

# 2019 Refresh and Retreat

## Event Agenda

Friday, November 1, 2019 at 2:00pm MT - Sunday, November 3, 2019 at 12:00pm MT

**i** All times listed in Mountain Time (US & Canada).

### Friday, November 1, 2019

2:00pm - 3:30pm

**Registration | Check In**

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3:30pm - 4:00pm

**Session A - Team Work: Surviving or Thriving?**

Michael Desiderio, BA

Volumes and volumes of books and whitepapers exist on the topic of teams and teamwork. Many of us have taken classes and attended team building workshops and events. This highly interactive 'ice-breaker' session will deal with the important question: Is teamwork just surviving or is it thriving?

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4:00pm - 5:00pm

**Session B - Dignity in Care**

Carla Gennari, BSN, RN

1.0 CE Credit

How we relate to each other and provide care to others is influenced greatly by our sense of worth as well as our view of others' worth. Many of us have been taught that fatigue in care is caused by compassion; however, we will look at other aspects such as empathy and misappropriated grief along with events in our lives that have "intruded" our world view.

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5:00pm - 6:00pm

**Session C - Partner Stretching for Caretakers**

Alyssa K. Spencer

1.0 CE Credit

Learn and Experience Assisted Stretching and Stress Reduction Techniques designed to improve posture, flexibility and relaxation while getting to know your fellow caregivers. This class will offer opportunities to partner with your colleagues in a unique and fun setting while giving all the participants some much needed self care. Helps to prevent injuries, reduces stress and improves strength. \*Please wear comfortable clothes and bring a yoga mat.

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6:00pm - 7:00pm

**Dinner**

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7:00pm - 8:30pm

**Session D - Movie: The Nurse with the Purple Hair**

Sherry Majewski LPN, CHPN, CEOLD

1.5 CE Credits

The Nurse with the Purple Hair is a warm and inspiring documentary about end-of-life care. The film features Certified Hospice and Palliative Nurse, Michelle Lasota and is directed by world-renowned filmmaker Sean Cunningham. The film honors hospice workers and the mind-body-spirit services they provide. The message is simple: Be Brave Enough to have an End-of-Life Conversation that Matters. This film shows what hospice care is and what it can be.

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8:30pm - 9:00pm

**Session E – Campfire Reflections: Retooling**

Kenneth Collins, OM, Chaplain

Join us in sharing and getting to know each other over an open campfire. Acknowledging the weight of the tools that we carry within our work each day and exploring retooling that allows us to hang up our work tool belt.

## Saturday, November 2, 2019

7:30am - 8:00am

**Registration | Check in**

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8:00am - 9:00am

**Breakfast**

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9:00am - 10:00am

**Session F – Little Tears, Big Fears: Understanding and working with children and families who are facing the death of a child**

Lisa Schmitt

1.0 CE Credit

This program will expand the learners' understanding of anticipatory grief through their own experiences as professional care givers. It will provide information on the factors that influence anticipatory grief in children and families while recognizing the complex challenges children and families must address.

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10:00am - 10:30am

**Session G - Blessing of the Hands**

Marge Lane, RN, BA, Certified Chaplain, NACC

0.5 CE Credits

A ceremony to bless your hands as a symbol of refreshing and renewing the spirit.

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10:30am - 11:00am

**Session H - Before I die Wall**

Moriah Colon, BSN, RN, CHPN

0.5 CE Credits

Before I Die is a global art project that invites you to reflect upon your mortality and consider the things which matter most.

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11:00am - 12:00pm

**Session I - Your 2nd Brain: How Your Gut Health Impacts Your Brain Health**

Dr. Yasaman Tasalloti

1.0 CE Credit

Learn how your gut health impacts your overall health. Understand the gut-brain connection and how conditions like anxiety, depression, and memory loss are linked to an unhealthy digestive tract. Implement simple lifestyle habits to improve your gut and brain health

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12:00pm - 1:00pm

**Lunch**

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1:00pm - 2:00pm

**Session J - Self Care for Success: Simple Strategies to Optimize Your Health**

Dr. Yasaman Tasalloti

1.0 CE Credit

Learn why self-care practices are so important to optimize your health and recognize how to manage your stress levels by receiving the right nutrients that your body needs. Better understand how to balance your hormones naturally for weight loss, sleep, and greater energy levels and identify how your thoughts and emotions play a pivotal role in your physical health.

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2:00pm - 2:30pm

**Free Time**

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2:30pm - 3:30pm

**Session K - Frame of Reference: The Power of Context**

Michael Desiderio, BA

1.0 CE Credit

Whether dealing with a patient, patient stakeholders, co-workers, or your own friends and family, the ability to influence positive outcomes stems from being able to effectively communicate. Most professionals believe their competence and expertise is enough to make them good communicators. Unfortunately, competence and expertise does not automatically result in effective communication...and in many cases it can hamper it! In this interactive session, Frame Of Reference - The Power of Context will be discussed and more importantly its impact will be illustrated in real and practical ways. Understanding and embracing this concept is foundational to effective communication and influence. Michael will dispel the myth that effective communication, presentations, and speeches are reserved for professional speakers, politicians, and marketers alone.

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3:30pm - 4:30pm

**Session L - Art Therapy: Encouragement Rocks**

Tess Mosko Scherer

1.0 CE Credit

Participants will paint one to two paintings on rocks or stones using paint and sharpie markers for fine detail. They will write words of encouragement, support, and appreciation on the rock. Participants can select to keep one rock or stone painting for themselves and place the other in a semi-public location where someone will be sure to find it and be uplifted by its message.

1 CE

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4:30pm - 5:30pm

**Session M - Forgiveness**

Barry Schwartz, OUNIF

1.0 CE Credit

This session is developed to increase empathy toward self and others/patients and provide knowledge of steps toward goals of forgiveness (self and others). It will offer a new perspective of choice in the process of attaining peace of mind.

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5:30pm - 6:00pm

**Session N - Labyrinth**

Sally Mulready, MA/LMFT

0.5 CE Credits

Explore the labyrinth and practice a state of mindfulness, introspection and tranquility. This session is designed to restore you mind, body and spirit and decrease your levels of stress.

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6:00pm - 7:00pm

**Dinner**

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7:00pm - 8:00pm

**Session O - Yoga Nidra**

Nancy Butler

1.0 CE Credit

Yoga Nidra is a sleep based meditation usually done lying down. Nidra puts you in a restoration state where the mind is turned off and the body is free to heal. You can't do it wrong. If you fall asleep it's ok you will still benefit from the practice. 45 minutes of Nidra equals 3 hours of rested sleep. \*Please wear comfortable clothes and bring a yoga mat, blanket, pillow anything that will provide comfort and warmth.

**Sunday, November 3, 2019**

7:30am - 8:00am

**Registration | Check In**

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8:00am - 9:00am

**Breakfast**

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9:00am - 10:00am

**Session P – Meditation for Self Care**

Alex Hermosillo

1.0 CE Credit

Participants will learn and experience mindfulness meditation techniques to relieve stress, anxiety, worries, and depression, allowing for greater clarity, peace of mind, and relief from physical and emotional distress. The techniques participants learn can benefit them in their daily practice for self-care.

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10:00am - 11:00am

**Session Q - Resilience in Mission**

Carla Gennari, BSN, RN

1.0 CE Credit

Our mission in life encompasses many aspects and demands in the areas of physical, behavioral, psychological, and spiritual. Many individuals believe “mission” is a word only used in the realm of religious works; however, what we will see is our professions in healthcare actually are closely related to our identity, calling and purpose for our entire lifespan which places us all in a mission field. This interactive discussion will empower all to work and live out of an identity that embraces resilience.

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11:00am - 11:45am

**Session R - Reflective Road**

Kenneth Collins, OM, Chaplain

Join us as we all take a reflective journey together. This final session will be a very visual and tangible way to experience the journey of our own lives. The end goal is to be able to find rest and peace in our lives.

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11:45am - 12:15pm

**Closing Comments**