

Pamela D. Wilson

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PROFESSIONAL EXPERIENCE

- President/Owner, Pamela D. Wilson, Inc., Lakewood, CO 8/07 to the present
- President/Owner, The Care Navigator., Lakewood, CO 8/07 – 7/18
- Broadcast Host and Producer of “The Caring Generation”, 630 KHOW-AM radio Denver 5/09 - 12/11
- President/Owner, In Home and Family Services, Inc. Golden, CO, 1/00 – 8/07
- Red Cross Certified Instructor in CPR, First Aid, AED, Safety & PDT, 2002-2005
- University of Phoenix, Part Time Instructor Business and Marketing, 01/03- 12/05
- Older Adult Caregiver Workshop Presenter - 2004
- Regional Director of Marketing, Bestfoods/Unilever, Denver, CO, 10/98 – 1/01
- Caring Connection Older Adult Outreach, Daniel Freeman Memorial Hospital, Marina del Rey, CA 1998-1999
- Director of Marketing, Bestfoods, Montebello, CA, 3/98 to 10/98
- Marketing Manager, CPC/Bestfoods Baking Division, Montebello, CA, 10/96 - 2/98
- Director of Marketing Memorex, N-TK Inc, Cerritos, CA, 6/95 – 9/96
- Product Manager Memorex, Memtek Products, Santa Fe Springs, CA, 5/94 – 5/95
- Product Manager, Dentsply Implant Division, Encino, CA, 2/93 – 4/94
- Associate Product Manager, Con Agra Inc., Frozen Foods., Omaha, NE, 2/91 – 7/92
- Advertising & Sales Promo Manager - ConAgra, Inc. Pet Products., Omaha, NE, 9/87 – 2/91
- Advertising Manager, Warren Distribution, Omaha, NE, 9/84 – 9/87
- KETV Television, Sales/Administrative Assistant, 2/83 – 9/84
- Nebraska Psychiatric Institute, Research Secretary, 2/82 – 2/83
- Federal Reserve Bank of Omaha, Securities Clerk 1/80-2/82



THE CARING GENERATION®
Embracing life's transitions with dignity, clarity and stability®

www.PamelaDWilson.com

EDUCATION/CERTIFICATES

- Certified Guardian, National Guardianship Association, October 2010 to present
- CSA, Society of Senior Advisors, Certification, December 2007 to present
- National Family Caregiver Association Workshop Leader Certificate - 2003
- Alzheimer's Learning Institute, Dementia Care Certificate – 2002
- Homecare PCP & Homemaking Certificate, Senior Resource Center – 2002
- University of Denver, Gerontology: Social Services in Aging Certificate – 2001
- Colorado State University, MS Management and Organizational Behavior – 1999
- Daniel Freeman Hospital Caring Connection Older Adult Care Certificate – 1998
- University of Nebraska, BS/BA Business, 1990
- Metropolitan State Community College, Omaha, Nebraska AA 1982
- Daniel Gross High School, Omaha, Nebraska, Diploma 1979

HEALTH CARE ASSOCIATION & COMMUNITY INVOLVEMENT

- Colorado Employee Assistance Professional Association, September 2014 to present
- Denver Regional Council of Governments, Community Healthcare Ethics Committee Chairperson, April 2012 to June 2016
- Colorado Assisted Living Association, 2010 to 2015
- National Guardianship Association, 2010 to present
- BNI (Business Networking International) Member 2008-2009
- Colorado Bar Association, Elder law Section Member, 2008 to present
- National Patient Advocate Foundation, Colorado State Policy Liaison, 2008-2010
- Alliance of Professional Women, 2006 to present
- National Case Management Society of America Member 2004 to present, Board of Directors Local Chapter 2005, 2007, 2008
- National Gerontological Nurses Association – 2005 to 2012
- Gerontological Society of America, 2005 to present
- American Geriatrics Society, 2005 to present
- Monthly Columnist “Caregiving” Senior’s 50+ Marketplace News Jefferson County Edition – 2003-2012

- Jefferson County Council on Aging, Board of Directors – 2000-2007
- Denver Regional Council of Governments Local Arrangements Committee
Chairperson for American Society on Aging & National Council on Aging
2002
- Colorado Women’s Forum in Health Administration – Board of Directors
Denver, CO 2002
- Older Women’s League – Vice President, Board of Directors, Denver, CO
2002
- Member Denver/Boulder Better Business Bureau – 2001-2007
- Member West Chamber of Commerce, Golden Chamber, Denver Chamber
2001-2007
- Home Care Management Board of Directors, Denver, CO 1999-2000
- Community Alliance, Outreach Developmentally Disabled Adults, Omaha,
NE 1991-1992

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| <i>MEDIA: PUBLICATIONS AND INTERVIEWS</i> |
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Wilson, Pamela D. 2009 – 2018, The Caring Generation Library Series:
Articles, Videos, and Podcasts. <https://pameladwilson.com/subscribe/>

Wilson, Pamela D. 1/31/18. “The Accidental Caregiver,” *Our Parents*.
Diane Franklin. <https://ourparents.com/care-topics/2018/01/31/the-accidental-caregiver/>

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Blythe: *Problems and Solutions*. www.problemsandsolutions.net, Lincoln, NE,
KFOR Alpha Media

Wilson, Pamela D. 12/28/16. “Tips for Caregivers.” Radio Interview with
Bob Gourley: *Issues Today Radio*. <http://issuestoday.libsyn.com/issuess-today-16-1>

Milner, Conan. 6/7/16. “How to Deal with Being a Caregiver and Other
End of Life Advice.” *The Epoch Times*, Chicago: IL,
<http://theepochtimes.com/n3/2078464-how-to-deal-with-being-a-caregiver-and-other-emd-of-life-advice/print/>

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Caregiving Relationship Tips.” *Connecting Medias*.
<http://connectingwomenmedias.com/search?q=Mother-Daughter+Caregiving+Relationships>

Wilson, Pamela D. 4/29/16. "The Top 10 Caregiving Mistakes." *Edge Media Network*. San Diego: CA
https://edgemedianetwork.com/news/family/197124/the_top_10_caregiving_mistakes

Wilson, Pamela D. 3/23/16. "Caregiving." Radio Interview with Ted Hicks on *Late Night Parents*. Hempstead: NY. <http://latenightparents.com>

Wilson, Pamela D. 3/16/16. "Parenting Pointers: Don't Bother the Challenges of the Invisible Caregivers." *Motherhood Moment*.
<http://motherhood-moment.blogspot.com/2016/03/parenting-pointers-dont-bother.html>

O'Brien, Elizabeth. 3/11/16. "Tackle These 3 Risks to Avoid a Nursing Home." *Market Watch*. <https://www.marketwatch.com/story/tackle-these-3-risks-to-avoid-a-nursing-home-2016-03-11>

Wilson, Pamela D. 3/4/16. "10 Caregiving Mistakes." *Connecting Women Medias*.
<http://connectingwomenmedias.com/search?q=10+Caregiving+Mistakes>

Wilson, Pamela D. 2/21/16. "The Caregiving Trap: Solutions for Life's Unexpected Changes." Radio Interview with Matt Nie on *WSBD Radio*. Burlington: Wisconsin. <http://wbsd.com>,

Wilson, Pamela D. 2/16/16. "The Role of a Caregiver: How to Take Care of Yourself and Those You Help." Radio Interview with Dr. Jeanette Gallagher on *Blog Talk Radio*. www.blogtalkradio.com/./the-role-of-a-caregiver-how-to-take-care-of-yourself-and-those-you-help

Wilson, Pamela D. 2/2/16. "The Caregiving Imperative: New Year's Resolutions to Preserve Physical Health and Mental Well-Being." *Third Age*. Adprime Media. <http://thirdage.com/the-caregiving-imperative-new-years-resolutions-to-preserve-physical-health-and-mental-well-being/>

Wilson, Pamela D. 1/22/16. "Taking Care of Seniors: 5 Tips to Maintain Balanced Emotions While Caregiving." *Baby Boomers Laugh and Learn*. Omaha, NE. <http://www.babyboomerslaughandlearn.com/?p=20897>

Wilson, Pamela D. 1/14/16. "The Caregiving Imperative: New Year's Resolutions to Preserve Physical Health and Well-Being." *Motherhood Moment Blog: Parenting Pointers*. <http://motherhood-moment.blogspot.com/2016/01/parenting-pointers-caregiving.html>

Jackson, Susan, Wenner. 1/13/16. "10 New Year's Resolutions for Caregivers." *Working Moms Against Guilt VIP*.
<https://www.workingmomsagainstguilt.com/10-new-years-resolutions-caregivers/>

Wilson, Pamela D. 1/9/16. "The Caregiving Imperative: New Year's Resolutions to Preserve Physical Health and Well-Being." *She Scribes Blog*. <http://www.shescribes.com/2016/01/the-caregiving-imperative-new-years-resolutions-to-preserve-physical-health-and-mental-well-being.html>

Wilson, Pamela D. *The Caregiving Trap: Solutions for Life's Unexpected Changes*. (New York: Morgan James Publishing, 2016).
<http://www.thecaregivingtrapbook.com>

Wilson, Pamela D. 12/28/15. "5 Tips to Maintain Balanced Emotions While Caregiving." *Michigan Mom Living Online Magazine*.
<https://michiganmomliving.com/2015/12/18/5-tips-to-maintain-balanced-emotions-while-caregiving/>.

Beaver, Dennis. 12/12/15. "You and the Law: The Need for a Care Advocate." *The Hanford Sentinel*. Hanford, CA: The Hanford Sentinel.
http://www.hanfordsentinel.com/features/the-need-for-a-care-advocate/article_5a9ab658-a103-5cd8-ac72-2f3c6d348a54.html

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<http://buffalonews.com/2015/12/11/handle-with-care-5-steps-to-more-effective-caregiving/>
Buffalo NY: The Buffalo News

Wilson, Pamela D. 12/11/15. "Caregiver Tips: 10 Positive Responses to Tough Family Situations." *Working Moms Against Guilt*.
<https://www.workingmomsagainstguilt.com/caregiver-tips/>

Wilson, Pamela D. 12/1/16. "Lack of Standards Enables Exploitation by Guardians." *Aging News Alert: The Senior Services and Funding Report*. CD Publications.

Steadman, Christy. 11/25/15. "Denver Area Caregivers Open Up Lives to Loved Ones." *The Lakewood Sentinel*. Lakewood, CO.
<http://www.lakewoodsentinel.com/stories/Denver-area-caregivers-open-up-lives-to-loved-ones.202940>

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<http://www.motherhood-moment.blogspot.com/2015/11/parenting-pointers-5-tips-to-maintain.html>

Wilson, Pamela D. 11/20/15. "5 Tips to Maintain Balanced Emotions While Caregiving." *Late Night Parents*. Ted Hicks.
www.latenightparents.com/2015/11/20/5-tips-to-maintain-balanced-emotions-while-caregiving-this-holiday-season/

Wilson, Pamela D. 11/19/15. "Author Pamela D. Wilson on Today's Honoree." Today's Honoree.
<https://todayshonoree.wordpress.com/2015/11/19/author-pamela-d-wilson-is-todays-honoree-for-friday-november-20th/>

Wilson, Pamela D. 11/20/15. "Caregiver Burden." *Intrepid Now Media Blog*. Atlanta, GA. <http://www.intrepidnow.com/authors/caregiver-burden/>

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<http://www.intrepidnow.com/authors/caregiving-challenges-giving-up-the-car-keys/>

Wilson, Pamela D. 11/16/15. "The Heartbreak (And Hard Work) of Family Caregiving." *Provider Nation*.
<http://www.providernation.com/2015/11/16/the-heartbreak-and-hard-work-of-family-caregiving/>

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<http://www.cassandrampplace.com/2015/11/the-caregiving-trap-solutions-for-lifes.html>

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<http://www.motherhood-moment.blogspot.com/2015/aa/parenting-pointers-parental.html>

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Wilson, Pamela D. 11/6/15. "Caregiving and Unexpected Traps." *Intrepid Now Media Blog*. Atlanta, GA. <http://www.intrepidnow.com/authors/caregiving-and-unexpected-traps/>

Wilson, Pamela D. 11/3/15. "The Overlooked Caregiver: Take Care of Yourself Too." *We Care Online*.
<http://wecareonlineclasses.blogspot.com/2015/11/the-overlooked-caregiver-take-care-of.html>

Wilson, Pamela D. 11/2/15. "Learning About the Caregiving Trap." Radio Interview with Morning Mike. *WNRJ Radio*. Washington: PA.
<http://www.wnjr.org>

Wilson, Pamela D. 11/2/15. "Alzheimer's Disease." *Rewire Me*.
<http://www.rewireme.com/wellness/alzheimers-disease/>

Wilson, Pamela D. 10/25/15. "The Overlooked Caregiver: Taking Care of Yourself Too." *Our Parents*. Diane Franklin. <http://www.ourparents.com/care-topics/2015/10/25/the-overlooked-caregiver-taking-care-of-yourself-too/>

Wilson, Pamela D. 10/23/15. "The Caregiving Trap: Ultimate Guidebook for Giving and Receiving Care." Radio Interview with Susanne Bennett, DC. *Radio MD Wellness for Life*. <http://www.radiomd.com/show/wellness-for-life-radio/item/26905-caregiving-trap-ultimate-guidebook-for-giving-receiving-care>

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<http://www.jesseleepeterson.com/radio/jlp-talk>

Wilson, Pamela D. 10/19/15. "Alzheimer's Disease and Decision Making: Do I Know You?" *Kraft Elder Law*. Robert Kraft.
<http://www.kraftelderlaw.com/alzheimers-disease-and-decision-making-do-i-know-you/>

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<http://www.mysocialgoodnews.com/alzheimers-disease-and-decision-making-do-i-know-you/>

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<https://www.providernation.com/2015/10/09/unintended-consequences-and-the-rotating-caregivers/>

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<http://www.radiomd.com/show/health-radio/item/29436-caregiving-tips-on-avoiding-a-toxic-family-dynamic>

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<http://thirdage.com/article/5-tips-maintain-balanced-emotions-while-cargiving>

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