

1) TITLE: “Energy from the Cosmos: Qigong (chi gong)”

Katherine Kimbell, RN, BA, homemaker, volunteer & senior, began qigong in 2000. “Does this work?” she wondered, tried it and found it did. She shares her discovery with you. You can learn to harness the subtle energy *qi* to maintain health and reverse chronic disease. Chinese have done so for millenia. This is not for persons with artificial body implants or schizophrenia

2) TITLE: Supporting those who Support: Practical Wisdom and Guidance for all caregivers.

Rev. Dr. Anne Simmonds, teaches Ministry with Dying and Grieving persons at Emmanuel College, Toronto. Anne offers spiritual direction, counselling, workshops and retreats, locally and internationally. Her current work draws on her extensive experience in hospital chaplaincy, congregational ministry, nursing and life!
www.annesimmonds.ca

Caring for and supporting those within our lives, whether personal, volunteer or professional, who are experiencing major life transitions. Illness, aging, family caregiving and death can be a challenge. We often feel inadequate to the task. This workshop is designed for anyone who wants to increase their skill and comfort level in this area. Through focused conversations, reflection and small group sharing, participants will enhance their ability to provide supportive care to others.

3) TITLE: Winter Grace: From Ageism to Elderhood

Jane Dawson is an Ottawa-based educator, writer, researcher and spiritual director. Her work focuses on the centrality of spiritual experience as a vital aspect of lifelong learning and healthy aging. Although aging is often associated with loss and decline it is also an opportunity for growth towards maturity and deep wisdom. This workshop addresses the challenges of ageism in a youth-oriented society and highlights the spiritual possibilities of later life.

4) TITLE: “ STANDING ON HOLY GROUND ”: the dimensions and dynamics of Spirituality, Religious Tradition(s) and Dementia

JIM JOHNSON

Jim, Joy’s husband, (*Ask him why he identifies himself this way*) is an ordained minister and currently fulltime Pastoral Services Coordinator at the Glebe Centre, Ottawa – a Long Term Care facility (LTC) where 128 Dementia residents comprise its occupancy of 252.

Together we will discuss the challenges of understanding and caring for the spiritual and religious needs and responses of Dementia persons, and consider the need for fulltime Pastoral Care/Services and related programs in the care of them and their caregivers.

5) TITRE: Une approche relationnelle qui invite et qui fait place au spirituel.

Marquis Bureau, consultant-formateur, *Groupe Courage International*, promoteur passionné de l'ouverture et de l'authenticité, qui s'intéresse particulièrement au savoir, savoir-faire et savoir-être visant la santé et l'équilibre des personnes et des organisations.

L'animation holistique met la créativité et l'intelligence collectives à l'œuvre pour récolter des résultats extraordinaires auxquels on aspire dans nos relations avec soi, avec l'autre, avec le groupe et la Vie. Elle facilite l'intégration du spirituel dans la vie de tous les jours.

6) TITLE: Life-Sustaining Narratives

Patricia Marsden-Dole is the Social justice Coordinator for the Archdiocese of Ottawa, the Roman Catholic representative on the Interfaith Network Reaching Out To Isolated Seniors, a board member of the Federal Superannuates National Association, as well as studying for a Doctorate in Ministry at Saint Paul University.

Each of us has a narrative which, consciously or not, sustains the triumphs and trials of daily life. In this workshop we will explore our life-sustaining stories about compassion in our lives and the spiritual resources we use to nurture our individual acts of compassion.

Afternoon / Après-Midi

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5) TITLE : Whole Person Process Facilitation

Marquis Bureau, consultant with Courage Group International.

As a dedicated learner his purpose in life is to help people he works with reach their highest aspirations. His talents lie in his ability to work with groups and individuals.

Whole Person Process Facilitation is based on tapping into the creativity and collective genius of the people. It prepares us to lead openly and authentically and to practice spirituality at work while achieving results and doing work that matters.

6) TITRE: Vieillir, quel beau défi!

Marielle Fecteau, psychothérapeute certifiée,
conférencière spécialiste auprès des aînés,
animatrice d'ateliers de croissance personnelle.

Comment un(e) aîné(e) peut-il(le) tirer profit avec son expérience de vie,

. de ce qu'il (elle) est devenu(e),

. de ce que l'entourage lui offre,

. de sa vie intérieure, fin de vieillir en santé et de participer au mieux-être des gens qui l'entourent?

Voici une belle invitation à un partage entre personnes aînées, à vous d'en profiter.

