

# Wellness & Caregiving Benefits:

Healthy Minds, Healthy Employees, Healthy Company



Jan. 15, 2019 • 7:45 a.m. - 11:30 a.m.  
The Monona Terrace, Madison, Wis.

## AGENDA

- 7:45 - 8:15 a.m. **Registration, Breakfast & Sponsorship Showcase**
- 8:15 - 8:25 a.m. **Welcome and Opening Remarks**, Cheryl DeMars
- 8:25 - 9:25 a.m. **Self Care Mini-Wins for Caregivers**, Cara Bradley
- 9:25 - 9:45 a.m. **Networking Break & Sponsorship Showcase**
- 9:45 - 10:25 a.m. **AARP Caregiving Toolkit & Resources for Employers**, Sam Wilson
- 10:25 - 10:55 a.m. **Benefits and Services Offered Through a Senior Provider Network**, Scot Cheben
- 10:55 - 11:25 a.m. **Employer Success Story of Offering Caregiving Benefits**, Diana Clark
- 11:25 - 11:30 a.m. **Closing Comments & Adjourn**, Cheryl DeMars

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## **Cara Bradley** Body-Mind Teacher, Speaker and Author

Cara Bradley, an innovative body-mind teacher and keynote speaker, is committed to shifting from frazzled to flow – a state of being awake and deeply engaged in life – and to not waste one second stuck in the sludge of drama or the muck of mediocrity. She wakes up every day excited to help people live in flow – at work and home – using simple body-mind strategies to settle down, show up and optimize wellbeing and performance.

As a busy entrepreneur and former pro skater for Rollerblade, Bradley is no stranger to the increasing pressures of competing in our fast-paced, quickly changing world. She is the founder of Verge BodyMind Center in Philadelphia, is a frequent blogger, hosts a weekly podcast and trains CEOs, corporations and sports teams.

## **Sam Wilson** Wisconsin State Director, AARP

Sam Wilson has spent the past 17 years with AARP in both advocacy and management roles, including stints in both the South Dakota and Wisconsin state offices. Prior to joining AARP, he spent time in Washington, D.C. working on health and retirement security policy development, predominantly focused on the age 50+ population.

He has spent the last seven years as state director for AARP in Wisconsin and currently serves as an appointed member of the State of Wisconsin Long Term Care Advisory Committee and the State of Wisconsin SeniorCare Prescription Drug Benefit Advisory Committee. He's been a statewide and national level trainer and speaker for AARP on the issues of health and retirement security, livable and age-friendly community development, and grassroots organization. Wilson is a recurring co-host of AARPLive on RFD-TV, a national cable television program focused on bringing information and resources to the rural, age 50+ population across the country.

## **Scot Cheben** Co-Founder, Senior Provider Network

Scot Cheben is a seasoned entrepreneur in the senior care industry. His dedication to caring for seniors spawned when he had become the primary caregiver for his dad. He has spent his early life working in aeronautics before owning his own home care business. He co-founded the Senior Providers Network to help educate people and guide them to the right resources. Senior Providers Network is a specialized employee benefit focused on providing elder care assistance while helping businesses control costs. He is an instructor in dementia care. Cheben has been quoted in the Huffington Post, Lori La Bey Alzheimer's Speaks Radio, Our Parents.com and sits on the aging council at Senior Care.com

## **Diana Clark** Benefits Manager, Promega

Diana Clark has been the benefits manager at Promega Corporation since July 2016. In this role, she designs and manages all health and welfare, leave of absence and retirement programs including all compliance activities. She holds Senior Professional in Human Resources (SPHR) and Professional in Human Resources (PHR) certifications. She previously was employed at QBE as a lead benefits analyst and has held positions at Mayo Clinic Health System, Franciscan Healthcare, Festival Foods and CUNA Mutual Group. Clark joined The Alliance Board of Directors in 2017.