

# 22nd Annual Growing Through Loss conference conference conference

March 4th, 2011  
St. Paul's Methodist Church  
225 W. Griggs  
Las Cruces, New Mexico 88005



Mesilla Valley Hospice

Mesilla Valley Hospice  
Foundation



VILLAGE AT  
NORTHRISE

A CONTINUING CARE COMMUNITY FOR SENIORS

*Caring is the Key in Life*

MESILLA  
VALLEY  
HOSPITAL



**Statement of Purpose:** The purpose of this conference is to provide both lay people and professionals with experiential and educational models for understanding the process of mourning and the potential for growth through loss.

At the end of this conference, the participants will be able to:

- identify the potential for individual and professional growth through the experiences of grief.
- compare and contrast the impact of coping strategies for a variety of losses; unacknowledged loss  
loss of a child  
loss of a spouse  
loss of relationships  
loss of health.
- discuss various cultural and spiritual aspects of grief and loss.
- identify helpful strategies for the health care professional who is called upon to help grieving individuals.
- identify symptoms and gain insight into grief.
- describe how to make grief manageable.
- discuss the grief experience of others and offer helpful insights.
- explain effective means for responding to one's grief.
- identify a variety of mourning styles.

### **Continuing Education Units**

**Nurses**

Friday

5.0

**Social Workers/Counselors**

Friday

5.0

Certificates of attendance will be available for other professional participants. Please sign in and out when you leave on the day of the conference to acknowledge your attendance as soon as you arrive. Your signature is required to receive Continuing Education Credit. Your evaluation must be turned in at the end of the conference to receive your CE credit. The evaluation must have your name & address at the top and your CEU will be mailed directly to you after the conference.

### **Pending approval of the NMSU Local Monitoring System:**

Continuing education for nurses has been applied for by The State of New Mexico Local Monitoring System at NMSU, which has been approved as a provider of continuing education by the New Mexico Board of Nursing, in conformity with nationally recognized accreditation.

# Keynote Speakers

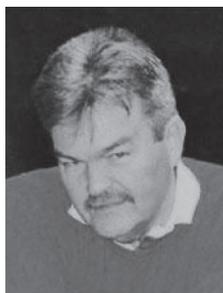


## Joyce Marie Sheldon

Joyce Marie Sheldon, known affectionately as “Joy”, is quick to tell you that she is not a minister nor a psychologist, but simply a woman of faith – a woman who was burned at the fires, and who walked out of those fires, as her father would say, smelling like a rose!

Joy is the author of *From Fear to Faith, A Caregiver's Journey*. Her personal experiences with The Power of Acceptance have led her to share her insight and to embrace her mission of inspiring and nurturing

the spiritual well-being of others, especially those in the role of caregiver. Joy shares her first-hand knowledge of the mind, body, and spirit connection through moving and inspirational keynote speeches, workshops and special events. Her most popular presentation is based on the “5 Cities of Transition” as she refers to them - “cities” we visit during the journey from fear to faith. Whatever the loss - relationship, job, financial security - the five cities remain the same. In late 2007, she released her second book, *Seekers and Dreamers ... a collection*, which contains poetry, prayers and meditations, along with a CD of her favorite selections from the book. That was followed by *Living Sanctuariously, the 26 Stepping Stones to Inner Peace*. It is a hand-crafted book, created totally by Joy with individual themes and embellishments. It represents the simple truths the author embraces and from which her various teachings are taken,” Two other books were published in 2010 - *Mia and Mr. Red Feather* and *Little Kind Heart*. *Mia and Mr. Red Feather* is a tender story of love, trust and friendship. *Little Kind Heart* is for those grieving the loss of a child. Joy is a resident of Mooresville, NC and the mother of seven children. Her venture into the field of art reveals visions of ethereal serenity; thus, the name of her collection “Visions by Joy.” A review of her work stated: “The insight of the artist’s heart and the essence of her being are reflected in each piece.”



## Daniel Seufert

Daniel Seufert draws from his experiences and knowledge gained over 34 years as a behavioral interventionist. Working with clients from a variety of backgrounds, settings, and situations over the years, he has demonstrated particular knowledge, expertise, and interest in working with clients and family members of clients experiencing chronic illness and end-of-life issues. A strong proponent of the Family Dynamics Approach to intervention, he believes that successfully using this approach in chronic and end-of-life situations depends on:

1. Helping each family member understand the role(s) they adopt and play – and the role(s) other family members adopt and play - in order to cope with chronic and end-of-life issues.
2. Offering healthier ways of coping and communicating within the family. *Continued*

3. Helping each family member identify their individual gifts and coordinating these gifts to the benefit of the family and the chronic or end-of-life client.

In his presentations, Daniel is a strong believer in providing practical application of the knowledge presented. Daniel's presentations are lively, entertaining, applicable, and informative.

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## ***Friday, March 4th, 2011:***

7:45 - 8:15

**Registration and Continental Breakfast (courtesy of Mesilla Valley Hospital)**

8:30 - 9:30

**Keynote Joyce Marie Sheldon –National author, inspirational speaker and caregiver advocate**

### **Running on Empty**

Are you running on empty? This morning of inspiration will:  
REFRESH your goals and values, personally and professionally  
REVITALIZE your physical and emotional energy  
RENEW your commitment to health and home

On a daily basis, those professionals that work directly with patients and their families are called upon to give; give of their time, give of their energy and even give beyond their own limitations. Joyce Marie Sheldon is a woman who has been there. She captivates her audience by sharing stories and by addressing the human side of all of us as we deal with issues that arise out of crisis. "Running on Empty" will motivate and inspire participants while providing tools for growth.

### **Objectives:**

Upon completion of this activity the participant should be able to:

- Identify tools to assist in dealing with the challenges of daily life, both personal and professional.
- Identify and assess the stumbling blocks encountered during personal growth.
- Identify solutions to simplify the personal and professional growth process.

9:45-10:45a.m:

### **Bridges to Understanding: A Caregiver's Conference Part 1: Because you loved me**

This presentation will involve a journey thru the 5 cities of transition and the question "Where are you now?"; a tribute to those who share the journey; from family and friends to the professional caregiver. This presentation includes the moving meditation "Imagine the Darkness Escaping."

### **11:00-12:00noon:**

Bridges to Understanding: A caregiver's conference Part 2: Bridge over troubled waters. This presentation will continue to broaden your horizons of caregiving and emotional care for oneself. Joyce will focus on the concept of running on empty, conscious gratitude, and living sanctuariously. The presentation will include reading from Little Kind Heart which emphasizes the power and beauty of living in the now and the gift of legacy.

### **12:15-1:45pm:**

Box lunches provided by Village at Northrise

### **2:00-3:00p.m.:**

Bridges to Understanding: A Caregiver's Conference Part 3: Love can Build a Bridge. This presentation will continue and close the caregiver series. Joyce will share the 7 steps to compatible relationships, the power of thoughts and words, identifying your support system, and moving toward forgiveness. The presentation will include the reading of "You Are My Caregiver Friend" from the book, From Fear to Faith, A Caregiver's Journey.

### **3:15-4:15p.m.:**

Family Dynamics: "We're Not Crazy, We Just Look Like We Are." This presentation will address the unhealthy roles and related behavioral characteristics that may be exhibited by family members of the patient. It will assist attendees to become aware of and understand these roles and characteristics; assist family members develop healthier roles and behaviors when dealing with the illness of a loved one; and explore factors that may contribute to the development of health and unhealthy behaviors.

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## **Would you like to become a Mesilla Valley Hospice Volunteer?**

Mesilla Valley Hospice Volunteers have been a special part of hospice services for many years. We could not accomplish our mission without them. Our volunteers cheer and support patients and their families, helping them live life fully throughout the illness.

Some volunteers find that their talents are better directed to office support. Each day hospice offices are filled with volunteer friends who give their time helping organize, file, mail and perform other routine tasks. Other volunteers have raised hundreds of thousands of dollars through special event fund raising.

If you would like more information on our volunteer programs please contact our volunteer program office at 575-525-5737 or visit us online at [www.mvhospice.org](http://www.mvhospice.org).

The Center for Grief Services at Mesilla Valley Hospice provides a place of comfort to process and experience grief and loss.

We provide the following free services to our community:

- Professional training on grief and loss issues
- Individual grief counseling for adults, children and families
- Outreach and grief support to groups and organizations



Center  
for Grief  
Services

To learn more, contact us at (575) 525-5750 or visit  
The Center for Grief Services at 299 E. Montana Ave., Las Cruces, NM.



# Mesilla Valley Hospice

Mesilla Valley Hospice continues to provide community education to the entire Doña Ana County community. It is our passion as a nonprofit to be a community leader in all things Hospice and to continue educating and bridging the gap of Hospice knowledge. The Mesilla Valley Hospice Marketing and Education Department is providing a variety of classes taught by highly qualified Hospice staff members. These classes can be held in our Rotary Community Conference Room or at other business locations. Resources such as handouts, discussion questions and a certificate of completion will be provided.

Topics include:

**(1) Cultural Considerations at the End of Life:** This course explains how different cultures affect the needs and reactions of patients and their families. It encourages the viewer to take an inventory of their own beliefs so they are able to step outside those and better assist their clients.

**(2) Choosing Hope at the End of Life:** At the end of life, many patients express hope for the impossible. They hope to escape death. Hospice caregivers also struggle with the notion of hope in the face of their own certain death and seek clarity for their own lives and for their patients. Using various disciplines, reflection, and story, this presentation will explore what hope is, how it functions, the natural context in which it is born and nourished, its allies and its enemies. Hospice caregivers can learn to educate and empower their patients to choose hope.

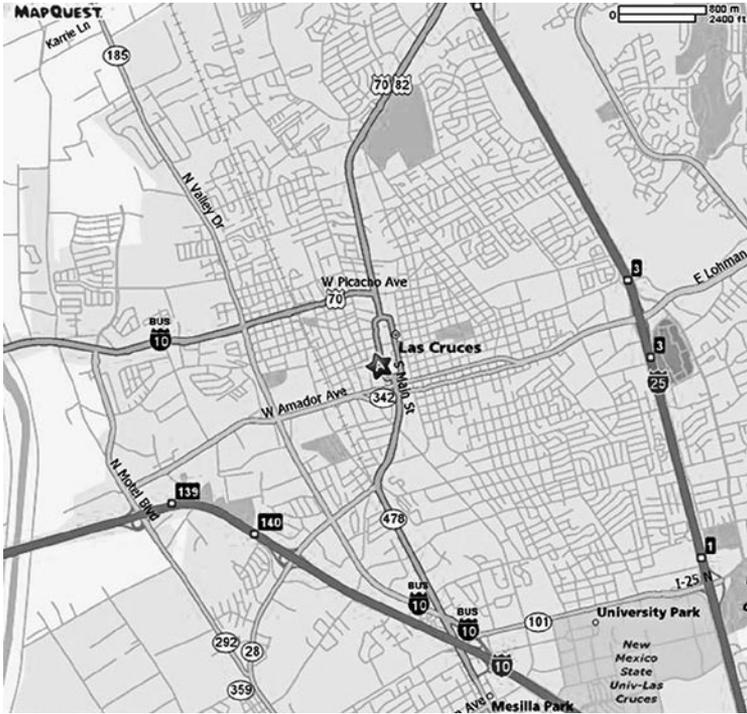
**(3) Depression in the Dying:** This program is designed to assist the learner in understanding the differences between sadness and depression. The speaker discusses the demographics of depression among distinct populations providing hospice staff and volunteers identifiable risk factors for depression in patients at the end of life. Symptoms and treatments for depression are also examined.

**(4) Hospice 101: An Introduction to Hospice Services:** Hospice 101 is an introduction to hospice care designed for those who are new to the concept of hospice care. The program reviews the history of hospice, the Medicare hospice benefit, the focus of hospice care, and services generally provided by hospice programs. It also reviews the differences between hospice and palliative care.

**(5) Explaining Hospice to Patients and Families:** In our initial approach to the patients and families who are considering hospice, it is critical that we model our work and reflect compassion, knowledge, awareness and sensitivity. In this presentation, we will explore ways to initiate the discussion of hospice, manage fears and barriers, enhance communication and paint a picture of hospice as a source of help and support.

**(6) Religious Beliefs and Traditions at the End of Life:** This course provides a general overview of the death rituals for the most common religions in the U.S, explaining basic beliefs and traditions, how each group handles the body after death, and information on the preparation and viewing of the body.

**For more information on the Mesilla Valley Hospice classes please contact Leticia Serecerez-Murphy at 575-525-5706 or by email at [lserecerez@mvhospice.org](mailto:lserecerez@mvhospice.org).**



## Directions to Conference Site

### From I-25 North (Albuquerque)

Exit Las Cruces Main Street

Follow Main Street

When Main Street divides into one way, turn right on Griggs.

Corner of Griggs and Alameda

Parking at May & Alameda

### From I-70 East

I-70 into Main Street

Follow directions as above

### From I-10

Exit Main Street

Proceed North on Main Street

Left at Alameda

Corner of Alameda and Griggs

If you have difficulties finding the conference location please call 575-644-7490 for assistance on March 4th, 2011.

We would like to recognize and thank the Growing Through Loss Steering Committee members who contribute their time and effort throughout the year to make the conference successful:

**April Anaya**

**Minnette Rich**

**Lorraine Padilla**

**Sharon McCarthy, RN**

**Amy Rohr**

**Jeanne Resendez**

**Leticia Serecerez-Murphy**

**Phyllis Jackson, LISW**

**Tina Reeves**

**Nicky Phillips**

**Terra Van Winter**

**Jan Wimsatt**

The Growing Through Loss Steering committee is looking for new faces and ideas for the 23rd Annual Conference. If you are interested in volunteering your time to this great conference please leave your contact information at the registration table.

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We would like to once again recognize and thank the Growing Through Loss Conference Sponsors who have contributed funds to make this conference possible:



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*Caring is the Key in Life*

**M E S I L L A  
V A L L E Y  
H O S P I T A L** 

**St. Paul's United Methodist Church**

**Las Cruces Visitor's & Convention Bureau**

**Southern Area Health Education Center**

# Conference Information and Fees

## Early Bird Registration for Friday

\$20.00 NMSU Students with ID not requiring CEU's

\$35.00 General Public

\$40.00 Requiring CEU's including graduate students requesting CEU certificates

## Registration for Friday after February 25th

\$30 NMSU Students with ID not requiring CEU's

\$45 General Public

\$50 Requiring CEU's including graduate students requesting CEU certificates

### Seating:

**Early registration is encouraged as seating is limited to the first 200 registrants.**

**Please call (575) 525-5720 or e-mail  
tvwinter@mvhospice.org for additional information.**

### Friday Sessions:

7:45 -8:15 a.m.: Registration and Continental Breakfast

8:30 -9:30 a.m.: Running on Empty

9:45-10:45a.m.: Bridges to Understanding: A Caregiver's Conference Part 1:  
Because you loved me

11:00-12:00noon: Bridges to Understanding: A Caregiver's Conference Part 2:  
Bridge over troubled waters

12:15-1:45pm: Box lunches provided by Village at Northrise.

2:00-3:00p.m.: Bridges to Understanding: A Caregiver's Conference Part 3: Love  
can build a bridge

3:15-4:15p.m.: Family Dynamics: "We're Not Crazy, We Just Look Like We Are."

**Refund Policy: No refunds will be processed after February 25th, 2011**



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## 22nd Annual Growing Through Loss Conference

Registration Form • Space is Limited

March 4th, 2011

Name: \_\_\_\_\_ License# \_\_\_\_\_

(Please circle one)

Counselor Clergy Nurse Social Worker Teacher EMT's Law Enforcement Other \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Employer/Agency: \_\_\_\_\_

Employer's Address: \_\_\_\_\_  
(If applicable)

Work Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Registration Fee Total \$ \_\_\_\_\_

Check Enclosed

Credit Card Info  
Provided

Employer will mail  
fee. (\*Fax registration  
ASAP)

Supervisor's Authorization: \_\_\_\_\_

(Required only if employer is paying.)

Charge My Credit Card:

Visa  Mastercard  Discover

Account #: \_\_\_\_\_ Exp Date: \_\_\_\_\_

3 Digit Security Code on Back of Card: \_\_\_\_\_

(All credit card information will be destroyed after completed transaction)

Please check your selection below.

Regular  Vegetarian  Vegan  Gluten Free

If paying by check:

Make Check payable to Mesilla Valley Hospice.

Return registration form and payment in an envelope to:

GTL Committee Registration

299 E. Montana, Las Cruces, New Mexico 88005

\* Fax# (575) 525-5739

This flyer may be copied and shared. Tear here and mail.

Growing Through Loss Conference  
Mesilla Valley Hospice  
Center for Grief Services  
299 E. Montana  
Las Cruces, NM 88005

Return Service Requested

Non-Profit Org.  
U.S. Postage  
Paid  
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Las Cruces, NM

This brochure has dated material.  
Please do not delay delivery.