

Caregivers Day of Respite

January 28, 2012
9am - 3pm

at St. Walter's Parish in "Wagner Hall"

*If you are on Pine Ave, walk up driveway between the Parish House
and the Ministry Center and Wagner Hall is located on the left.*

Cost \$5 includes lunch

Caregivers are people who have found themselves in the role of caring for someone they love, usually a family member. Either physical or mental disabilities come along and decisions have to be made about who will be there to provide care. Sometimes caregivers are paid professionals who "live-in"; they get burned out, too. There are 65 million unpaid caregivers in the United States and one third of them are men. All have some similar concerns as caregivers. Everyone is different. Some feel this task has been thrust upon them, but more often they have accepted the role because... "What else would I do, but care for this one whom I love?"

Anyone who is experiencing the role of caregiver is welcome.

A Day of Renewal and Reflection

Come to me, all you who labor and are heavy laden, and I will give you rest.

Matthew: 11:28

This day of renewal explores concerns of caregivers, resources and discussions. The day is designed to be restful and informative.

Handouts and resources included.

Please bring a blanket and pillow for our relaxation meditation.

THE MORNING SESSION INCLUDES THE FOLLOWING TOPICS:

- Strategies for caregivers
- Necessary conversations
- Laughter
- Prayer

THE AFTERNOON WILL INCLUDE THE FOLLOWING TOPICS:

- Keeping well and sane on the journey, self care
- Relaxation and prayer
- Necessary conversations
- The journey's end; a brief conversation about palliative care and hospice.

About the presenters



Jill Bates, D. Min. is an experienced presenter in the areas of Spirituality & Lay Ministry. Jill earned her Doctor of Ministry degree in ecumenical studies from Graduate Theological Foundation and her Master of Pastoral Studies in spirituality from Loyola University. Her goal as a Spiritual director is to companion others on their journey towards a life lived peacefully and abundantly in body, mind, soul and spirit. She believes that we can connect with Divine Presence when we are open and receptive, and Spiritual direction affords us that opportunity. Jill is currently a Chaplain at Good Samaritan Hospital in Downers Grove, IL.



Lorna Miressi is a retired registered nurse who recently became a home caregiver for not only seniors but anyone who is homebound and needs assistance. She has a Master's Degree in Pastoral Studies from Loyola. Lorna recently participated in several short-term mission trips to Bolivia, the Navajo nation and, just recently, to Kenya where she ministered to and cared for the poorest of the poor."

TO REGISTER CONTACT: VINCE ZAPRZAL AT 630-894-5880 X3020

Registration may also be done online at: www.stwalterchurch.com

(click on "Pastoral Care", then click on "Special Events" and complete the online form.)

CHECKS PAYABLE TO ST. WALTER PARISH may be brought to program on the 28th.