



Atlantic  
Health System

## ***Faith Community Health Partnership***

*Sponsoring*

### **2017 Care & Kindness Conference**

**Campus of the First Reformed Church**

**Sat. May 6, 2017 8:30 A.M. – 3:30 P.M.**

## **Registration**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_ (confirmation will be sent to your email)

### **Registration Type: (Saturday lunch is included)**

\_\_\_\_\_ **EARLY REGISTRATION** (by April 14)    **\$45**

\_\_\_\_\_ **AFFILIATION or GROUP** (for six or more registering at the same time) **REGISTRATION    \$35**

*Affiliates: Faith Community Health Partners, Faith Community Nurses, FRC members or Atlantic Health System Employees.*

\_\_\_\_\_ **LATE REGISTRATION**    **\$70** (after April 14)

### **Payment and Registration:**

\_\_\_\_\_ Pay by Credit Card: Click on the link <http://tinyurl.com/Care-Kindness-Payment>

Then click on "online giving" at the bottom of the web page, then follow instructions.

Create your profile, enter a "onetime payment". **Please note:** Following your payment, send your selections of workshops to [www.careandkindnessconference@gmail.com](mailto:www.careandkindnessconference@gmail.com) or send this form to the address below.

\_\_\_\_\_ Pay by Check (**made out to First Reformed Church – Care & Kindness Conference**)

**Send completed registration form (and check, if paying by check) to:**

First Reformed Church, **Att: Care and Kindness Conference**  
529 Newark Pompton Turnpike,  
Pompton Plains, NJ 07444

**Contact us at: 973-779-4745/973-831-5001 or**

**[careandkindnessconference@gmail.com](mailto:careandkindnessconference@gmail.com)**

**Please indicate workshops you will attend:**

(use numbers preceding the workshop)      \_\_\_\_\_

**2017 Workshops:**

**10:00 – 10:45 A.M.**

1. End-of-life decision-making – Terri Reicher
2. Active listening – more than words can say – Emily Ryzuk
3. Art therapy: the healing power of art – Maria Lupo
4. Deep meditation to calm the mind, body and soul – Linda Marciniak
5. What You Should Know About Youth and Suicide – Christine Anderson

**11:00 – 11:45 A.M.**

6. Healthcare decision-making (Anna's angels) – Randy Parks
7. Mandala (wholeness): the sacred circle – Maria Lupo
8. Care-sharing – a reciprocal approach to care giving/receiving – Brenda Searle Minnella
9. Neighbors and friends: emergency department without walls – Jon Sugarman
10. Dealing with substance abuse – what you can do – Fr. Robert Wisniewski

**12:45 – 1:15**

11. Music therapy – the healing power of music – Daniel Marain
12. Meditation: drawing, seeing and touching – Maria Lupo
13. Care for the caregiver – Carol DeGraw
14. The healing power of forgiveness – Janet Pfeiffer
15. Depression – concepts, tools and techniques that can help overcome – Patricia Monaghan

**1:45 – 2:30**

16. Reflective writing: telling your story – Maria Lupo
17. Mindfulness for caregivers – taking time for yourself – Helene (Lanie) Kessler-David
18. Drum Circle: inducing harmony, euphoria & rhythm to the chaos of life – Joachim Becker
19. Be not afraid: turning to God in times of fear and uncertainty – Janet Pfeiffer
20. Practical ways to deal with anxiety – Leah Suilingo