

23rd Annual Investment in Caregivers Conference

Theme: Safety & Belonging

Saturday, April 27, 2024 | 8:30am-4:30pm

Four Rivers Cultural Center, 676 SW 5th Avenue, Ontario OR 97914

About the Presenters

Det. Rachel Rieger (ret.), BeSure Consulting, Cyber Security & Social Networks: A Caregiver's Guide to Sexting, Cyber Bullying, Snapchat, Instagram Mandar mensajes sexuales acoso cibernetico y las redes sociales: guía para padres.

Rachel Rieger has dedicated her career in law enforcement to advocating for and seeking justice on behalf of children that are victims of sexual abuse and assault. Graduating with a degree in Social Work and Spanish, Detective Rieger worked first as a Child & Family Advocate in the DuPage County, Illinois State's Attorney's Office prior to becoming a Police Officer and Investigator in 2005. During her time at the State's Attorney's Office, assigned to the Child Advocacy Center, Rieger interviewed thousands of victims, witnesses, and perpetrators in child sexual abuse investigations. She assisted other law enforcement jurisdictions and the FBI with their forensic interviews of children and with providing testimony in court on their investigations. She has interviewed and been involved in the arrest of hundreds of sexual predators and interpreted for many polygraph examinations, where she has been able to hear first-hand accounts from the perpetrators how they lured and manipulated, exploited, and abused children. She was certified as a Juvenile Officer in 2006 and was involved in many investigations where minors were the alleged perpetrators of the sexual violence. She was involved in providing training and instruction to other detectives and to the IL Department of Child & Family Services (DCFS) on how to respond to children that made a disclosure of sexual abuse. Currently a stay-at-home mom to her five children, Rieger continues speaking and providing training to organizations that have a desire to learn how we can be involved in the fight to protect our children against childhood sexual abuse.

Sarah Poe, Director of Malheur County Health Dept - Caregiving in Community

Sarah Poe is the Malheur County Health Department Director, committed to improving the health and wellbeing of her community. As a previous Certified Prevention Specialist, End of Life Doula, and K-6 Toolbox Project teacher, Sarah understands the importance of a holistic approach to building resilience to protect all people. Sarah graduated from the College of Idaho with a degree in Creative Writing and just completed her Masters Degree in Organizational Performance and Workplace Learning from Boise State University. She'll begin her PhD in Public and Population Health Leadership this fall. She brings her experience as a mother, volunteer, and writer to her work in public service.

Michelle Bass, LMSW, Casey Family Programs

Trust-based Relational Intervention TBRI®: An Overview; and Caregiver, Who's Caring for You?

Michelle Bass, LMSW received her bachelor's in social work from Boise State University and her master's in social work from Northwest Nazarene University. In 2018, Michelle trained as a Trust-based Relational Intervention Practitioner (TBRI®). Since then, Michelle has added multiple trauma-healing informed approaches to her work. Michelle is the Family Developer at Casey Family Programs in Boise Idaho, where she shares her passion and years of experience coaching, supporting parents, public speaking, and training in multiple communities and audiences. Michelle is a proud "Ma", "Mama", "Mom" and Grandma "Mor-Mor" to her amazing blended, multi-generational family she shares with her husband Ken. Through her professional and personal experience, she hopes to inspire resiliency and hope by creating a supportive, healing, learning community.

Heidi VonDeBur, OTR/L & John Drury, RN – Encompass Health
Understanding Levels of Care: Physical Medicine & Rehabilitation

John Drury has worked as a CNA then RN across many different settings in Nevada and Idaho. For the last 7 years, he has been a rehabilitation liaison for Encompass Health, helping patients admit to inpatient rehabilitation following an acute hospitalization.

Heidi VonDeBur has been an occupational therapist for over 5 years now, working primarily in pediatrics but across a variety of healthcare settings. She has been a rehabilitation liaison with Encompass Health for almost a year, helping individuals access inpatient rehabilitation from community-based settings such as home, assisted living, skilled nursing facilities, and emergency departments.

Lindsay Grosvenor, Oregon Food Bank - Pursuing Health at Every Size

Lindsay Grosvenor is a Registered Dietitian Nutritionist and Certified Intuitive Eating Counselor that has worked in public health in Malheur County for over 20 years. Lindsay's passion for food and social justice led her to her current role as Southeast Oregon Regional Manager for Oregon Food Bank (Ontario Branch) where she is able to focus her energy on projects and initiatives that support an equitable and sustainable food system and address the root causes of hunger.

Mark Keele & Cindy Floyd, Altruistic Recovery - Stages of Change

Mark Keele has a BS in sports medicine and psychology, as well as a CADC II for over 14 years.

Cindy Floyd is an FNP and was previously a Pediatric RN for 17 years. Cindy is currently our M.A.T. provider and extensive experience with the Foster Care system.

Kelley Phipps, Center Point Learning

Loving Solutions in the Childcare/Caregiving Environment: Addressing Difficult Behaviors.

Kelley Phipps is a learning differences specialist with an emphasis on dyslexia, ADHD, and/or autism spectrum disorders. A certified Elementary and Special Education teacher, with a Masters in Literacy, she is licensed in the Davis Methods® and provides individualized correction programs that make a real difference in the lives of students and families. Mrs. Phipps is a certified Parent Project® presenter that works with parents and families to build skills for resiliency, structure, and order. She is an Educational Consultant providing training for educators, businesses, and community members on the power of being Focused and Present and the importance of understanding the concepts inherent in the human experience. Kelley and her husband have eight grown children and live in Fruitland, Idaho.

Kelley Phipps and Tina Cramer - Focus & Attention: Their Roles in Responsibility

Tina Kramer is the visionary creator of Simple Learning and the patented Sound Device. With a background in education, Tina noticed a recurring pattern among her students - exceptional intelligence paired with academic struggles. Determined to find solutions, she dedicated herself to developing effective methods that enhance focus and unlock potential in both students and business professionals. In addition to her expertise in education, Tina is also a proud mother of two, an avid hiker, and a passionate photographer. She embraces adventure on two wheels, riding her beloved motorcycle named Lola. Beyond her personal pursuits, Tina has taken on a vital mission to raise awareness about what was once labeled as learning disabilities. Her unwavering dedication to fostering understanding and inclusivity has compelled her to reframe these challenges as "learning differences." Through her coaching programs, engaging podcast, Focus & Foundations with Tina & Kelley, and inspiring speaking engagements, Tina is actively reshaping the way we perceive and approach focus. Don't miss the chance to connect with Tina Kramer and discover her innovative approaches to focus enhancement. Be inspired, broaden your horizons, and embrace a new perspective on achieving success. Tina resides in Phoenix, Arizona.

Karina Armenta, RN, Edgewood Health Care - How to Still Be Family When You're Wearing the Caregiver Hat
Karina Armenta is a registered nurse who has been working in the local healthcare field for many years. She has been an RN in many settings, including long-term, hospice, assisted living and memory care and is currently the Clinical Service Director of an 88-bed assisted living/memory care. Karina is also a Death Doula and is in the process of becoming a Somatic Experience Practitioner to assist others with healing trauma. She has provided care for her terminally ill grandmother, cared for her grandfather with Alzheimer's, and cared for other family members experiencing mental and physical medical conditions.

Sarah Chandler, DPN, AGNP-C, Ancora Health Services. Caregiver Connection: Starting the Conversation
Sarah Chandler, DNP, AGNP-C is a Board-Certified Adult-Gerontology Primary Care Nurse Practitioner through the American Association of Nurse Practitioners. Sarah has 18 years of nursing practice in adult/geriatric critical care. Sarah is now serving patients in the Western Treasure Valley with Ancora Health Services.
Dani Castro is a registered nurse and owner at Ancora Health Services. She has been a nurse across the lifespan and is passionate about providing care wherever a patient calls home.
Additional team members from Ancora Health Services will round out the panel.

**Amber Mitchell & Alicia Ruiz, Treasure Valley Children's Relief Nursery (TVCRN)
Stewards of Children®: Darkness to Light **Spanish track****

Amber Mitchell became part of the Treasure Valley Children's Relief Nursery team in 2018, initially contributing as a teacher's assistant. With dedication and passion for early childhood education, Amber advanced to the role of lead teacher and home visitor by 2023. She is actively furthering her qualifications in early childhood education. Outside the classroom, Amber dedicates her time to her family, finding joy in the lively household shared with her husband and five children.

Alicia Ruiz's journey in childcare and development is both inspiring and impactful. With a start in running her own day-care for three years, Alicia's passion for nurturing growth led her to work with moms in the St. Lukes' Mother Baby Care unit. Her dedication to early childhood development flourished when she joined the Treasure Valley Children's Relief Nursery in 2012. Known for her kindness and open heart, Alicia not only uplifts the spirits of the children in her classroom but also works diligently towards her associate degree in early childhood development. Beyond her commendable work, Alicia cherishes time with her husband and three daughters, further nurturing the love that she so generously shares with the world.

Michael Ray, LCSW, Lifeways, Inc. - Anxiety, Captains, and Ships -- Oh My!

Michael Ray is the Child & Adolescent Program Manager at Lifeways, Inc. He is a Licensed Clinical Social Worker, LCSW with over 20 years of experience working in Developmental Disabilities (DD) Foster Homes.

Tom Longoria, MCOA&CS - Aging in Place

Tom is a long-term resident of Malheur County. He earned his Bachelors of Science in Psychology in 1997 from Portland State University. He has worked primarily in social service, non-profit entities for most of his career. He came to the Malheur Council on Aging & Community Services (MCOA&CS) in 2014 as a Senior Specialist, starting with the Oregon Project Independence (OPI) Program. He then moved on to helping develop the regional Aging & Disabilities Resource Connection (ADRC) as a part of MCOA&CS. He then worked in all of the Senior's Programs funded by Older Americans Act funds until 2018 when he left the agency for a short time, during which he was an unpaid caregiver to family members. Tom returned to the agency in 2019 and was promptly promoted to the Senior Programs Manager position in which he has overseen and administered all OAA programs for the last 5 years.

Jessica Koomen - Yoga for the Caregiver / Integrating Yoga into Caregiving

Waiting for her bio.