

Rivers of Healing Retreat Team



Julia Foy, RN, LMT

Julia Foy has been providing compassionate, individualized massage care in the Buffalo area since 2013. As a Society for Oncology Massage (S4OM) preferred practitioner she has specialized training in the specific needs of those who are actively in treatment or have received treatment in the past. Julia is also Reiki certified, which allows her to give a more holistic massage treatment by helping to harmonize your energy along with your muscles. Julia currently works as a Registered Nurse at ECMC hospital and as a part time teacher for GoBike Buffalo.



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.



Alicia J. Larson, MA

Ms. Larson graduated from St. Bonaventure University with a Bachelor of Arts degree in journalism and mass communications and a minor in marketing in 2004. After two years working as a marketing assistant at a Buffalo-area manufacturing company, Ms. Larson was hired by the Roswell Park Alliance Foundation. Soon after being hired, Ms. Larson earned a Master of Arts degree in integrated marketing communications from St. Bonaventure University. While with the Foundation, Ms. Larson supported communications efforts for various fundraising special events for several years before being promoted to a position managing The Paint Box Project, a holiday card and gift program that raises funds for Roswell Park. After two successful seasons with The Paint Box Project, Ms. Larson was offered a position within Roswell Park's marketing department. As Communications Project Manager, Alicia focused on internal communications. Most recently, Ms. Larson accepted a position as Life Recorded Project Coordinator within the Pastoral Care Department at Roswell Park where she works with a team of volunteers, as well as the multi-disciplinary Supportive Care team, to share the positive benefits of storytelling with patients and their caregivers.



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, 3 part time chaplains and 60 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.



Lorna MacDonald Czarnota

Lorna MacDonald Czarnota is an award-winning storyteller and author, recognized in national and international storytelling communities for her healing story work. She is the founder and executive director of Crossroads Story Center, Inc., a not-for-profit for reaching at-risk youth through story. Three of her books have been honored with the Storytelling World Award. Lorna serves as an advisor to the Board of Directors of the Healing Story Alliance, for which she was co-chair for five years. She is the recipient of the Oracle Award from the National Storytelling Network. Locally, Lorna produces a monthly Storytellers Café. She was awarded the 2005 Volunteer of the Year award from Hopevale Incorporated. In 2004 she was nominated for the Univera and United Way 2004 Community Hero Award. In 2017, Lorna was voted one of six Women Who Move the City by Big Brothers, Big Sisters. Lorna holds a bachelor's degree in Creative Studies for Young Children, a master's degree in Special Education, and certification in Trauma Counseling. She is a breast cancer survivor and Roswell Park patient.



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 28 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 27 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.



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

A National Cancer Institute-Designated Comprehensive Cancer Center | A National Comprehensive Cancer Network Member
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Rivers of Healing

A RETREAT FOR BEREAVED ADULTS

Chautauqua Institution
CHAUTAUQUA, NEW YORK

May 18 & 19, 2018



SPONSORED BY:
Roswell Park
Comprehensive Cancer Center
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 18 and 19, 2018. 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 a number of 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 Saturday 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* (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.

Dr. Winokuer has conducted workshops and seminars throughout the United States as well as twelve 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 the 2012 recipient of the ADEC Service Award and the 2017 ADEC Clinical Practice Award.



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 rooms are based on double occupancy so we encourage you to bring someone with you. If you are coming alone, we will attempt to give you a room by yourself. 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. **Please Note: If you do not need accommodations and will be attending both Friday and Saturday, please indicate when you register. The rate will remain the same. Also, it is imperative that you attend both days.**

REGISTRATION INFORMATION

A registration form is included in this brochure. Space is limited to 26 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 Comprehensive 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 18, 2018

	Noon	Break
4:30 pm	Arrival/Registration	
5:45	Dinner/Introductions	
7:00	Living When a Loved One has Died – Part 1 Dr. Howard Winokuer, Founder, Winokuer Center for Counseling and Healing, Charlotte, North Carolina	12:30 pm Lunch Clean Rooms/Take a Walk
9:00	Informal Gathering/Social	1:45 Healing Touch Sue Hess, PhD, Certified Healing Touch Practitioner (CHTP)

SATURDAY, MAY 19, 2018

8:00 am	Breakfast	3:30	Stretch Break
8:45	Morning Reflection	3:45	Reinvesting in Living When a Loved One has Died- Part 2 Dr. Howard Winokuer
9:00	Living When a Loved One has Died – Part 2 Dr. Howard Winokuer	4:30	Closing Comments
10:15	Stretch Break	5:00	Departure
10:30	Reinvesting in Living When a Loved One has Died- Part 1 Dr. Howard Winokuer		

Registration Form

REGISTRATION FORM- REGISTRATION DUE BY MAY 4, 2018 RIVERS OF HEALING- RETREAT FOR BEREAVED ADULTS MAY 18 AND 19, 2018

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: _____

RETREAT REGISTRATION

- \$30.00 per person, includes accommodations, meals, snacks and retreat resources
- Enclosed _____
- I require a vegetarian diet I require a gluten free diet
- I would like to room with _____
- I do not need accommodations and will attend both Friday and Saturday

SESSION CHOICES

Please indicate your first and second choice for the Saturday afternoon session.
Please Note: your choices can change that day.

- Healing Touch Massage Storytelling

Please make check payable to RPCI PASTORAL CARE.
Mail registration and payment by May 4, 2018 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.