuring.
- Learn the ability to cope with both short and long term stressful situations.
- Move toward a greater balance, and control in your life.
- Enjoy the positive effects of laughter as the best medicine.

At 7 p.m., presenter Nancy Piatek, of Nursing Unlimited, will discuss "How to Help Someone with Medication or Alcohol Misuse Issues." Many older adults take medications for other than medical reasons:

- Learn how mood-altering prescription drugs can affect older adults.

- Spot the warning signs of medication misuse.
- Develop strategies for medication education.
- Understand the health consequences of medication misuse.
- Help older adults to team up with doctors, pharmacists and other professionals.

Piatek is a seasoned speaker with over 25 years in the health care industry. She is a member of the Alzheimer's Speaker Bureau and the Parkinson's Foundation Speakers Bureau. She is a spokesperson and community liaison for Nursing Unlimited. Her educational programs are delivered with her own unique style of humor and warmth that entertain, motivate, and educate audiences.

At 7:30p.m., Jeff and Debra Jay, of Love First, Inc., will present "How to Help Someone Suffering from Medication or Alcohol Problems." They will discuss:

- Understanding the problem.
- Building an intervention team.
- Identifying resources.

Jeff Jay is a clinical interventionist, educator and author. His work has appeared on CNN, the "Jane Pauley Show," PBS, Forbes Online and professional journals. Debra Jay appears frequently on "The Oprah Winfrey Show." She is a noted author, lecturer and interventionist. They have a private practice in Grosse Pointe and are the authors of Love First, a Family's Guide to Intervention.

Wrapping up the series on April 24, 6-9 p.m., "Discovering and Accessing Resources for Different Learners," will begin with an hour to visit resources tables and talk with professionals.

At 7p.m., presenter Amy McKenzie, MD, Spectrum Wellness Center, will discuss "Hope for Tomorrow: How Biomedical Treatments May Help Children with Developmental Disorders." Her presentation will look at how complex interactions between genetics and environment can help optimize learning. She will address:

- Specialized diets and their impact on your child's ability to focus.
- Nutritional deficiencies and their contribution to difficulties in learning.
- Overcoming certain genetic mutations with nutritional supplementation.
- How environmental stressors and toxins impact our children.
- New research is connecting the dots between behavior and physiology.

Through significant research of biomedical treatments, and an unrelenting desire to find those treatments that would help her son become his best, McKenzie has developed a wide breadth of knowledge (and very practical experience!) on biomedical treatments including:

specialized diets, methyl B-12 therapy, supplements, HBOT (hyperbaric oxygen therapy), chelation, and more.

At 7:30 p.m., GERALYN DeBoard, administrative director, Children's Hospital of Michigan Autism Center, will present "Celebrating Differences! How to Support Your Different Learner."

DeBoard has been in public school education in the Metro Detroit area for more than 10 years. She provides administrative support and leadership for the evaluation, treatment and educational programs. She earned a B.S. in psychology at Bowling Green State University.

She will provide helpful, practical tips to increase the likelihood of success for your different learner in the school environment:

- Know and Understand Your Child's Rights
- Successful Communication
- Focusing on the Positive
- Creating a Supportive Culture
- Find Help and Family Support

All programs will be held free of charge at the Barnes Early Childhood Development Center, 20090 Morningside, Grosse Pointe Woods. To learn more or RSVP/register online for all programs visit www.familycenterweb.org or call (313) 432-3832. RSVP one week before the presentation and note that all programs will start at time listed.

The Family Center's special Association of Professionals *Ask the Experts* series is presented in partnership with the Grosse Pointe Public School System. All presentations have been approved by the Grosse Pointe Public School System and the Harper Woods School District for staff development hours. (Staff must sign in to receive credit for attending.)

Enriched Communities Through Strong Families

The Family Center, a 501(c) 3, non-profit organization, serves as the community's centralized hub for information, resources and referral for families and professionals.

To view more *Ask The Experts* articles, please visit our website www.familycenterweb.org.

Please email your questions to info@familycenterweb.org

To volunteer or contribute, visit familycenterweb.org or call 313.432.3832.

20090 Morningside Drive, Grosse Pointe Woods, MI 48236

