

## Conference Location

The Cintas Center at Xavier University  
1624 Herald Ave, Cincinnati, OH 45207  
(Do not register with the University. Please follow registration instructions below.)

## Hotel Information

Visit [parishhealthministry.com/RYS](http://parishhealthministry.com/RYS) for details.

## Registration for Refresh Your Soul

Space is limited! You can register online or by mail.  
Online registration is preferred.

To register online with a credit card payment,  
visit [parishhealthministry.com/RYS](http://parishhealthministry.com/RYS).

To register by mail, complete and detach the form below.  
Make checks payable to ERS Parish Health Ministry and mail to:

ERS Parish Health Ministry - RYS  
3870 Virginia Avenue  
Cincinnati, Ohio 45227

No registrations accepted at the door.

## Refunds & Cancellations:

All requests for refunds MUST BE RECEIVED  
no later than Wednesday, February 20, 2019.

**Questions?** Call 513.979.2246

Registration, exhibitors and continental breakfast open  
at 8 a.m. Conference starts promptly at 9 a.m.

### Refresh Your Soul Conference Registration

Please check all that apply:

All registrations include continental  
breakfast, box lunch and event materials.

#### Registration without contact hours

\$69       on or after Feb. 12, 2019 - \$79

#### Registration with contact hours (check all that apply)

\$89       on or after Feb. 12, 2019 - \$99

RN/LPN    OT    Social Work

Please accept my tax deductible gift for ERS Parish  
Health Ministry in the amount of \$\_\_\_\_\_.

**TOTAL ENCLOSED:** \$ \_\_\_\_\_

Name: \_\_\_\_\_

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

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

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Church/Organization: \_\_\_\_\_

If you need assistance registering online for an optional  
speaker luncheon, please contact Rebecca at 513.979-2246.

Non-profit Org.  
U.S. Postage  
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 Parish Health Ministry  
A Service of Episcopal Retirement Services  
3870 Virginia Avenue  
Cincinnati, OH 45227

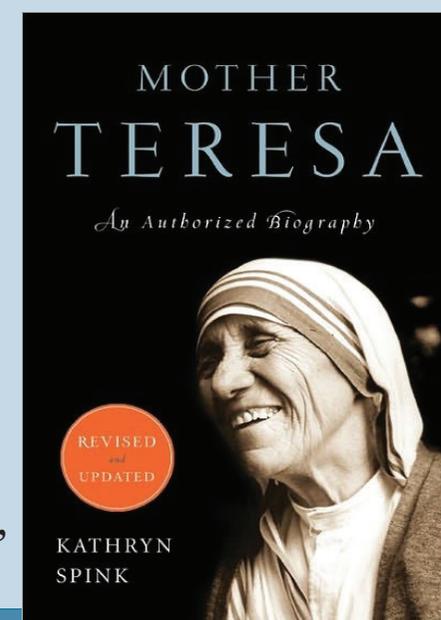
 Refresh  
Your Soul

Parish Health Ministry  
**Refresh Your Soul**  
**2019**  
Living Well with  
**Purpose**

Presented by  
 Parish Health Ministry  
A Service of Episcopal Retirement Services

Monday, March 18, 2019  
9 a.m. - 3:15 p.m.

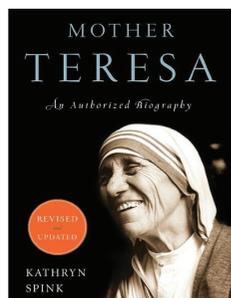
Featuring  
**Kathryn  
Spink,**  
authorized biographer  
of  
*Mother  
Teresa*  
"Saint of Calcutta"



# Parish Health Ministry Refresh Your Soul 2019

Living Well with Purpose

## Living with Meaning and Purpose



By tracing the life and work of the “Saint of Calcutta”, her authorized biographer will explore what made her care of the poor, the sick and the dying so exceptional – the priority she gave to dedication, compassion, respect for difference, and being humbly and fully present to the individual; her identification of the need to meet emotional and spiritual problems, and her emphasis not so much on prolonging life at all costs, as on enabling people to die with dignity and surrounded by love. Doing “small things with great love” was a transforming principle that gave meaning and purpose to her life and one she stressed was accessible to all.



### About Keynote Kathryn Spink

As the authorized biographer of Mother Teresa, Kathryn was involved with her work for over seventeen years, and her highly acclaimed biography of the “Saint of Calcutta” became a New York Times best-seller. She has spoken internationally including an address at the United Nations conference in 2016.

## Food as Medicine



Interactive teaching kitchens and food-first nutrition education are the future of medicine. The growing field of Culinary Medicine and its improved patient health outcomes will be explored. Learn about the Mediterranean Diet, an important building block of Culinary Medicine, and groundbreaking research in this field.

### About Leah Sarris, RD, LDN

Leah is the Director of Operations and Executive Chef for the Goldring Center for Culinary Medicine in New Orleans. She has developed a premier, interdisciplinary program that involves culinary arts, science, nutrition and medicine. It is the first of its kind and has been licensed by many medical schools. Her passion lies in teaching everyone how to make delicious food that is also good for them.

## The Purpose of Life is a Life of Purpose



Every farmer knows that it is not about the number of barns you build, but about the seeds you plant; every parent knows it is not about the number of times you push the swing, but about how your child soars when they leave your playground. So it is with our lives. When the purpose of life is a life of purpose, the integration of spirit, heart, hands and mind finds its greatest completion.

### About Rabbi Abie Ingber

Rabbi Ingber is the founder and former Executive Director of the Center for Interfaith Community Engagement at Xavier University. He is passionate about using the lessons learned from his parents’ survival of the Holocaust to promote peace and healing throughout the world.

## Aging with Zest and Vigor



It’s a well-documented fact that people who manage their stress, maintain an optimistic spirit and take care of their health are happier and healthier than those who don’t. In our frenzied world, folks need to be reminded of why these things are vitally important. Kay Frances will share ways to cope with stress and leave you laughing and enlightened on how to age with zest and vigor.

### About Kay Frances

Motivational humorist and author, Kay Frances, has shared her message in 49 states and Canada for over 30 years. She has an MBA and a 4th-degree black belt in karate. Her experience as a family caregiver taught her valuable lessons and inspires much of her work.

## Contact Hours

**Nursing** - This CE Activity, OLN-S-2034-18, offered by the Episcopal Retirement Services Parish Health Ministry has been approved for 4.5 contact hours by the Ohio Board of Nursing through the approver unit at the Ohio League for Nursing (OBN-006-92) and the program is approved to be offered through October 28, 2020.

**Occupational Therapy** - Approved by the Ohio OTPTAT Board - OT Section 4.25 contact hours. Approval #161190.

**Social Work** - This program is Approved by the National Association of Social Workers (Approval # 886791874-2732) for 4 continuing education contact hours.



Presented by:  
Parish Health Ministry, a service of

ERS

Episcopal Retirement Services

Presenting Sponsor:  
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Greater Cincinnati Chapter



Platinum Sponsors:

The Faith in Life Fund  
of the Diocese  
of Southern Ohio



In Partnership with:  
XAVIER  
UNIVERSITY

## Charity Event

To meet the goal of Episcopal Retirement Services’ Parish Health Ministry (PHM) becoming self-supporting, this event is the primary fundraiser for the ministry. 100% of the conference proceeds will benefit PHM.

## Exhibitors

Representatives from many local community organizations will be available to share information and answer questions during the breaks.

## Optional VIP Speaker Luncheons

A limited number of seats are available for three speaker luncheon options through online registration only. Additional cost: \$30.00.

Kathryn Spink - Perseverance and the Dark Night of the Soul  
Rabbi Abie - Rewarding Yourself – Healing the World  
Leah Sarris - Using Food in the Battle Against Cognitive Decline  
To register, visit [parishhealthministry.com/RYS](http://parishhealthministry.com/RYS).