

PRESENTERS

This year we are partnering with **Joy Culver, BA** and **Monica Kowalski, BA**, Certified Integrative Services Practitioners to open our world to Complementary Therapies which will be explained, explored and experienced. We will practice methods at a novice level to promote self-care/stress relief in palliative nursing.

Meghan Gandolfo, MA, ATR, will lead in exploring how Art Therapy impacts patients, families and ourselves when we deal with end-of-life issues. We will participate by creating our own project to take home.

Tricia Dziabis BSN, RN-BC, CHPN will lead the discussion about why everyone is afraid to talk about dying. We will watch the Oscar nominated documentary "Extremis" with discussions about advanced directives/end-of-life care.

OBJECTIVES

1. Identify tools, including online resources, video/film and written materials to facilitate discussion surrounding advanced directives and end of life wishes with patients and families.
2. Describe ways art therapy can be beneficial to hospice patients and hospice/palliative nursing self-care.
3. Identify complementary and integrative services and determine how it can apply to hospice/palliative patient care, as well as palliative nursing self-care.

Most importantly, the best part of the weekend is to spend time with other hospice and palliative nurses!

**Conference Point Center
300 Conference Point Road
Williams Bay, WI 53191
(262) 245-5155**

This year's theme is "Food for the Soul" as we celebrate the ANA – American Nurse Associations' 2017

"Year of the Healthy Nurse"

ANA defines a healthy nurse as "someone who actively focuses on creating and maintaining a balance and synergy of physical, intellectual, emotional, social, spiritual, personal and professional well-being."

As hospice and palliative nurses, we absolutely understand the need to balance our personal and professional lives, but we aren't always great at doing it. So, join us and find the food that fills your soul!

Details:

The HPNA Retreat schedule formally begins on Saturday, September 30th at 9:00am

Saturday September 30th Retreat check-in:
8:00a.m.- 9:00am McDonald Guest House

Pre/Post Retreat Option:

If you can attend the whole weekend, check in Friday after 4:00pm and check out Sunday at 11:00am. Friday dinner (self-pay) is at the moderately priced Crafted Americana Restaurant in Lake Geneva.

Crafted Americana at The Ridge Hotel
W4240 State Rd. 50
Lake Geneva, WI 53147
(262) 249-3800



"Food for the Soul"

A Retreat for Hospice and Palliative Nurses

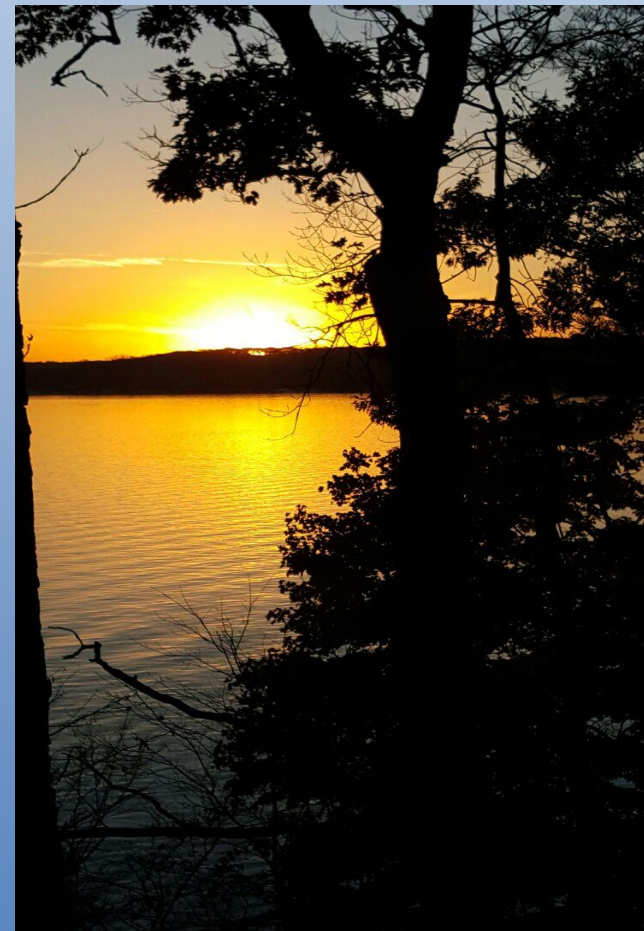


Photo by 2016 Retreat Participant Amal Khader

photo by Nancy Romanchek



Join us in beautiful Williams Bay, WI, just minutes from Lake Geneva.

We will be staying at the newly remodeled Retreat and McDonald Guest House. Each room of 2-3 guests has a separate sink and newly remodeled bathrooms in the building.

Optional, ala carte (self pay) Integrative Services, will be available for attendees, during breaks, to allow unique services to relieve physical stress and stagnation and assist in self-care. Offerings include Reiki, Reflexology, Zen Shiatsu East Asian Bodywork Therapy, Chakra Balancing, Etc.



Hosted By the 2017-2018
HPNA of Chicagoland Chapter Board:

Suzanna Kopec, Nancy Romanchek,
Margaret Avery-Robinson,
Tricia Dziabis, Michelle Buikema,
& Masako Mayahara



Retreat Agenda

Friday September 29th Pre-Retreat Option

4:00-6:00pm *Friday arrivals check-in - McDonald House*
(on site dinner at 5:30p is included)

7:00pm Self pay Dinner at Crafted Americana Restaurant at The Ridge Hotel

Saturday September 30th

7:00am optional Sunrise Qi-Gong-Meridian Stretches/Yoga

8:00-9:00am *Saturday arrival Check-in McDonald House*

8:30am Full Buffet Breakfast- Dining Hall

9:30am **PROGRAM START**

10:00am **Introductions/ Retreat Overview-** Hamill

"How to Fill Our Cups with Integrative Services" -Hamill Hall

12:30pm Full Buffet Lunch – Dining Hall

1:30pm **Integrative Services (cont) with Outdoor Journey Experience**

2:45pm **"Filling Our Cups Continued"-Hamill Hall**

4:00pm **"Having the Conversation-Tools to Get it Started."**

5:30pm Full Buffet Dinner – Dining Hall

6:30pm **How Art Therapy Can Benefit Patients, Families and Nurses!** Hamill Hall

8:00pm Free Time with ala carte Integrative Services

Sunday October 1st

8:30am Full Buffet Breakfast -Dining Hall

9:30am Round Table Discussion/Evaluations- Hamill Hall

11:00am Check out

**Register Now! Space is very limited
Deadline to Register is SEPT 16th!!!**

Chicagoland Chapter Members: \$200.00
Non-members: \$240.00

Price includes

- 2 night dormitory accommodations, 5 meals, 6.5 CE*
- All retreat handouts and supplies.
- Attendees can attend for the day on Saturday, but must attend all underlined sessions to receive CE credit. No partial credit allowed.

****Registration is transferable but not refundable****



photo by Nancy Romanchek

How to register:

Register online: at the HPNA Chicagoland website
<https://chicagolandhpna.nursingnetwork.com>
Select Event Registration.

Register by Email:
chicagolandchapterhpna@gmail.com
Request Retreat Registration.

*6.5 contact hours applied through the Hospice and Palliative Nurses Association and is approved by the California Board of Registered Nurses, Provider Number 7976, as a provider of continuing education for nurses