

# Elder Care

with your eyes & heart wide open

*Discover a fresh approach to caregiving with Kathie Nitz. Her unique perspective comes from weaving together her training as a coach with her personal experiences as a caregiver to a mother with dementia. Family members and professionals leave Kathie's talks with new caregiver success strategies ... and peace of mind.*

## CAREGIVERS CAN T.H.R.I.V.E.

It's so easy for you, as a caregiver, to become burdened, overwhelmed and stressed to the point of ruining your own health. But you don't have to go down that road. And you don't have to just get by either. You can go beyond surviving ... and start thriving ... so you come out the other side better for the experience. In this workshop, Kathie shows you how to make this shift by bringing a fresh perspective that'll change everything you believe about caregiving.

Your caregiver journey can be an opportunity for tremendous personal growth and healing. Let Kathie give you the insights and strategies you need to completely transform your elder care experience.

## JUST BETWEEN US KIDS

**"Oh, we don't talk about those things!"**

Caregivers say they're frustrated and concerned, yet they ... and their loved ones ... often choose to stay in denial! If you're walking on eggshells, avoiding important topics, or want a bit of guidance before you start, you're there!

But all you need is a bit of guidance to help you communicate effectively with aging parents and loved ones about difficult issues. The key? Be pro-active so you won't have to be reactive when the dominoes start to fall!

## MOM, MUFFIN & ME

**A Journey of Love, Laughter and Letting Go**

When Kathie first became a caregiver to her mom in 2003, she never imagined the healing and growth that would occur for both of them on their journey together. Kathie will share stories and wisdom about how to live and care with your eyes and heart wide open. She'll help you embrace the journey as a caregiver and find the many gifts hidden within the challenges.

*Kathie can create custom presentations to meet your audience's needs.*



*Kathie with her mom*

## Inspirational Speaker

Known for inspiring audiences with her warm, authentic and engaging style, Kathie connects quickly and easily by sharing stories, ideas and tools that motivate and empower.

## Life Strategist

Kathie is a professionally-trained life & relationship coach, who received her training through The Coaches Training Institute.

In 2011, Kathie earned her Certified Senior Advisor designation, fulfilling her dream to help individuals and families create a vision for inspired aging.

As a coach and a CSA®, Kathie skillfully helps individuals navigate life transitions, including the challenges of eldercare.

## Caring Cards® creator

Kathie has created products and services to promote meaningful connection and introspection including Caring Cards®.

Kathie Nitz



**TO BOOK KATHIE:**

**KATHIE@KATHIENITZ.COM | 203.578.5244 | KATHIENITZ.COM**

## WHAT PEOPLE ARE SAYING ...

*"Kathie is such a warm and engaging speaker, I highly recommend her to anyone considering inviting her to address a group.*

*Recently I invited her to make a presentation at my church for a Sunday service and she wowed us. She is masterful in blending personal stories and anecdotes with solid information and helpful hints related to aging for caregivers, family members and those concerned about their own situations and memory issues. The true test of a compelling speaker is when the audience refuses to leave and continues to wait in line to capture a few minutes with the speaker. We could have kept Kathie with us for hours.*

*And I know she touched hearts and gave hope to those who will find her 'Caring Cards' a great tool for stimulating conversations with loved ones, whether they are dealing with dementia or not. I can recommend Kathie without reservation."*

**- Paula Van Ness, CEO  
Connecticut Community Foundation**



*"If you are searching for a speaker who will inspire your audience to focus on building and maintaining healthy happy relationships, Kathie Nitz is your person. Her easy manner allows her to connect with her audience ... and the audience to connect with her. This is her strength! Kathie is warm, engaging and genuine.*

*Through her Six Simple Steps to T.H.R.I.V.E. presentation, she provided ideas, suggestions and solutions to help us navigate the challenges that can occur in the relationships we have established in our lives. Your clients, employees, or congregation will thank YOU for hiring her!"*

**- Ethel-Anne Roome, Certified Grief Recovery Specialist®  
Grief Recovery Starts Here!**



*"THANK YOU, Kathie, for being the guest speaker at our annual 'Caring for Our Community' fundraising breakfast!!!! You delivered a wonderful message about how meaningful conversations can build and nourish a culture of care.*

*I could see that you touched many people in the audience of nearly 200 professionals. We were delighted when many lingered afterward to visit at their tables and get to know each other better through using your Caring Cards® as conversation starters. Thank you for weaving your cards, your voice, your journey with the NMVNA & Hospice mission. It was perfect."*

**- Celia Pomerantz, Business Development Manager  
New Milford VNA & Hospice**



*"We chose wisely when we asked Kathie Nitz to be the featured speaker for our Annual Hospice Volunteer Recognition Celebration. She immediately recognized the caregiver qualities in our volunteers and noted the importance of their work with people they care for and with their wonderful caregivers, be they family or friends.*

*The caregivers' tools to T.H.R.I.V.E. were especially helpful. I noticed that the Hospital Volunteers were very attentive and thoughtful as she reviewed the 6 tools that lead to meaningful outcomes. I do believe these volunteers 'got it' and now more consciously embrace the journey."*

**- Tina Bernacki RN, MS, CHPN & Director  
Hospice at Home, Visiting Nurse Services of CT**



### PARTIAL CLIENT LIST

Connecticut Assisted Living Association - Alzheimer's Association - Greater Bridgeport Elderly Services Council - Central Naugatuck Valley Senior Services Network - New Milford VNA & Hospice - Masonicare of Newtown - Maplewood Senior Living - The Kensington - Visiting Nurse Services of Connecticut - The Hearth of Southbury - Middlebury Convalescent Home - The Watermark at East Hill - Fairfield County Bank - Benchmark Quality Living - Mattatuck Unitarian Universalist Society - Executive Women's Golf Association, Fairfield County CT Chapter

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