

Speaker Introduction for Trish Laub

Speaker Introduction: (303 words)

Our presenter today is Trish Laub (lau-ba – said as one syllable).

Just 48 hours after Trish moved to Denver, her father experienced an unexpected medical crisis, setting into motion a two and one-half year journey of caregiving. During that time, Trish's mother also went through crises caused by stage four colon cancer. Trish served as not only a caregiver but also as the manager of both the care team and her parents' medical care. The process continued through their end of life and the settlement of their estate, and she has since participated in the care of many others. In all, Trish gained well over 12,000 hours of experience in providing care for a loved one, including one living with Alzheimer's, taking the final walk of their life with them, and settling their estates. She has continued to gain experience over the past eight years by participating in the care and end of life of loved ones and consulting for others.

With the abundant knowledge she gained caring for her beloved parents and others, and her conviction that everyone deserves dignity and security through the last moment of their transition, Trish has created *Comfort in their Journey*. Her award winning *Comfort in Their Journey* book series (consisting of *A Most Meaningful Life*, *Peaceful Endings*, and *Through the Rabbit Hole*) provides the clear, concise and accessible references that she wishes had been available to her. Trish shares her story and experience, and the tools to thrive during the caregiving process.

After spending 18 years developing computer systems, Trish went on to cofound both a national dance education program and a national nonprofit prevention theater company, and became a Black Belt instructor of The Nia Technique. Combining her backgrounds in technology, education, and communication, Trish presents practical guidance for dignified care through end of life.

Today her topic is: _____

Please welcome Trish Laub (lau-ba – said as one syllable).

Speaker Introduction: (367 words)

Our presenter today is Trish Laub (lau-ba – said as one syllable).

In 2002, Trish Laub was told that her father was being treated for Alzheimer's. She and her husband moved from suburban Chicago to the Denver area in 2012, not only to enjoy the beautiful mountains but also to be closer to her parents.

Just 48 hours after Trish arrived in town, her father experienced an unexpected medical crisis, setting into motion a two and one-half year journey of caregiving. During that time, Trish's

mother also went through crises caused by stage four colon cancer. Trish served as not only a caregiver but also as the manager of both the care team and her parents' medical care. The process continued through their end of life and the settlement of their estate, and she has since participated in the care of many others. In all, Trish gained well over 12,000 hours of experience in providing care for a loved one, including one living with Alzheimer's, taking the final walk of their life with them, and settling their estates. She has continued to gain experience over the past eight years by participating in the care and end of life of loved ones and consulting for others.

With the abundant knowledge she gained caring for her beloved parents and others, and her conviction that everyone deserves dignity and security through the last moment of their transition, Trish has created *Comfort in their Journey*. Her award winning *Comfort in Their Journey* book series (consisting of *A Most Meaningful Life*, *Peaceful Endings*, and *Through the Rabbit Hole*) provides the clear, concise and accessible references that she wishes had been available to her. Trish offers readers her story and experience, and the opportunity to thrive during the caregiving process. With information and guidance quickly accessible, the books enable caregivers to think and then act when decisions must be made.

After spending 18 years developing computer systems, Trish went on to cofound both a national dance education program and a national nonprofit prevention theater company focused on helping at-risk teens. She is a Black Belt instructor of The Nia Technique and has been licensed since 1999. Combining her backgrounds in technology, education, and communication, Trish presents practical guidance for dignified care through end of life.

Today her topic is: _____

Please welcome Trish Laub (lau-ba – said as one syllable).