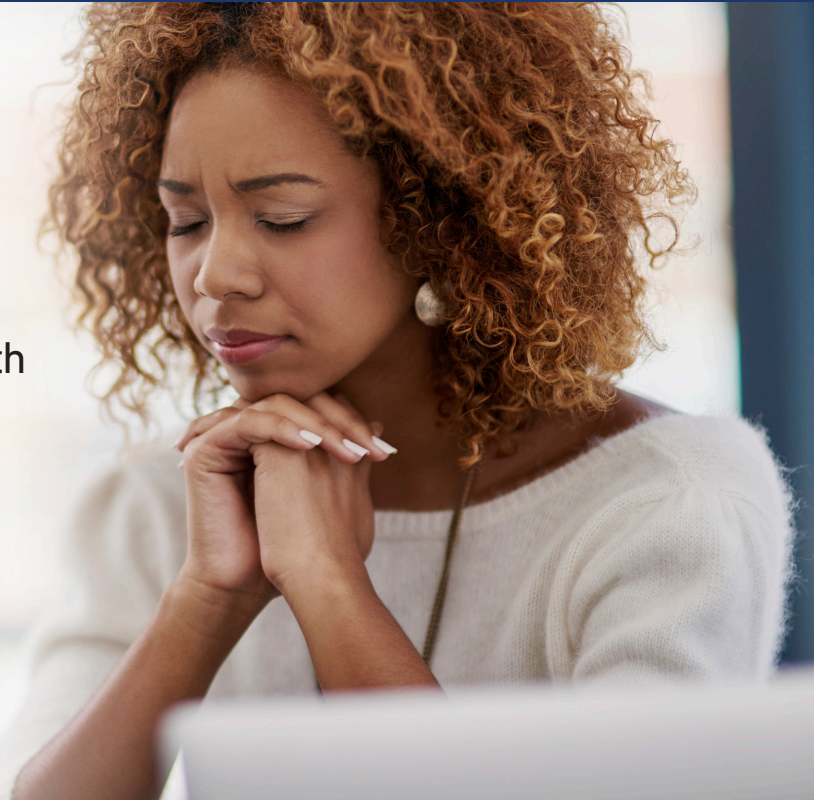


Navigating The New Me

A free event sponsored by the Palliative Care Team at Butler Health System for those with chronic illness, those who may anticipate loss, and those who have already experienced loss.

Pre-registration is appreciated, but not required. Those who pre-register will be entered into a drawing for generously donated gift baskets.



Wednesday, September 4, 2019 • Butler Memorial Hospital Tower

Registration: 12:30pm - 1:00pm Event Time: 1:00pm - 8:30pm

Pre-register to Jenna Rhodaberger at 724-968-5384 or Jenna.Rhodaberger@butlerhealthsystem.org

Sessions will focus on Serious Illness, Caregiving, and Anticipating or Navigating Grief. Participants are welcome to come for the full day or attend sessions as available.

Speakers will include:

Dr. Kathy Selvaggi, Medical Director of BHS Palliative Care
Wendy Myers, Cancer Caring Center

Dr. Dina Dosch, Medical Director of Good Samaritan Hospice
Sarah Nelson, Atlas Art Press
Kate Cotter, KSEC Music Therapy

Dr. Kelsi Bubbs, Cranberry Hearing and Balance

Gary P. Goerk, St. Barnabas Health System Medical Center Hospice
Kay Rose, Bristol-Myers Squibb

Kelli Connolly, Lutheran Senior Life/VNA Hospice and Palliative Care
Melissa Chambers, CDP of Grane Hospice Care
Krista Ball, Highmark Caring Place

See reverse side for full schedule of events

SCHEDULE OF EVENTS Registration is suggested

	<ul style="list-style-type: none"> ✦ Session focuses on Serious Illness and Caregiving • Session focuses on Anticipating Loss or Navigating Grief ▲ Session focuses on Serious Illness, Caregiving, and Loss
12:30 pm - 1:00 pm	Registration and Reception: Vendor Resource Tables open
1:00 pm - 1:50 pm	<p>Welcome Plenary</p> <p>▲ “Navigating the New Me” - Patients and Families of BHS Palliative Care Program share their own journeys with serious illness alongside Dr. Kathy Selvaggi, MD, FAAHPM, Medical Director of BHS Palliative Care</p>
2:00 pm - 2:50 pm	<p>Session 1:</p> <p>✦ Navigating Your Cancer Journey: Support for Survivors and Caregivers - Wendy Myers of Cancer Caring Center</p> <p>- Or -</p> <p>▲ First, Put on Your Own Oxygen Mask: A Tool Kit for Navigating the New You - Dr. Dina Dosch, DO Medical Director of Good Samaritan Hospice</p>
3:00 pm - 4:30 pm	<p>Workshop:</p> <p>▲ Wearing A Wardrobe of Virtues - Join Art Therapist Sarah Nelson of Atlas Art Press to create a small wooden box to fill with daily virtues to “wear” each day to focus on the things that can continue to stay steady despite changes in the new normal you may be navigating.</p> <p>- Or -</p> <p>▲ Music and Wellness - Join Music Therapist Kate Cotter of KSEC Music Therapy and learn to intentionally use music for pain and stress management, rest and relaxation, or emotional support and expression in a group setting to provide a creative outlet to navigate your changing world.</p>
4:30 pm - 5:20 pm	<p>Session 2:</p> <p>✦ Understanding and Caring for Adults with Hearing Loss - Dr. Kelsi Bubb, AuD CCC-A of Cranberry Hearing and Balance</p> <p>- Or -</p> <p>▲ How to Empower Your Faith when Life gets Tough - Gary P. Goerk of St. Barnabas Health System Medical Center Hospice</p>
5:00 pm - 7:00 pm	Dinner Buffet available to enjoy while attending evening sessions
5:25 pm - 6:15 pm	<p>Session 3:</p> <p>✦ Practical Nutrition and Serious Illness – Kay Rose of Bristol-Myers Squibb</p> <p>- Or -</p> <p>• Experiencing Grief - Kelli Connolly of VNA Western Pa, Hospice and Palliative Care</p>
6:15 pm - 7:05 pm	<p>Session 4:</p> <p>✦ Understanding Dementia and Communicating with Your Loved Ones - Melissa Chambers, CDP of Grane Hospice Care</p> <p>- Or -</p> <p>• The Rabbit Listened: The Transformative Power of “Just Listening” - Krista Ball of Highmark Caring Place</p>
7:05 pm - 8:35 pm	<p>Workshop:</p> <p>▲ Create a “Wardrobe” of Virtues - Join Art Therapist Sarah Nelson of Atlas Art Press to create a small wooden box to fill with daily virtues to “wear” each day to focus on the things that can continue to stay steady despite changes in the new normal you are navigating.</p> <p>- Or -</p> <p>▲ Music and Wellness - Join Music Therapist Kate Cotter of KSEC Music Therapy and engage in music for pain and stress management, rest and relaxation or, emotional support and expression in a group setting to provide a creative outlet to navigate your changing world.</p>