

Registration

Name: _____

Address: _____

Telephone: _____

E-Mail: _____

Faith Affiliation: _____

Agency: _____

Fee: **\$45**, includes meals,
activities and materials.

Mail payment, payable to:
Lourdes Parish Nurse Ministry
c/o Kathy Medovich
184 Court Street
Binghamton, NY 13901

kmedovich@lourdes.com

607-321-2633

www.lourdes.com



www.skylakecenter.org
for Directions.

WHO IS INVITED?
*Parish Nurses, Health
Ministers, Clergy,
Caregivers,
Community Leaders
and Volunteers*

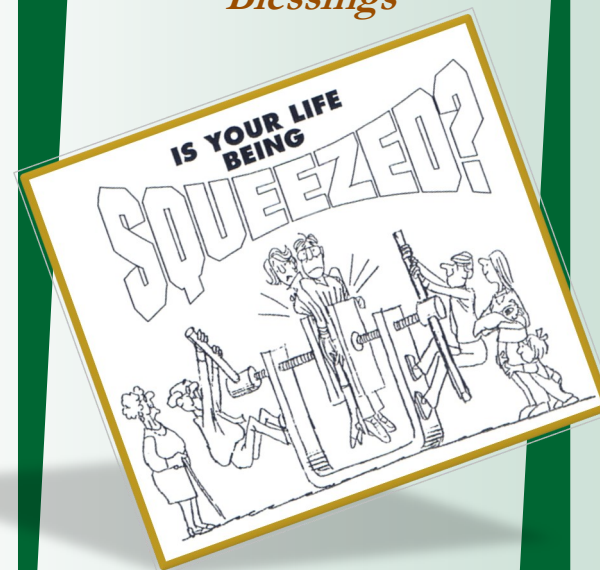
1. Are you a caregiver or offer caregiving?
2. Do you feel "sandwiched" in by family of all ages?
3. Have you cared for an elderly loved one in your home?
4. Do you care for a disabled family member or friend?
5. Are you a grandparent, taking care of grandchildren?
6. Do you volunteer in a faith community or agency, providing visitation, personal care, shopping, transportation, appointments?
7. Do you need refreshment?
8. Do you need to cry or laugh?
9. Would you like to relax & share your stories with others?

Come Join Us!



Caregiver Retreat

*Lifting the Hands that
Heal: Cornucopia of
Blessings*

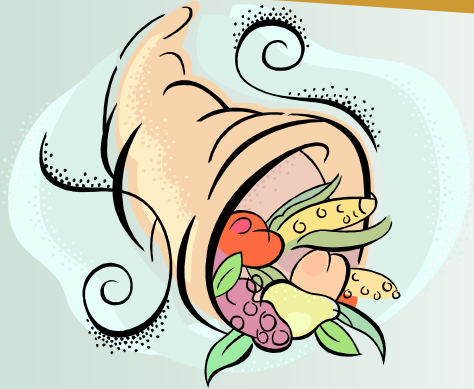


October 31, 2014

*Sky Lake Camp & Retreat
Center ~ Founders Lodge*

10:00 AM - 3:00 PM

*Sponsored by
Lourdes Parish Nursing &
Health Ministry Program*



Caregiver Retreat

Lifting the Hands that Heal: Cornucopia of Blessings ...

Registration/Continental Breakfast

9:30—10:00 AM

Opening Reflection

10:00 AM

Sharing Time with Humor, Skits and Stress Reduction

10:15—11:15 AM

Aromatherapy: Finding Inner Peace with Essential Oils

11:15—12:00 Noon

Lunch

12:00 Noon—1:00 PM

Essential Oils Workshop & Meditation

1:00 —2:15 PM

Chapel—Lifting the Hands that Heal

2:15 —3:00 PM

*Skits, Humor, Stress
Reduction, Aromatherapy,
Meditation*

Rev. Marlene Steenburg

Rev. Marlene will facilitate the day, offering a *Cornucopia of Blessings: Sharing Time and Lifting the Hands that Heal*, to reflect and renew.

Rev. Marlene Steenburg is Pastor at Memorial Baptist Church, Vestal, NY. Rev. Marlene has over 30 years of Registered Nursing experiences, then followed her calling. With many years of caregiving experience, professionally and personally, she will take us on a relaxing journey, to rest our souls through humor and skits.

She is married to Pastor Terry Steenburg, clergy of 1st Baptist Church, Owego, NY. Their busy lives, offering pastoral care to two congregations, maintaining a healthy lifestyle, and sense of humor, is an every day challenge!

Iveta Dervay Certified Aromatherapist

Iveta Dervay will offer us a glimpse of the history of *essential oils and aromatherapy* and their benefits for our well being. She will guide us in an interactive workshop to create our own personal blend to nurture our mind, body and spirit.