



From the Director's Desk

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, filled with laughter, creativity, and great joy. Please join us as we share stories, receive helpful information, and meet new friends on the journey.

On behalf of the 2023 Patient & Caregivers 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 of Spiritual Care Department



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
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- Blue Distinction® Center for Transplants

Patient & Caregivers

OVERNIGHT RETREAT

at Chautauqua New York

Friday, September 8 — Saturday, September 9, 2023
Disciples of Christ House
32 Clark at Janes Street, PO Box 1019 Chautauqua, NY 14722

Host: Rev. Dr. Melody Rutherford, Director of Spiritual Care
Roswell Park Comprehensive Cancer Center
Elm & Carlton Streets; Buffalo, NY 14263

*"It's not about sitting around waiting to feel good inside.
It's about finding those things that make your feel good
and then putting them into practice."*

- Dr. Nicole M. Robinson



Guest Speakers **Tom & Kathy DeLoughry**

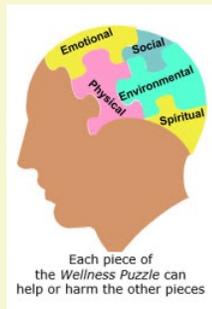
“You’re never too old, too sick or too stressed to be well – because peace of mind can always grow whether you’re a patient or a caregiver.”

That’s the theme of “Living Well, a simple mind-body-spirit program for seniors, adults and teens of any faith, and faith” which was honored by **AARP’s Social Impact Award**.

Tom and Kathy DeLoughry will share stories about how their stumbles and successes as both patients and caregivers led to the creation of Living Well. Their strategies are summarized in the **“Less Stress, Better Health and More Love”** workbook which can be downloaded without charge from: www.LivingWellNow.INFO.

For nearly fifty years, Tom and Kathy have been partners in raising two daughters, playing music, and creating programs that help three generations solve each piece of the Wellness Puzzle. (see illustration) Tom DeLoughry, Ed.D., has served as director of drug abuse and adolescent services in Child Psychiatry at Buffalo Children’s Hospital; corporate director of Health Management at Independent Health and an assistant professor of Public Health and Family Medicine at the University of Buffalo, where he received his doctorate in Health Education and Behavior. He currently directs the Living Well program at Unity of Buffalo where he is also a prayer chaplain.

As an educator, Kathy has served on the faculty of Ken-Ton Schools and Buffalo State College. She is a yoga teacher for adults and children, as well as a stress management trainer who has collaborated with Tom on developing many school, worksite, and hospital-based programs.



Retreat Staff Dr. Sue Hess; Carolyn Robinson, NP; Dr. Desi Carozza; Minnie Wyse; Julia Kress; Dr. Melody Rutherford

About the Retreat Activities

Art with Minnie Wyse Using art/painting to heal is a form of expressive therapy that uses the creative process of making art to improve physical, mental, and emotional well-being. By art we mean everything that is creative, and anything that stirs the inner voice and challenges the latent mind.

Drumming with Carolyn Zimmerman Drum circles found new popularity in the United States during the 1960s counterculture movement. Informal gatherings or “jam sessions” often met at parks, festivals, and retreats to enjoy and improvise a “drum jam.” Recently, drum circles are influencing health, wellness, and community building.

Healing Touch with Dr. Sue Hess Healing Touch is a holistic biofield approach that focuses on bringing your physical, emotional, mental, and spiritual self into balance using touch or other energetic concepts. It can be used on oneself or others. Scientific papers have shown Healing Touch has been effective in reducing pain, stress, anxiety, depression, nausea, PTSD, as well as improving immune function and quality of life, including general well-being. Basic energetic concepts and simple techniques will be taught for self-care and helping others.

Meditation with Patricia Nisbet Most forms of meditation are meant to decrease distractibility and promote focus on and enjoyment of the present moment. Like many forms of meditation, requires that one turn attention to a single point of reference. It can involve focusing on the breath, on bodily sensations, or on a word or phrase, known as a mantra. Successful meditation considers both internal and physical states.

Morning Stretch with Julia Kress A gentle approach to increasing circulation, range of motion, and access to your nervous system for regulation and relaxation. There will be variations on all the exercises including the option of using a chair, the floor, or wall. Gentle exercises in the morning can help with digestion, emotional regulation, and enhanced body awareness.

Sound Therapy with Mihika Paranjpe Seven Vibrations is a practice that takes a holistic approach towards wellness using sound, music, and vibrations. The most significant benefit of sound healing is deep relaxation. When we listen to the soothing sounds, our body releases feel-good chemicals such as endorphins, serotonin, dopamine and helps us out of fight or flight response. The calming sounds and the vibrations help lower stress and hence blood pressure, improves sleep quality and overall wellbeing. Sound therapy uses the power of sound to restore balance to the body’s energy fields when our immune system is weakened.

SCHEDULE OF EVENTS

Friday, September 8, 2023

- 3:30pm-5:30pm — Participants Arrival & Check In / Explore Grounds / Personal Time
- 5:45pm-6:45pm — Welcome Remarks & Dinner
- 7:00pm-8:00pm — Guest Presenter’s Hour: Tom & Kathy DeLoughry
- 8:15pm-9:00pm — Sound Therapy for All
- 9:15pm-9:45pm — Unwind on the Porch / Bring a Snack to Share (if desired)

Saturday, September 9, 2023

- 7:00am-8:00am — Early Morning Stretch & Breath Work for All
- 8:15am-8:45am — Continental Breakfast
- 9:00am-10:00am — Activity Hour 1: Pick One: Creative Art; Healing Touch; or Meditation
- 10:15am-11:15am — Activity Hour 2: Pick One: Creative Art; Healing Touch; or Meditation
- 11:15am-12:00pm — Personal Time
- 12:00pm-1:00pm — Lunch
- 1:15pm-2:15pm — “Hope From the Doctor’s Viewpoint” – Dr. Desi Carozza
- 2:30pm-3:15pm — Breakout Sessions: “Finding Wellness”
 - Patients Groups
 - Caregivers Groups
- 3:30pm-4:15pm — The Rhythm of our Lives: Drumming Circle
- 4:15pm — Closing Remarks & Dismissal

Registration Form \$35 Registration Fee for both participants (make checks payable to Spiritual Care Department)

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____ Email: _____

Dietary Restrictions (please circle): None Vegetarian Gluten Free

Mandatory companion / support person information

Guest: _____

Address: _____

City, State, Zip: _____

Phone: _____ Email: _____

I understand that Roswell Park Comprehensive Care 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: _____

Please return Registration Form and Checks by **August 25th** to:
Rev. Dr. Melody Rutherford, Director — Roswell Park Spiritual Care Department, Elm & Carlton Streets; Buffalo, NY 14263