



There is nothing like taking a break away from the noise of it all and retreating to a quiet place to refresh, reflect, and renew. This year, it is our desire to spend quality time with you in a relaxed format, with a day filled with laughter, creativity, and great

joy. As you can see, the schedule is brief, but bursting with thoughtful activities and quality time shared together.

Please join us as we share our stories, receive helpful information, displayable newly created artwork, and meet new friends to join us on our journeys.

On behalf of the 2022 Patient & Caregiver Retreat Planning Team, we can't wait to meet you! Please call 716-845-8051 if you have any questions or concerns.

Sincerely,

Rev. Dr. Melody Rutherford

Director, Spiritual Care Department



Patient & Caregivers

OVERNIGHT RETREAT at Chautauqua, New York

FRIDAY, SEPTEMBER 30TH - SATURDAY, OCTOBER 1ST, 2022



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



Elm & Carlton Streets | Buffalo, New York 14263
www.roswellpark.org
1-800-ROSWELL (1-800-767-9355)

National Cancer Institute-Designated Comprehensive Cancer Center | National Comprehensive Cancer Network Member
Blue Distinction® Center for Cellular Immunotherapy - CAR-T | Blue Distinction® Center for Cancer Care | Blue Distinction® Center for Transplants

51459 (7/22)

"Autumn"

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



Expect an Upbeat Atmosphere

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



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

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

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

Draft retreat schedule may be adjusted as needed. Please note that all participants will be 'covid screened' by use of a questionnaire. Additionally, we will abide by any current pandemic recommendations.

& Fun Activities!

REGISTRATION FORM

Registration due by September 16, 2022

What: **Patient & Caregivers Retreat** Where: **Chautauqua Institute;
14 Pratt Avenue;
Chautauqua, NY 14722**

When: **Friday, September 30, 2022 -
Saturday, October 1, 2022** Limits: **Space is Limited! Please act fast.**
*(Attendees must bring companion/
support person)*

Time: **Arrive Friday at 3:30pm;
Leave Saturday at 4:00pm** Registration: **\$25/person**

Patient Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (including area code): (_____) _____

Mandatory companion/support person:

Guest: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (including area code): (_____) _____

_____ I understand that Roswell Park Comprehensive Cancer Center is not responsible for loss of property or personal injuries sustained while participating in the retreat at Chautauqua Institute. I acknowledge that activities such as yoga, walking, etc may involve certain risks of injury and I am voluntarily participating in such activities at the retreat and assume all risks associated with my participation.

Patient Signature: _____

Guest Signature: _____

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

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

Please make check payable to Roswell Park Spiritual Care and mail with registration form by **September 16, 2022** to:
Rev. Dr. Melody Rutherford, Roswell Park Comprehensive Cancer Center, Department of Spiritual Care, Elm & Carlton
Streets, Buffalo, NY 14263.

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