

A Casserole Does Not A Ministry Make: Setting Up a Caregiver Ministry  
A Caregiver Symposium for Church, Staff, and Lay Leaders

October 25 – 26, 2007

Thursday, October 25

Registration, resources and bookstore

Lunch 12:30 to 1:30

Welcome 1:45 – 2:15  
**Carmen Leal**  
*My Job Is To Say, "I Love You"*

Workshops 2:30 – 3:45

**Betsy Ritzman**

*Creating Health and Caregiving Ministries for Churches*

This workshop provides Where-to-Start information on developing health and caregiver ministries. Featured are checklists and menus of ministry-starters and technical assistance including how to lay the groundwork for a ministry for caregivers at the beginning stage. We will troubleshoot barriers, including barriers at the leadership and funding level. How to develop and follow a work-plan, create consensus around your ideas, build a task force and bring in collaborators will be covered. (Repeated Friday at 3:15)

**Elizabeth Munoz-Day**

*The Needs of the Dying: Palliative Care Guide for Bringing Hope, Comfort and Love to Life's Final Chapter I*

Medical advances save thousands of lives every day. But now that medical technology offers so many more ways of keeping people alive, dying can be a prolonged process. This raises questions on the part of seriously ill and dying individuals and their loved ones about the type of care they want at the end of life—and how to get it. Talking with loved ones about death and dying may be one of the most difficult conversations caregivers will ever have. Many people avoid the issue because they don't want to upset others or find it too depressing. Complicating things further is the fact that emotions often run high at this time - leaving logic to frequently take second place. Personalities also come into play, as do individual and cultural beliefs. Given all of these factors, it's somewhat miraculous that patients are ever able to achieve a peaceful and dignified death. And yet, that's always the goal and frequently

the outcome. How does this happen and what can we do to facilitate the process? This two-part workshop will help pastors and lay leaders gain needed information to help them guide caregivers through the dying process with a loved one.

**Deborah Dunn**

*Don't Say That! Words You Should Never Say to a Caregiver in Crisis*

We all know words can wound, but did you know that there are many things that Christians say to those in crisis that they believe to be wise counsel, but which are actually very hurtful? This workshop will teach you how to relate to a caregiver in a way that edifies, comforts, empowers, and encourages, instead of wounding.

**Cheryl Kuba**

*Navigating the Troubled Waters of Caregivers and Care Receivers in our Congregations: Getting our Parishioners Back in the Boat.*

Clergy and lay leaders need to practice realistic approaches and develop counseling skills to help fractured families, and parishioners in crisis. This workshop will address the most significant concerns of clergy and lay ministers as they meet the challenges of ministering to caregivers, care receivers and their families. The goal of this workshop is to develop skills to embrace and enfold caregivers who are isolated and are falling away from church involvement, and to explore successful mediation tactics between care receivers and their family members regarding health care treatment and end of life issues.

Workshops

4:00 – 5:15

**Betsy Ritzman**

*Building and Maintaining a Care Team for Congregations*

This workshop provides basic how to's for congregational leaders on implementing a tried and true method for supporting - and even supplying- caregivers and caregiver support to those who are seriously ill or otherwise disabled. Care Team ministries have been used by congregations since the 80's and offer a way of building the Beloved Community around those who are in need without exhausting and extinguishing the desire to serve in your staff and member-volunteers. Training and management resources and model ministries will be offered.

**Cheryl Kuba**

*Self Care for the Parish Minister. Twenty One Ways to Take Care of Yourself With Purpose and Passion While Ministering to Others.*

The safety instructions on an airplane tell all passengers to “*Take care of yourself, first...before helping a small child or elderly person.*” Through this highly interactive workshop, participants will learn how to ask for help when parish ministry becomes overwhelming. Learn to find ways to bring humor and saving graces into the workplace, develop ways to recognize when personal boundaries, and become exposed to relaxation techniques that will help you enjoy the emotional rescue that each one of us desires.

**Mike Weston**

*Shelter From the Storm: Reaching out to the Local Community During a Crisis*

Many churches send teams to disasters in other areas, but what if a disaster hits your own community? This workshop is an overview of the ways churches can create a disaster response ministry that helps their own community in the first few critical hours after a crisis, particularly vulnerable populations like the elderly, handicapped, children, and those with other special needs. This workshop will teach you creative ways to prepare for disaster in your church that doesn't involve a lot of money, people, or time-- just a passion for saving lives!

**Elizabeth Munoz-Day**

*The Needs of the Dying: Palliative Care Guide for Bringing Hope, Comfort and Love to Life's Final Chapter Part II*

Dinner	5:30 – 6:30	(Topical Round Table Discussions)
Worship	7:00 – 7:45	<b>Music for the Soul</b>
Snack	7:45 – 8:00	
Keynote	8:00 – 8:45	<b>Cheryl A. Kuba</b> <i>“If God Flooded the Earth Today, Would We Let 600 Year-Old Noah Steer the Boat?”</i>

Friday October 26

Breakfast	7:30 – 8:30
Workshops	9:00 – 10:15

**Bob Willis**

*A Ride To Remember: Offering the ministry of presence to someone on a difficult journey in life.*

This workshop presents valuable "tools" to pastors and lay leaders as they companion caregivers and patients down the caregiving road. Learn valuable insight into recognizing and addressing the needs of the moment, gain confidence to walk alongside those who are hurting, while gently sharing the presence and peace of the Lord.

**Cec Murphey**

*Caregivers: Responding to the Silent Calls for Help*

You'll discover the dilemma of invisible caregivers who don't want to complain and don't know how to ask for help. Cec will show you how to recognize and respond to the silent calls for help.

**Beth Vough-Wrobel**

*Training Church Members How to be Volunteer Caregivers*

This informative how-to workshop is focused on training church members how to become effective volunteers. For some caregivers their role is a full time job. Even when the load is too heavy, leaving a loved one with untrained volunteers is not an option. We all need a break from our work and stressful situations, and church members can be trained to be volunteer caregivers to provide respite care so family caregivers can have time away for the caregiving situation. This workshop will help church ministries understand the need for caregiver respite and how to build it into their ministry through a variety of ways.

**Stacie Ruth Stoeling**

*Learn How to Help "Kids in Crisis"*

Kids tend to fade into the background when adults are in deep need. In this workshop, Stacie Ruth Stoeling teaches church leaders how to minister to children and teens going through tragic, difficult situations while helping them to address their fears and grow in their faith.

Workshops

10:45 – 12:00

**Carmen Leal**

*The Art of Asking: Helping Caregivers Find Community Resources*

Getting help when you need it is part of being responsible—to yourself and those who depend on you. But where can caregivers turn when there doesn't seem to be help available? Sometimes it really is as simple as they have not

because they ask not. This workshop is designed to help clergy and lay leaders learn to help caregivers identify and ask for community resources and to learn to be SMART when asking for help.

**Betsy Ritzman**

*Building and Maintaining a Care Team for Congregations*

This workshop provides basic how to's for congregational leaders on implementing a tried and true method for supporting - and even supplying- caregivers and caregiver support to those who are seriously ill or otherwise disabled. Care Team ministries have been used by congregations since the 80's and offer a way of building the Beloved Community around those who are in need without exhausting and extinguishing the desire to serve in your staff and member-volunteers. Training and management resources and model ministries will be offered.

**Debra Dunn**

*Risky Business: Ethical Concerns, Confidentiality, and Risk Management for Volunteer Counselors*

Counseling can be a "risky business" if you are not aware of the laws and ethical concerns involved with working with people in crisis. This workshop will give you guidelines for maintaining the appropriate client-counselor relationship, maintaining professional boundaries, and avoiding false accusation and breach of confidentiality in your ministry.

**Beth Vough-Wrobel**

*We're In This Together: Creating a network of community churches to provide caregiving for their older members*

During this interactive workshop a model will be presented to show how churches can join together to provide caregiving to their older members. Come with questions and ideas for a lively discussion about creating a network of churches in your community.

Lunch	12:30 – 1:30	(Topical Round Table Discussions)
Praise	1:45 – 2:00	<b>Music for the Soul</b>
General Session	2:00 – 3:00	(Church and caregivers)

**Carmen Leal**

In The Shepherd's Arms  
Psalm 23 Movie

Workshop

3:15 – 4:30

**Betsy Ritzman**

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**Elizabeth Munoz-Day**

*Laughing Through the Tears: Dealing with Caregiver Fatigue*

Nothing pops the stress balloon like humor. It strengthens the immune system and gives a much-needed break from day to day living. Few of the changes we experience are under our control. How do we gain control when we feel helpless and limited as to what we can do? The key to prevention is to never underestimate the power of laughter to heal the body as well as the soul. In this workshop pastors, lay leaders, and volunteers will learn how to help caregivers to prevent the negative effects of stress from harming their physical bodies and emotional state of mind.

**Bob Willis**

*The Fork in the Road*

This workshop will help pastors and lay leaders understand community care options available to caregivers when they can no longer go it alone. Helping caregivers learn how to locate and evaluate potential caregivers, Hospice agencies, and other team members is critical to ensure their loved ones have the best level of care possible. Topics to be addressed include an overview of hospice services, when to involve hospice, and the advantages of having a hospice team involved in the care for a loved one. Nursing home placement and the emotional aspect of making this decision for a loved one will also be discussed.

**Steve Siler**

*Music: It's Not Just for Worship Anymore*

This workshop explores the many non-traditional ways in which music and song can impact the church. Music for the Soul founder, Steve Siler, will help pastors and lay leaders understand the importance of music as a communication tool. Steve will site Biblical applications and look specifically

at music's ability to break down walls of denial, to open hearts and to speak directly to issues of shame, guilt, etc. Finally, this workshop will look at music's power to comfort, nurture, encourage, and open paths to healing will be explored, both in the context of the church and in the context of caregiving.

Dinner	5:30 – 6:30	(Topical Round Table Discussions)
General Session	7:00 – 7:30	<b>Music for the Soul</b>
Keynote	7:40 – 8:10	<b>Cec Murphey</b> <i>When Someone You Love</i>
Concert	8:15 – 9:30	Scott Kripayne

Mealttime Round Table Discussions (Three meals)

Finding Community Resources  
Legal and Financial Issues of Caregiving  
When Something Can't Be Fixed  
Answering End-of-Life Questions  
Working With Existing Groups: Hospice, Stephen Ministries  
Organizing and Moderating Caregiver Support Groups