



Caring and Compassion Conference

Christian Health Care Center

WORKSHOPS

Friday, September 17

F1 An Introduction to Addiction and Recovery

An overview of addiction, including how the brain is impacted, why many people have difficulty breaking the cycle of this bondage, barriers to change, and how to find hope and healing

Leader: Karl Benzio, MD

F2 Healing: Body, Mind, and Spirit

Given the biblical promise and stories of healing, this course will explore ways of drawing close to God, methods of healing touch, and a “hands-on” segment.

Leader: Pastor Susan Dorward

F3 Keep Them Home and Keep Them Safe

How to assess whether a family member can stay in the home, steps to follow in assuring that the right care can be accessed and monitored

Leader: Jonathan Picache

F4 Staying Whole in the Midst of Brokenness

To relieve the stress of caregiving, this session will teach techniques to help you cope mentally, spiritually, and physically.

Leader: Marion Spranger, RN

F5 Teen Depression

Causes of depression and why teens are especially vulnerable, signs and symptoms, treatment options, the double trouble of depression and substance abuse, teen suicide, how to help

Leader: Dave Glaser, LCSW

Saturday, September 18

IN1 Approaching Death with Faith

The Christian understanding of life and death and life after death, practical means for approaching our own deaths and that of others

Leader: Rev. Kathy Jo Blaske

IN2 I Don't Wanna Talk About It: Dealing with Unspeakable Illness

Ways to deal emotionally, spiritually, and physically with a potentially deadly or debilitating illness presented by a stage IV cancer survivor

Leader: Rev. E.J. Emerson

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- IN3 It Takes a Community to Bring Healing**
Building bridges between broken individuals and a community; discovering gifts and assets; connecting, healing, and creating community
Leader: Al Santino
- IN4 The Healing Power of Forgiveness**
A step-by-step guide, using scripture, lecture and personal stories, on how forgiveness can heal and create lasting peace within your heart
Leader: Janet Pfeiffer
- IN5 The Ministry of Prayer**
Discover what prayer is and how to pray with adults, children, youth, and congregations at times of challenge, grief, fear, and loneliness.
Leader: Ellen Ratmeyer
- IN6 The Role of Art Therapy in Healing**
An opportunity to engage in an art experiential, demonstrating some of the techniques used in art therapy for different types of groups
Leader: Christine Byma
- EN1 Be Not Afraid: Turning to God in Times of Fear and Uncertainty**
Facing life's uncertainties with unwavering faith, a closer relationship with God alleviates worry and anxiety and restores inner peace.
Leader: Janet Pfeiffer
- EN2 Elder Law/Medicaid**
Information on government programs and regulations which affect care decisions and basic legal documents seniors need
Leader: Michael A. Manna, Esq.
- EN3 How to Help and Safeguard Your Child from Abuse**
Learn how to identify behavioral and emotional symptoms of trauma caused by abuse, and how to provide a safe environment for the child.
Leader: Sonia C. Reyes, LCSW
- EN4 Questions and Answers on Current Elder Issues**
Current news and events relating to seniors, followed by a 30-minute audience question and answer period.
Leader: Michael A. Manna, Esq.
- EN5 The Force of Kindness: Compassion In Action**
One thread unites all great spiritual teachings: kindness. This workshop focuses on meditative techniques that lead people toward mindfulness, forgiveness, reconciliation, and peace.
Leader: Rev. Kathleen Edwards Chase
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- EN6 The Journey Through Grief**
What happens after the death of a loved one? This workshop explains the normal grief process and offers guidance and support for the journey.
Leader: Rev. Peter Carey
- EQ1 An Empty Place at the Table: End-of-Life Spiritual Care**
Facts about end-of-life and how religion, forgiveness, faith and hope contribute to the process
Leader: Rev. Howard L. Hinman
- EQ2 An Overview of Depression**
A review of the different types of depression, symptoms, treatment options, providing support, and what to do in an emergency
Leader: Anne Lisciotto, LCSW, MSW
- EQ3 Dealing with Family Mental Illness**
A personal sharing of life with a mentally ill daughter – the shocking onslaught, coping skills, available resources, and how to help others
Leaders: Rev. Dr. Andrew and Mae Rienstra
- EQ4 Defining Dementia**
Alzheimer’s disease and other forms of dementia, the 10 warning signs, importance of a thorough evaluation, and current treatment options
Leader: Amy Matthews
- EQ5 Delivering Healing and Growth for Adult Children of Alcoholics**
Ways to overcome the difficulties associated with being an adult who grew up with an alcoholic parent, how to minister to adult children of alcoholics
Leader: Roland A. Petit
- EQ6 Equipping the Volunteer**
Understanding what type of volunteering matches your gifts and talents. Self-care and boundary issues will be addressed.
Leader: Marion Spranger, RN
- EQ7 Resources When You Don’t Know Where to Turn**
With resources shrinking, learn how to find social-service information, maximize government benefits, and help fragile families build a support network for long-term stability.
Leader: Yvonne Zuidema, MSW
- EQ8 So You’ve Been Asked to Make Visits**
Tools and practices to equip for visitation ministry to fellow believers in times of wellness and in times of special need
Leader: Ellen Ratmeyer
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