

Rivers of Healing

A Retreat for
Bereaved Adults

May 13 & 14, 2016

Chautauqua Institution
Chautauqua, New York

*Sponsored by:
Roswell Park Cancer Institute
Pastoral Care Department*



You Are Invited

Rivers of Healing is an ecumenical weekend 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 May 13 and 14, 2016. People of all faiths are welcome.

Description

Losing someone you cared about can be one of the most difficult experiences of life. Dr Bill Webster learned about grief not just in theory, but from a painful personal experience in the loss of his wife. One thing that caught him by surprise in the aftermath of that tragic event was that, all too quickly, people were saying, “let the healing begin.” But for him, the hurting had just begun. He discovered that with grief, first comes the HURT and then the HEALING.

This weekend, we will look at both the hurting and healing of grief, but not just with gloom and doom! You will find that it is actually possible to have tears of laughter as well as sadness while thinking about grief. Our goal is to ensure you find this experience enlightening, informative, and maybe, just maybe, give you a chuckle or two.

Speaker



Dr. Bill Webster understands grief, not only in theory, but from a very painful personal experience. Widowed in 1983, Bill struggled to come to terms with his own loss, as well as the task of bringing up his two sons, who were 9 and 7 when their mother died.

Dr. Bill is the founder and Executive Director of the Centre for the Grief Journey. He facilitates community grief support programs in the Toronto area, as well as conducting many professional seminars and educational programs on the topics of grief and loss both in North America and in Britain. He has authored numerous books, as well as many articles and DVD's. He produced and hosted a nationally broadcast weekly television program entitled “Living with Loss”.

Dr. Webster is a member of the Association for Death Education and Grief Counselling, who recently awarded him their prestigious Fellow in Thanatology from the University of Illinois in recognition of his work and his contribution to the field of grief counseling. He brings a unique blend of personal experience, academic education and many years of practical application to his work, combining his own story with his knowledge and sense of humor to effectively communicate his message.

Location

A retreat involves going off to a quiet place to reflect on the events in one's life. Therefore Rivers of Healing will be held at Chautauqua Institution. We have reserved two facilities on the grounds – The Catholic House, 20 Palestine Avenue and the United Methodist House, 14 Pratt Avenue. The Chautauqua Institution founded in 1874 is located on beautiful Chautauqua Lake, near Jamestown, New York. Presentations will be held in both facilities.



Accommodations

Overnight accommodations are provided on the property in two separate buildings, which include full kitchens and private baths. **Please note: In order to accommodate 24 individuals there will be two persons assigned per room. If you know someone you would like to room with, please note that on the registration form.** Parking is available at the Catholic House and the United Methodist House.



Registration Information

A registration form is included in this brochure. Space is limited to 24 persons and is served on a first-come, first-served basis. Those placed on a waiting list will be notified if space becomes available. **Please note: Roswell Park Cancer Institute is not responsible for loss of property, or personal injuries sustained while participating in the retreat at Chautauqua Institution.** The cost for the retreat is \$30.00 per person. Transportation to and from the retreat is the responsibility of the participants. Vegetarian meals will be available upon request. For information you can call the Department of Pastoral Care, 716 845-8051.

Retreat Schedule

Friday, May 13, 2016

- 4:30 pm
Arrival and Registration
- 5:45 pm
Dinner and Introductions
- 7:00 pm
Good Grief: I am Not in Kansas Anymore!
Dr. Bill Webster, Executive Director
Centre for the Grief Journey
- Evening Meditation**
- 9:00 pm
Informal Gathering/Social

Saturday, May 14, 2016

- 8:00 am
Breakfast
- 8:45 am
Morning Reflection
- 9:00 am
Flood of Tears
Dr. Bill Webster
- 10:15 am
Stretch Break
- 10:30 am
Rivers of Healing
Dr. Bill Webster
- Noon
Break

- 12:30 pm
Lunch
Clean Rooms/Take a Walk
- 1:45 pm
Yoga
Steve Procknal
Power Yoga Buffalo
- Healing Touch**
Sue Hess, PhD
Certified Healing Touch Practitioner
(CHTP)
- Healing Stories**
How Your Stories Can Bring About Healing
Ellen Bean M.Ed., LMSW
Roswell Park Cancer Institute
Pastoral Care Visitor
- Mindfulness Meditation**
Maria Kahn
Applied Mindfulness Specialist
- 3:30 pm
Stretch Break
- 3:45 pm
Sara's Story
Dr. Bill Webster
- 4:30 pm
Closing Comments
- 5:00 pm
Departure

Rivers of Healing Planning Team



Ellen Jones Bean, M.Ed., LMSW

Ellen earned both her Master's in Education and her Master's in Social Work at the State University of New York at Buffalo. She has been involved at Roswell Park as a Pastoral Care Visitor for almost 4 years. She currently visits patients on the floor, and is training to be a facilitator in the Life Recorded Program. Prior to her work at Roswell, Ellen was a therapist at a children's mental health clinic, and taught Language Arts, Reading and English in a variety of educational settings. Additionally, she was chair of the Spiritual Life Committee at Westminster Presbyterian Church and enjoyed leading small study/reflection groups. After raising 3 daughters, Ellen is now a grandmother to 4 active grandsons. She is a lifelong learner who enjoys reading, gardening and Buffalo history.



Suzanne Hess PhD

Sue Hess, Ph.D., CHTP, is a former NC cancer researcher and Assistant Professor at Wake Forest University (WFU) School of Medicine in Winston-Salem, NC and current Grants Coordinator and Assistant Professor at Roswell Park Cancer Institute (RPCI) in Buffalo, NY. Sue received her Healing Touch International (HTI) Healing Beyond Borders (HBB) Certified Healing Touch Practitioner (CHTP) certification in 2005. She was recertified in 2010 and 2015 by HTI. She is currently a Level I Healing Touch (HT) Instructor in Training with HBB with over 13 years of experience and is also a member of the HBB research committee. She was on the editorial board for the Journal of Cancer Integrative Medicine from 2003-2005. In NC, Sue helped write grants on HT/Reiki research, taught complementary alternative medicine (CAM) continuing medical education programs for the WFU/Northwest Area Health Education Center, ran a monthly HT program for cancer patients and survivors at Cancer Services, Inc. in Winston-Salem, and was an active member of the HT of the Carolinas community which included volunteering with HT at Wake Forest Baptist Hospital. Sue currently is leading the efforts for integrative medicine at RPCI and facilitates the RPCI/Life Transitions Center Support for Life Healing Touch monthly offering for cancer patients, caregivers, and survivors at Hospice Buffalo.



Maria Kahn

Maria earned her degree in Philosophy from Buffalo State College with an emphasis in Eastern Philosophy and its practical applications and continues her studies in Applied Mindfulness at The University of Toronto. Her experience includes 20 years of Mindfulness training and practice under the guidance of Dr. George Hole (Distinguished Professor, Philosophical Counselor, Mentor), retreats with Thich Nhat Hanh (internationally renowned teacher, monk, author and peace activist) and meditation instruction with experts in China, Japan, Vietnam, India and Burma. In January 2014, Maria created, coordinated and implemented the first Mindfulness Program for the Institute for Shipboard Education, Semester at Sea, leading over 100 students, faculty and staff through an 8-week Mindfulness Training for Stress Reduction Course. She counseled faculty and staff in developing coping strategies for students experiencing stress, anxiety, and depression, facilitated daily stress reduction group meetings and led guided Mindfulness Meditation practice in Japan, China, Vietnam, Singapore, India, Burma, Ghana, South Africa, Mauritius, and Morocco.



Beth Lenegan, PhD

Beth Lenegan has served as the Director of Pastoral 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, 2 part time chaplains and 60 volunteers. She coordinates patient and caregiver retreats. She is currently 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.



Steve Procknal

Steve has a bachelor’s degree from the University at Albany in communications and business. He has travelled all over the world as a volunteer coaching sports and yoga. Steve is a Division 1 All Conference soccer player, 70.3 Ironman World Championships qualifier, Boston Marathon qualifier and competed in the Spartan World Championships. Steve has completed Level 1, 2, 3 and Art of Assisting Baptiste trainings. He has trained under Baron Baptiste, Tiffany Cruikshank and Bryan Kest. Steve currently teaches at Power Yoga Buffalo, the University of Buffalo to students and athletic teams, the Buffalo Club and many other WNY venues. He is on the board of directors for Yogis in Service.



Rev. Melody Rutherford M.Div.

Rev. Melody I. Rutherford, M.Div., serves as a fulltime Chaplain at Roswell Park Cancer Institute and as an Associate Minister at a local congregation. Rev. Melody holds a Bachelor’s Degree from SUNY’s Empire State College, a Masters of Divinity Degree from Northeastern Seminary and a Palliative Care Chaplaincy Specialty Certificate. With 27 previous years of healthcare experience she has worked in areas such as Chaplaincy Services, Clinical Pastoral Education and Mission Services. Having a heart of ministry for those who are facing disease, depression and despair, her desire is to walk with them on their journey while offering a peaceful, caring and uplifting presence. A wife of 26 years, a mother of one son and two daughters and a proud grandmother of three very active boys and little girl, this Chaplain certainly has a full ministry ahead of her.



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This program was made possible by donation made by Jayne and Phil Hubbell Family

Registration Form

Registration due by May 1, 2016

Rivers of Healing- Retreat for Bereaved Adults

May 13 and 14, 2016

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (including area code): (_____) _____

I understand that Roswell Park Cancer Institute is not responsible for loss of property or personal injuries sustained while participating in the retreat at Chautauqua Institution. I acknowledge that activities such as yoga, massage therapy, 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.

Signature: _____

Please indicate the name of person you will be rooming with.

Roommate: _____

Retreat Registration

\$30.00 per person, includes accommodations, meals, snacks and retreat resources _____ Enclosed

I require a vegetarian diet I would like to room with _____

Please indicate for you and your caregiver the first and second choice for the Saturday afternoon sessions.

Please Note: your choices can change that day.

Session Choices

Yoga

Healing Touch

Meditation

Healing Stories

Please make check payable to RPCI Pastoral Care.

Mail registration and payment by May 1, 2016 to:

BETH LENEGAN, PHD
ROSWELL PARK CANCER INSTITUTE
PASTORAL CARE DEPARTMENT
ELM AND CARLTON STREETS
BUFFALO, NY 14263

A letter of confirmation, a map with directions, and the release form will be mailed to you after your registration is received.