My favorite season - Autumn!
And you may wonder why. When else such lovely colors and so bright blue the sky? The time of Autumn thrills me, a prayer of thanks we say, for all the beauty and contentment of a lovely Autumn day!
- Margie Dorenzo
**FRIDAY**

3:30pm – 5:30pm:
Patient Arrival & Check in /
Explore the Grounds / Snacks / Personal Time

5:30pm – 6:30pm:
Dinner Served

6:45pm – 7:45pm:
Stories from the Heart
(One on One Sharing with Individual Groups: Patients & Caregivers)

8:00pm – 8:45pm:
Hope Matters Reflection
(A Doctor’s Perspective)

9:00pm – 9:45pm:
Unwind on the Porch!
Music / Laughter / Snacks

**SATURDAY**

7:00am – 7:30am:
Continental Breakfast (Fruit, Yogurt, Bagels, Toast, Juice, Coffee)

7:45am – 9:15am:
Hopeful Foliage Art Creation
(painting with Kelli Cott)

9:30am – 10:15am:
“I’m Starting My Book” Imaginative Writing Exercise

10:15am – 11:00am:
Personal Time / Take A Walk

11:15am – 12:30pm:
Lunch

12:45pm – 1:30pm:
Activity Session A:
Chair Yoga or Healing Touch

1:45pm – 2:30pm:
Activity Session B:
Chair Yoga or Healing Touch

2:45pm – 3:30pm:
Activity Session C:
“Together We Can Beat It!”
Drumming Activity

3:30pm – 4:00pm:
Wrap Up & End

---

**RETREAT TEAM:**

Kelli Cott,
Department of Supportive & Palliative Care

Dr. Sue Hess, PhD.,
Research Support Services

Carolyn Robinson, NP,
Department of Medicine, Leukemia

Rev. Dr. Melody Rutherford, DMin., Director, Spiritual Care Department

Mantha Wyse, BS,
Spiritual Care Department

Carolyn Zimmermann,
Owner, Drumming 4 Life

Dr. Desi Carozza,
Palliative Care Physician

Julie Kress,
Yoga Therapist, Cancer Prevention & Control

---

**Registration Form**

**What:** Patient & Caregivers Retreat

**When:** Friday, September 30, 2022 - Saturday, October 1, 2022

**Where:** Chautauqua Institute;
14 Pratt Avenue;
Chautauqua, NY 14722

**Time:** Arrive Friday at 3:30pm;
Leave Saturday at 4:00pm

**Limits:** Space is Limited! Please act fast.
(Attendees must bring companion/support person)

**Registration:** $25/person

---

**RETREAT REGISTRATION**

___ $25.00 per person, includes meals, snacks and retreat resources

___ $50.00 Enclosed

___ I/We require a Vegetarian Diet

___ I/We require a Gluten Free Diet

---

For Questions Call: 716-845-8051 (9am-5pm)

---

A letter of confirmation and the release form will be mailed to you after your registration is received.