

Elder & RELIGIOUS & DIOCESAN Priests

40th Anniversary!

Sponsored by Misericordia University

Welcome to the 40th Annual Elder Religious and Diocesan Priests 2017 Workshop that specializes in providing practical applications and solutions and a strong support-networking system across the spiritual, psychological, medical, pastoral, and practical aspects of caring and administering to the elders in our religious congregations and dioceses.

Designed for:

- sisters
- brothers
- priests
- ministers
- deacons
- laity

In positions of:

- leadership
- nurses
- retirement planners
- social workers
- outreach workers
- chaplains
- membership personnel
- nurse practitioners
- recreation therapists
- administrators
- pastoral staff
- geriatric personnel
- counselors
- dietitians
- Mini sabbatical for priests, brothers, and sisters
- Faculty specifically chosen for their expertise and ability to relate to this unique group
- Integrates the spiritual, medical, psychological, pastoral, and practical issues concerning Elders
- Opens channels to a strong support and networking system

*Come learn, be
refreshed in mind,
body, and spirit as we
celebrate the workshop's
40th anniversary.*

40TH ANNUAL WORKSHOP

An intensive workshop
that focuses on
life-long membership.

Dallas, Pennsylvania

June 16–22, 2017



40TH ANNUAL WORKSHOP

The Planning and Coordinating Committee



James Siberski, M.S., C.M.C.

Jim holds a graduate degree in Human Service Administration, and is an affiliate member of the American Geriatric Psychiatrist Association. Certified in Remotivation Therapy, Geriatric Care Manager, Activities Therapy, and Gerontology. Jim is the coordinator and assistant professor of Gerontology Education in the Center for Professional Development at Misericordia University and is a co-planner of the Elder Religious and Diocesan Priests Workshop. He has experience in activities planning and delivery in geriatric populations, religious communities, and long-term care facilities. Jim lectures on suicide prevention, mood disorders, and personality disorders in the elderly, and is a frequent presenter at professional conferences. He is an author in many journals, including the *Journal of Psychological Nursing and Mental Health Services*, *Social Work Today*, *Aging Well*, *Today's Geriatric Medicine*, and the *American Journal of Alzheimer's Disease and Other Dementias*. Jim is also a past member of the Board of Directors of the Alzheimer's Association of Greater Pennsylvania, a member of the National Association Professional Geriatric Care Managers, and a member of the Editorial Advisory Board of *Today's Geriatric Medicine Magazine*.



Mary C. Hopkins, O.P., M.S.

Mary holds a master's degree in Pastoral Counseling/ Spirituality from Loyola University. A certified Retirement Planning Specialist and Grief Counselor, Mary has extensive experience working as a geriatric and pastoral consultant with religious congregations and dioceses as well as preaching retreats. She is a co-planner of the Elder Religious and Diocesan Priests Workshop. Mary is a member of the Governing Council for the Forum on Religion, Spirituality and Aging with the American Society on Aging. Past experience includes 10 years as Director of the Third Age Retirement Office of the Sinsinawa Dominican Sisters. She resides at the Sinsinawa Dominican Sisters Motherhouse in Wisconsin.



Wayne J. Fitzpatrick, M.M., M.A., M.S., C-G.C.M.

Wayne earned a master's degree in Pastoral Counseling from Loyola University and a master's degree in Theology from Maryknoll School of Theology. He is a certified Retirement Planning Specialist. He has extensive experience working as a geriatric and pastoral consultant with religious communities and is a co-planner of the Elder Religious and Diocesan Priests Workshop. Wayne is a member of the Governing Council for the Forum on Religion, Spirituality and Aging with the American Society on Aging. He is a member of the Maryknoll Fathers and Brothers and resides at the Maryknoll Center in New York. Wayne is the Managing Director of Senior Care and Transition Services for the community.

“ERDP is the most comprehensive workshop in our field of caring for our religious. Networking, professional support, and socialization add to the learning component.”

—EDRP 2016 Participant

ERDP WORKSHOP AGENDA

JUNE 16, FRIDAY

- 6:30 – 7:00 pm Welcome and Announcements
- 7:00 – 9:00 pm Opening Networking Session
Mary Hopkins, O.P., M.S. and Wayne Fitzpatrick, M.M., M.A., M.S., C.-G.C.M.
Participants are invited to network for effective networking throughout the week and possibly into the future.
- 9:00 pm Social

JUNE 17, SATURDAY

- 9:00–11:30 am *Riding the Dragon: Strengthening Your Inner Life in Challenging Times*
Robert J. Wicks, Psy.D.
- 2:30–5:00 pm *Midwifing the Elder's Journey Through the Spiritual Pathways of Discipleship*
Sr. Ann Billard, O.L.M., Ph.D.
- 6:30–8:30 pm *Care of Elders: What Practical Steps Work for You?*
Mary Hopkins, O.P., M.S. and Wayne Fitzpatrick, M.M., M.A., M.S., C.-G.C.M.

JUNE 18, SUNDAY

- 9:00–11:30 am *Ten Competencies for a Successful (Later) Life*
Bro. Mark Knightly, C.S.C., M.S.W.
- 2:30–5:00 pm *Companioning Elders to Claim the Gifts of the Journey to Forward the Mission*
Sr. Ann Billard, O.L.M., Ph.D. and Bro. Mark Knightly, C.S.C., M.S.W.
- Evening Networking Session

JUNE 19, MONDAY

- 9:00–11:30 am *You've Never Died Before: Spiritual Issues at the End of Life (Part 1)*
Rev. Kathleen J. Rusnak, M. Div., STM, Ph.D.
- 2:30–5:00 pm *You've Never Died Before: Spiritual Issues at the End of Life (Part 2)*
Rev. Kathleen J. Rusnak, M.Div., S.T.M., Ph.D.
- 6:30–7:30 pm *Reflection, Genuflection, Stages of Aging and Religious Communities*
Jim Siberski, M.S., C.M.C.
- Evening Networking Session

JUNE 20, TUESDAY

- 9:00–11:30 am *Neurocognitive Disorders from the 9th Century to the Present (Part 1)*
Jim Siberski, M.S., C.M.C.
- 2:30–3:30 pm *Neurocognitive Disorders from the 9th Century to the Present (Part 2)*
Jim Siberski, M.S., C.M.C.
- 4:00 pm Liturgy with Bishop Joseph Bambera, Diocese of Scranton
- Evening Networking Session

JUNE 21, WEDNESDAY

- 9:00–11:30 am *Person-Centered Care: Mind, Body, & Spirit (Part 1)*
Percell Smith, Jr., M.S.W., L.N.H.A.
- 2:30–5:00 pm *Person-Centered Care: Mind, Body, & Spirit (Part 2)*
Percell Smith, Jr., M.S.W., L.N.H.A.
- 6:00 pm Closing Banquet and Sending Forth

JUNE 22, THURSDAY

- Breakfast and Departure
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FACULTY

Sr. Ann Billard, O.L.M., Ph.D.

Sr. Ann is a Sister of Charity of Our Lady of Mercy with many years of pastoral ministry experience. She has graduate degrees in pastoral counseling from Loyola University Maryland. She is a certified grief recovery specialist and a certified sage-ing facilitator. Currently coordinating Transformative Aging programs, she provides spiritual direction, lectures, workshops, and retreats on the spirituality of aging. She has presented at national conferences and to groups of older adults both nationally and internationally.

Bro. Mark Knightly, C.S.C., M.S.W.

Mark Knightly is a Brother in the Congregation of Holy Cross, with years of experience in mental health and higher education. He holds the Diplomate in Clinical Social Work and the specialty credential for practice with geriatric populations. Mark's current interest is in spiritual dimensions of aging with a strong bend toward the practical.

Rev. Dr. Kathleen J. Rusnak, M.Div., S.T.M., Ph.D.

Kathleen is an ordained Lutheran pastor with a doctorate in Psychology and Religion. She has been the pastor of three Lutheran congregations, a chaplain in two hospices, the director of spiritual care and bereavement at The Connecticut Hospice, and lived and worked in Israel for over two years as the director and study coordinator of the theological department at a post-Holocaust Christian European kibbutz in the Galilee.

Percell Smith, Jr., M.S.W., L.N.H.A.

Percell Smith, Jr. is Vice President, Resident Loyalty of Trinity Health Senior Communities. He leads culture change and person centered care initiatives in all Trinity Health Senior Communities. He is passionate about the customer experience, and oversees the measurement of Resident and Family satisfaction. He works with communities to improve customer service through strategic planning, education, team building, and empowerment. Percell has an extensive background in long term care operations with 25 years of experience as a licensed nursing home administrator. He is a career coach/mentor for long term care professionals; and has taught at the collegiate level, preparing students aspiring to become administrators. Percell is a licensed nursing home administrator in the State of Michigan, and Eden Associate. He received both his undergraduate and graduate degrees from the University of Michigan.

Robert J. Wicks, Psy.D.

For over 35 years, Dr. Robert Wicks has been called to speak calm into chaos for individuals and groups experiencing great stress, anxiety and confusion. Dr. Wicks received his doctorate in Psychology from Hahnemann Medical College and Hospital, is Professor Emeritus at Loyola University Maryland, and has taught in universities and professional schools of psychology, medicine, nursing, theology, education, and social work. He has spoken extensively on his areas of expertise which include: resilience, self-care, the prevention of secondary stress (the pressures encountered in reaching out to others), and approaches to strengthening your spiritual life.

“This has been a valuable time — both in the quality and diversity of the presentations — as well as the background of participants and presenters.”

—EDRP 2016 Participant

PRESENTATION DESCRIPTIONS

Riding the Dragon: Strengthening Your Inner Life in Challenging Times

One of the greatest gifts we can share with others is a sense of our own peace. However, we can't share what we don't have. By discussing psychological and classic spiritual approaches to maintaining perspective and inner strength in challenging times, Dr. Wicks offers insights into how we can live in peace and, in turn, extend our warmth to others without losing our own inner fire in the process.

Midwifing the Elder's Journey Through the Spiritual Pathways of Discipleship

Baptism calls each to share in the mission of Christ. As one grows older, opportunities for personal and spiritual growth increase. This program is designed to help the caregiver journey with older adults so as to live in hope as they navigate the crossroads of discipleship in later life.

Care of Elders: What Practical Steps Work for You?

Sister Mary and Brother Wayne guide the participants through an informative and engaging networking session that breaks down the practical steps in caring for elders. Participants are also encouraged to share their experiences and offer advice.

Ten Competencies for a Successful (Later) Life

Studies of persons who are enjoying their aging help us pinpoint ten skills they use to approach life challenges. These competencies have practical psychological and spiritual dimensions, and are actually useful throughout the lifespan. This session explores each of the ten areas using data from neurological research, insights from depth and developmental psychology, and bits of poetry and literature. Hands-on ways to approach the necessary skills and practice them are an important focus.

Companioning Elders to Claim the Gifts of the Journey to Forward the Mission

Aging is about the crisis in the meaning of life. Remembering that "elders are the roots holding the potential of humankind", the spiritual elder is challenged to synthesize a legacy from the gifts of life's journey to share with the next generation. Ways the caregiver can assist the elder to honor his/her sacred story and claim his/her legacy will be the focus of this session.

You've Never Died Before: Spiritual Issues at the End of Life

Once individuals receive a terminal prognosis, they embark upon an unexpected new journey. Their worldview is forever changed, an amazing journey into a previously unimaginable spiritual terrain is automatically set into motion and discoveries into the meaning of life and the essence of the self, the other and God emerge.

Reflection, Genuflection, Stages of Aging Religious Communities

This session will discuss Erik Erikson's 8 stages of development including the existence of a possible 9th stage. Questions answered: How do religious experience Erikson's stages of development and is there a relationship to religious formation and community throughout the life span? How do religious face the syntonic and dystonic crisis that they encountered when one ages in religious communities?

Neurocognitive Disorders from the 9th Century to the Present

Topics include modern methods of diagnosis of neurocognitive disorders and a discussion on the difficulty diagnosing individuals from religious communities. Current and future treatments for neurocognitive disorders will be discussed, as well as approaches religious communities can utilize in providing for their members as well as parishioners, geriatric care management, non-pharmacological approaches, and long-term care.

Person-Centered Care: Mind, Body, and Spirit

This program will explore an evolution occurring within healthcare. Historically, people were seen as patients, then residents, and now even guests. In modern healthcare we seek to honor the person. True healing becomes available when we honor the sacredness of every soul.

Complete presentation descriptions can be found at www.misericordia.edu/conferences.

REGISTRATION FORM

Please list your name exactly how you would like it to appear on your certificate.

Sr. Fr. Bro. Rev. Dr. Mr. Mrs. Ms.

Check an appropriate title or include it with your name.

Religious Community Initials _____

Name of your Congregation or Diocese if applicable _____

Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Phone day (_____) _____ Cell (_____) _____

Check the area of ministry closest to what you do:

- | | | | |
|---|---|--|---|
| <input type="checkbox"/> Administrator | <input type="checkbox"/> Chaplain | <input type="checkbox"/> Nurse Practitioner | <input type="checkbox"/> Membership Personnel |
| <input type="checkbox"/> Retirement Planner | <input type="checkbox"/> Religious Leadership | <input type="checkbox"/> Counselor/Therapist | <input type="checkbox"/> Home Parish |
| <input type="checkbox"/> Nurse | <input type="checkbox"/> Diocesan Priest | <input type="checkbox"/> Dietician | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Social Worker | <input type="checkbox"/> Geriatric Personnel | <input type="checkbox"/> Pastoral Staff | _____ |
| <input type="checkbox"/> Parish Outreach Worker | <input type="checkbox"/> Recreation Therapist | <input type="checkbox"/> Diocesan Leadership | _____ |

REGISTRATION FEES

Early Bird! Before May 1 Take \$50 off!

- | | |
|---|-----------|
| <input type="checkbox"/> Single air-conditioned <i>resident</i> | \$ 910.00 |
| <input type="checkbox"/> Three or more from your congregation or diocese | \$ 885.00 |
| <input type="checkbox"/> Double air-conditioned <i>resident</i>
Roommate _____ | \$ 860.00 |
| <input type="checkbox"/> Commuter | \$ 750.00 |

Day Rate

\$190 first day
\$165 each day after that

\$75.00 per session
Space limited

\$100 deposit required for Workshop at registration; remainder due by June 10, 2017.

Method of Payment

Check *make check payable to Misericordia University*

Visa MasterCard Discover

Name on

Card _____

Card Number _____

Exp Date: _____

Signature _____

• All-Inclusive Resident Fee

Covers housing, all meals, breaks, socials, workshop, and materials, and shuttle service.

• Commuter Fee

Includes meals, breaks, socials, workshop, and materials.

• Warm Hospitality

Relaxing atmosphere for respite and renewal.

• Great food and amenities

with time built into the schedule for recreation, sightseeing, and much more!

In relationship to prayers and liturgy, are you willing to be:

(please check all that apply)

Presider Homilist Reader Song Leader

Prayer Leader Musician

GENERAL INFORMATION

Meals

The comprehensive resident fee includes all meals, breaks, and social receptions held during the workshop. Commuter fee includes workshop meals, refreshment breaks, and social receptions.

Early Bird Discount

Register early before May 1 and take \$50 off the listed registration fee.

Extended Stay

If you need to arrive a day early to accommodate your travel plans, housing may be arranged on a space available basis, with sufficient advance notice to Misericordia University. **Please note that meals are not provided for early arrival.**

Confirmation

Registrations are confirmed by mail. Travel and other information will be included with your registration confirmation which will be mailed to you no later than 2 weeks before the conference.

Cancellation

For cancellations, a substitute may be sent in your place, but you must notify the Center for Adult and Continuing Education. If cancellation is made up to 5 working days before the workshop begins, a full refund less a \$50 processing fee will be refunded.

Certificates

Continuing Education Units and Contact Hours will be awarded on certificates from Misericordia University. We can supply documentation upon request toward other CEUs you may wish to pursue.

“Our elder priests, brothers, and sisters are precious gifts and valuable assets to our communities. What we do to assist them in their senior years is as important to our communities now as was their initial service to us in their younger years.”

—EDRP 2016 Participant

Location

Misericordia University, 301 Lake Street, Dallas, PA, is located on a spacious 124-acre campus nine miles north of Wilkes-Barre, Pennsylvania, and only 2½ hours from both New York and Philadelphia. The Wilkes-Barre area is conveniently served by several major airlines through the Wilkes-Barre/Scranton International Airport (AVP), as well as a number of commuter services, interstate bus companies, Interstates 80, 81, 84, and 476. Enjoy the state-of-the-art recreational facility with indoor pool, racquetball, outdoor tennis courts, and indoor and outdoor walking track and paths.

Transportation

Misericordia University offers free shuttle service to and from the Wilkes-Barre/Scranton International Airport and Wilkes-Barre bus terminals if arrangements are made in advance. Your confirmation letter will include more detailed information.

Lodging

Choose from air-conditioned single or double room accommodations in modern residence facilities on campus. Please note that all dorm rooms, whether single or double, have shared restrooms.

Register Early—Programs Fill Quickly!

Phone (570) 674-6161

Office Hours

Monday–Thursday 8:30 am–4:30 pm

Friday 8:30 am–4:00 pm

Hours vary around holidays.

Mail

Misericordia University
Center for Adult and Continuing Education
Elder Religious & Diocesan Priests Workshop
301 Lake Street
Dallas, PA 18612-1090

Fax (570) 674-6232 24 hours a day!

E-mail jdemko@misericordia.edu

Web Site www.misericordia.edu/conferences



Center for Adult and Continuing Education

**MISERICORDIA
UNIVERSITY.**

301 Lake Street

Dallas, PA 18612-1090

“Besides providing useful information and opportunities for networking, the workshop also had a feeling of ‘care for the caregiver.’”

—*EDRP 2016 Participant*