



Hawaii Pacific Gerontological Society

PRESENTS THE SEPTEMBER WEBINAR:

*“Caring for the Caregiver:
Mindfulness & Stress Management”*

SPEAKER: RICK TABOR, OPERATIONS MANAGER

**THURSDAY, SEPTEMBER 26TH
11:30 AM – 12:45 PM**

LEARNING OBJECTIVES:

- Explore new stress management strategies.
- Hone in on your natural validating & refreshing coping skills.
- Learn positive reframing with solution-focused grounding techniques.
- Establish realistic mindfulness strategies to stay well-balanced.

COPY & PASTE THIS LINK INTO YOUR BROWSER TO REGISTER:

https://zoom.us/webinar/register/WN_kNjXksVJSVCY1u7zmd_hMA

ABOUT THE SPEAKER

Rick Tabor is the Operations Manager for Right at Home, an In-Home Assistance company located on Oahu. Rick has been in the caregiving and mental health field since 1975. He previously was a manager at Seattle, Washington’s Sound Mental Health’s Community Networks Program, King County from 1989 until 2017. He is a Licensed Mental Health Counselor, certified youth & adult developmental disabilities specialist & a child and adult mental health professional. Rick is also a Veteran with a history of counseling active duty military soldiers, dependents and Vets. He actively manages Kupuna (in-home eldercare) services & has a history of managing programs that offered; mental health, vocational, behavioral, stabilization recovery and substance use services and well-being mental health medical liaison. Rick is a member of the Honolulu Rotary Club and Board member of the Hawaii Pacific Gerontological Society. He is an advocate for the Alzheimer’s Association – Aloha Chapter.



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