

Thirty-Fifth Annual



Thursday, November 16, 2017
Morris University Center
Southern Illinois University Edwardsville
Edwardsville, Illinois

Oxygen for Caregivers: How to Guard Against Burnout

Keynote Speaker:

Simon Fox, Executive Director, Adventures in Caring Foundation - Simon is Executive Director of the Adventures in Caring Foundation (AiC), which is pioneering the education of the heart. He is co-author of the book, "What Can I Say? A Guide to Visiting Friends and Family Who Are Ill", and co-producer of five video-based trainings on compassion, including *The Medicine of Compassion* and *Oxygen for Caregivers*. *The Medicine of Compassion* won the 2004 International Health & Medical Media Award for the best video in patient care. For 30 years AiC has taught the art and practice of compassion – as a skill that restores well-being and promotes healing. Recommended by the End-of-Life Nursing Education Consortium (ELNEC), more than one thousand hospitals, one thousand hospices, two thousand churches and several hundred nursing schools have used AiC programs.

A conference designed for professionals, para-professionals, volunteers, and others who work with chronically-ill, terminally-ill, or grieving persons of all ages in hospitals, hospice programs, long-term care facilities, home health, schools, churches, and other community agencies, as well as support groups, funeral service programs, and counseling services for the bereaved.

SPONSORS -----

BJC Hospice at Alton

Bond County Hospice

SIUE School of Nursing

HSHS Home Care & Hospice

Unity Hospice of Greater
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Family Hospice

OSF Saint Anthony's

Vitas Healthcare

Hospice of Southern Illinois

SIUE Educational Outreach

CONFERENCE SPEAKERS -----

Keynote speaker:

Simon Fox – Executive Director, Adventures in Caring Foundation – Simon has led the Adventures in Caring Foundation for 30 years. He has built the Foundation into an internationally respected leader in teaching compassion – as a practice that supports healing.

Workshop Presenters:

Jason Pierce – Hospice chaplain for BJC. Jason graduated from SIUE in 1996 with a Master in Clinical Adult Psychology and worked in the Mental Health field for over 6 years before becoming a Staff Pastor for a local church for 15 years. He has taught classes, to both Pastors and church members, on how to improve interpersonal/communication skills.

Betsy Mueller, RN – Director, Bond County Hospice – Betsy started her career with Bond County Health Department as a field nurse for home health and hospice. After six years in this position she became Director of Bond County Hospice.

Sybil Prost, MSW – Sybil has been a hospice social worker for 25 years and currently works for BJC Hospice in Alton, Illinois. She has presented on social work, care planning and team work at the national, state and local levels.

Susan Relfe, BS, MS – Susan began her career in psychiatry with 18 years as Director of Recreation Therapy at Deaconess Hospital. She retired from 17 years as Volunteer Services Supervisor with Hospice of Southern Illinois. She has been a Licensed Nursing Home Administrator and is an Alzheimer's Association Community Educator. She is Owner/President of Family & Friends Connection.

Samantha Bierman – Samantha currently serves as the Emergency Response Coordinator at St. Clair County Health Department in Belleville, Illinois. She has completed trainings from the U.S. Department of Homeland Security, The Federal Emergency Management Agency (FEMA), as well as the Illinois Department of Public Health.

CONFERENCE OBJECTIVES -----

- Engage in a reflective, positive conversation about caregiver stress that leads to mutual understanding, greater insight, and a stronger commitment to one's own well-being.
- Recognize your own warning signs of compassion fatigue, vicarious trauma, or burnout – and the impact of these in your own life, and in the lives of those close to you.
- Practice four skills of self-awareness that are fundamental to whole person self-care.
- Understand the place of Alzheimer's in the diagnosis of dementia.
- Understand Public Health's role in emergencies.
- Learn the uniqueness of each discipline's communication style.
- Learn the essentials of building successful relationships.
- Identify the three parts of communication.

The SIUE School of Nursing will award 4 contact hours for this educational program. Southern Illinois University Edwardsville School of Nursing is an approved provider of continuing nursing education by the Ohio Nurses Association, an accredited approved by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91) (OH-348, exp. 08.01.19)
An email address is required on the registration form for all LPNs, RNs, and APNs requesting nursing contact hours for this conference. Contact Sheri Compton-McBride at shcompt@siue.edu or (618) 650-3341 for questions about contact hours for nurses.

PROGRAM -----

Meridian Ballroom/First Floor

Morris University Center

- 8:00 a.m. Registration and Continental Breakfast
Display booths open
- 9:00 a.m. Welcome
Introduction of Keynote Speaker – Mary Birdsell, Conference Chairman
- 9:15 a.m. Plenary Session: **“Oxygen for Caregivers: How to Guard Against Burnout”**
- 10:15 a.m. Break – Display booths open, refreshments
- 10:30 a.m. Plenary Session continues
- 11:30 a.m. Lunch/Networking/Vendor Booths
- 12:30 p.m. First workshop session, Conference Center, Second floor
- 1:45 p.m. Break – Refreshments
- 2:00 p.m. Second workshop session, Conference Center, Second floor
- 3:30 p.m. Conference evaluation; Pick up CEU certificates at registration table, First floor
Nurses will receive their certificates by email after completing an online evaluation.

WORKSHOPS -----

Second Floor

Morris University Center

Each conference participant will have an opportunity to attend two workshops, one at 12:30 p.m. and the other at 2:00 p.m. The names of presenters are listed with each session.

12:30 p.m.

1. **The Medicine of Compassion: Core Skills for the Human Side of Healing – Simon Fox** – This session demystifies ‘compassion’ and shows how to continually improve the quality and healing effect of your interactions with others. Presentation will be in the **Mississippi/Illinois Room**.
2. **The Challenges and Solutions to Effective Communication – Jason Pierce, Sybil Prost, Betsy Mueller** – This will be a panel discussion about identifying the three parts of communication and learning the uniqueness of each discipline’s communication style. Presentation will be in the **Redbud/Oak Room**.
3. **Emergency Preparedness – Samantha Bierman** – Understand Public Health’s role in emergencies and consider how your agency would be able to contribute in an emergency situation. Presentation will be in the **Hickory/Hackberry Room**.
4. **End Stage Alzheimer’s Disease – Susan Relfe** – Understand the place of Alzheimer’s in the diagnosis of dementia focusing on interpersonal relationships with End Stage Alzheimer’s. Presentation will be in the **Maple/Dogwood Room**.

2:00 p.m.

5. **The Medicine of Compassion: Core Skills for the Human Side of Healing – Simon Fox** – This session demystifies ‘compassion’ and shows how to continually improve the quality and healing effect of your interactions with others. Presentation will be in the **Mississippi/Illinois Room**.
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**SIUE
Educational Outreach
Campus Box 1084
Edwardsville, IL 62026-1084**

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REGISTRATION FORM

THIRTY-FIFTH ANNUAL HOSPICE CONFERENCE OF SOUTHWESTERN ILLINOIS – November 16, 2017

**PRE-REGISTRATION IS REQUIRED - Fee includes lunch and parking. Please note: Meridian Ballroom temperature can get very chilly. Please dress appropriately.
****Please park in Visitor Lot B. There is no fee for parking for the Conference.**

- Professional (5 CEU's).....\$70.00
 - Nursing Home Administrators
 - Funeral Director
 - Social Worker
 - Nurses – credit hours through SIUE School of Nursing
- General (No CEU's).....\$55.00
- Student/Hospice Volunteer..... \$40.00

Add \$20 if postmarked after November 6, 2017

TOTAL AMOUNT DUE _____

PLEASE PRINT

Name

Address

City, State, Zip

Phone (include Area Code)

Organization Title

E-mail address

Directions to campus:
<http://www.siu.edu/maps/drivingdirections.shtml>
Parking on campus:
<http://www.siu.edu/maps/tour/parking.shtml>

Continuing Education Credits:

Social Workers, Licensed Social Workers, Licensed Clinical Professional Counselors, and Nursing Home Administrators attending the conference can earn five (5) Continuing Education contact hours through the Office of Educational Outreach at Southern Illinois University Edwardsville. Other professionals attending the conference are eligible to receive university CEUs. Nurses will not receive CE credit through Educational Outreach, but through the SIUE School of Nursing.

All conference participants desiring a certificate must select Professional on the registration form and complete the registration form in full. If you do not want/need Continuing Education Units please register as General.

Payment Information: Registrations are accepted by mail, telephone, or fax with payment of the registration fee by check or money order, made payable to SIUE. Purchase orders are accepted. Telephone registrations are accepted: call 618-650-2164. Fax: 618-650-2629

To register by mail please complete and return this form with payment to:
Educational Outreach,
SIUE Campus Box 1084,
Edwardsville, IL 62026-1084

Registrations are now accepted online at
<http://www.siu.edu/educationaloutreach/registration1.shtml>
Credit card payment will only be accepted with on-line registration.

Advance registration and payment are preferred.