



*Beth Lenegan, PhD*

Beth Lenegan has served as the Director of Spiritual Care at Roswell Park since June 1999. She holds a doctorate degree from the State University of New York at Buffalo in Counseling Education and a MA in Religious Education. Her responsibilities at Roswell include coordinating the End of Life /Bereavement Support Program.

This program follows patients and families from time of terminal prognosis to a year following the death of the patient. Beth also coordinates the visitation of patients and families by 1 full time chaplain, 3-part time chaplains and 55 volunteers. She coordinates patient and caregiver retreats. She is involved in the development of pastoral care training programs for individuals for hospital and home visitation. Beth coordinates health care ministry education days, which occur two times a year for health care professionals and area clergy. Beth also is trained as Red Cross Aviation/Disaster Chaplain and an adjunct faculty member at Buffalo State College. Beth serves on the Board of Directors for the National Association of Catholic Chaplains.



*Sifu Fred Popeski*

5th Generation of the Wu Yi Jie He Family System Fred Popeski has been a lifelong resident of Erie, Pennsylvania. He has always had an interest in helping people maintain health and wellness. He has studied martial arts since 1989 with Tai Chi being his main area of interest. The Wu Yi Jie He family system offers great overall health benefits

for mind, body and spirit. Fred stresses that Qi Gong and Tai Chi allows the student to participate in their own well- being. Regular practice of Qi Gong and Tai Chi will have a lasting effect on the rest of your life. Fred is also certified in several natural healing modalities and believes that integrative health care is important. He stresses that while a healing session can be beneficial, Qi Gong and Tai Chi promotes health, healing and longevity through participation in your own well-being. Fred is a national speaker, educator, and offers certification programs to those interested in helping people become healthy and more involved in their healthcare through The Village of Healing and Wellness of Erie.



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# Rivers of Healing

A VIRTUAL RETREAT EXPERIENCE  
FOR BEREAVED ADULTS



September 15 & 16, 2020



**SPONSORED BY:**  
Roswell Park  
Comprehensive Cancer Center  
Spiritual Care Department

## You Are Invited

**Rivers of Healing** is an ecumenical virtual retreat of renewal, prayer, inspiration and personal reflection especially for people dealing with the challenges that the death of a loved one brings. The **Rivers of Healing Retreat** will be held Tuesday, September 15 and Wednesday, 16, 2020. People of all faiths are welcome.

**Please Note:** This retreat is for those who have not attended Rivers of Healing in the past two years.

### DESCRIPTION

Losing someone you care about can be one of the most difficult experiences of life. During this retreat, Dr. Howard Winokuer will help us explore the grief process to help us gain an understanding of how all of us are connected through death. We will learn several different theoretical grief modes that will help us understand the grief process. We will look at the normal feelings and behaviors associated with grief. We will also explore aspects of both the primary and secondary losses associated with the death.

On Wednesday afternoon we will explore how to survive the difficult times that face us by developing coping skills that will help us navigate these treacherous waters. We will also discuss the two tasks of Adjusting to the Changing the Environment and Reinvesting in the Future.



### RETREAT FACILITATOR

*Howard R. Winokuer, PhD*

Howard R. Winokuer, PhD, is the founder of the Winokuer Center for Counseling and Healing in Charlotte, North Carolina where he maintains a full-time clinical practice. He is the co-editor of Grief and Bereavement in Contemporary Society: Bridging Research and Practice - 2011 (Routledge Press), co-author of Principles and Practices of Grief Counseling 2011, 2016 (2nd Edition) & 2019 (3rd Edition) (Springer Press) and co-editor of Sibling Loss Across the Lifespan: Research, Practice, and Personal Stories - 2017 (Routledge Press). He completed his PhD in 1999 at Mississippi State University where he developed the first course in Grief Counseling Skills. As the founder of TO LIFE, a not-for-profit educational and counseling organization, he was the associate producer of seven PBS specials and helped pilot one of the first teen suicide prevention programs in the Southeast. He has taught numerous courses and been a guest lecturer at many colleges and universities including New York University, Rochester University, The University of North Alabama, Queens University, Appalachian State University and the University of North Carolina – Chapel Hill.

Dr. Winokuer has conducted workshops and seminars throughout the United States as well as in thirteen foreign countries including St. Christopher's Hospice and St. George's Medical Center, London, England, The National Assistance Board, Barbados, the United States Embassy, The Hague, Netherlands, The University of Lisbon, Lisbon, Portugal and Hong Kong University, Hong Kong, China. He served as the president of the Association for Death Education and Counseling (ADEC) from 2009 - 2010. Howard is a Fellow in Thanatology and was both the 2012 recipient of the ADEC Service Award and 2017 recipient of the ADEC Clinical Practice Award.

### VIRTUAL ATTENDANCE

Attend this virtual retreat from the comfort of your own home while still gaining helpful tools and information and connecting with others. Attendees can participate via laptop, desktop computer, tablet, smart phone or any device that has video chatting capabilities.

## Registration

**Space is limited to 26 persons and is first come, first served.**

**Visit – [RoswellPark.org/SpiritualCareEvents](http://RoswellPark.org/SpiritualCareEvents) to register.**

Once you register with your name, address and email address a link to the virtual event will be sent to your email. If you do not see the email with the link, make sure you check your spam folder. Please call 1-800-ROSWELL (1-800-767-9355) for help with registration.

### For general questions call:

Spiritual Care Office  
716 845-8051

If at any point you are no longer able to attend, please mail [beth.lenegan@roswellpark.org](mailto:beth.lenegan@roswellpark.org) to cancel your reservation and free the spot for someone else who may be able to attend.

## Retreat Schedule

### TUESDAY SEP. 15, 2020

**7:00 pm Welcome**  
Beth Lenegan PhD  
Roswell Park Comprehensive  
Cancer Center  
Director Spiritual Care

**7:15 Living When a Loved One has Died – Part 1**  
Dr. Howard Winokuer  
Founder  
Winokuer Center for Counseling  
and Healing  
Charlotte, North Carolina

**9:00 Conclusion**

**12:00 Noon Lunch**

**1:00 pm Breakout Sessions**

**Mindfulness During the Times of Transition**  
Felicitas Kusch-Lango MA, ERYT, PCC  
Professional Coach, Director and Senior  
Teacher of MaLa Contemplative Education

**Qi Gong**  
Fred Popeski  
5th Generation of the Wu Yi Jie He  
Family System

**Nourishing Yourself During Difficult Times**  
Sara Jank, MS, RDN, CDN  
Clinical Dietitian  
Roswell Park Comprehensive  
Cancer Center

### WEDNESDAY, SEP. 16, 2020

**9:00 am Welcome**  
Beth Lenegan PhD

**9:15 Living When a Loved One has Died – Part 2**  
Dr. Howard Winokuer  
**Stretch Break**

**Reinvesting in Living When a Loved One has Died- Part 1**  
Dr. Howard Winokuer

**2:15 pm Reinvesting in Living When a Loved One has Died- Part 2**  
Dr. Howard Winokuer

**3:30 Closing Comments**

## Rivers of Healing Retreat Team



*Sara Jank, MS, RDN, CDN*

Sara is a registered dietitian who joined the Roswell Team in 2018. She studied dietetics and obtained her master's degree from D'Youville College. She focuses on providing nutrition education in various clinics at Roswell including the Palliative, Breast, Survivorship, Pediatric, and Gyn clinics. Sara also facilitates a Nutrition and Healthy Lifestyle group program for patients and caregivers.



*Felicitas Kusch-Lango, MA, ERYT, PCC*

Felicitas is a professional Integral Coach, Mindfulness Teacher and Mindfulness Stress Reduction facilitator. She designed the curriculum for the MaLa Mindfulness Facilitator training, that she teaches every year in Buffalo. In her coaching practice she specializes on Mindful Life Transitions, the Highly Sensitive Trait and on how to awaken Creativity. Poetry, Embodiment sequences, breathing exercises and Meditation are part of the tools she uses in her mindfulness circles to cultivate presence, relaxation and ease.