

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 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.

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
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 21, 2018.

Questions? Call 513.979.2246

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

OPTIONAL VIP
Luncheons

Tickets: Additional \$30.
Online
registration only –
parishhealthministry.
com/RYS

Refresh Your Soul Conference Registration

Please check all that apply:
All registrations include continental
breakfast, box lunch and event materials.

Registration without contact hours

☐ \$59 ☐ on or after Feb. 13, 2018 - \$69

Registration with contact hours (check all that apply)

☐ \$85 ☐ on or after Feb. 13, 2018 - \$95
☐ RN/LPN ☐ Counselor
☐ OT ☐ PT ☐ Marriage & Family Therapist
☐ Social Worker ☐ Nursing Home Administrator

☐ 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.



Parish Health Ministry
A Service of Episcopal Retirement Services
3870 Virginia Avenue
Cincinnati, OH 45227

Refresh
Your Soul

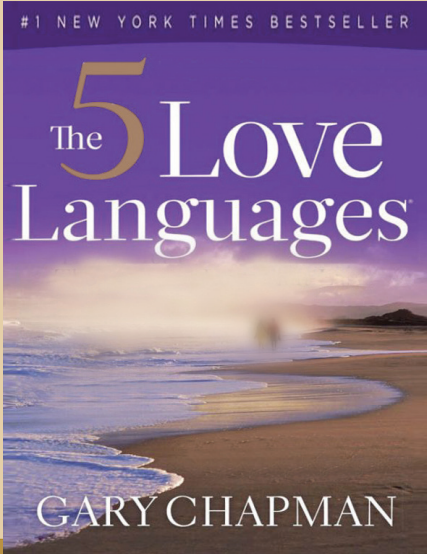
Parish Health Ministry

Refresh Your Soul
2018
Positive Aging

Presented by

Parish Health Ministry
A Service of Episcopal Retirement Services

Monday, March 12, 2018
9 a.m. – 3:30 p.m.

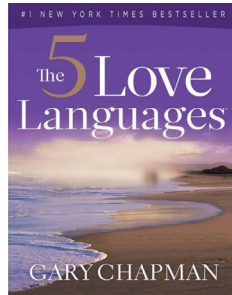


Featuring
Dr. Gary
Chapman,
bestselling
author of
*The 5 Love
Languages*

Parish Health Ministry Refresh Your Soul 2018

Positive Aging

The 5 Love Languages and Positive Aging



Do you agree that we all want to feel loved by the significant people in our lives? And aging will not diminish that need! Dr. Gary Chapman will share the “5 love languages” he has developed to both show and receive love. He will explain the benefits of using them in our relationships to support healing and healthy aging.

Forgiveness and Healthy Aging



Dr. Chapman will describe how to deal effectively with our failures to support healthy relationships and positive aging through the five languages of apology. He will share how to discover our own apology language and that of others. We will learn what forgiveness does and does not do.

About Keynote Gary Chapman, PhD

Gary is a bestselling author, inspirational speaker, marriage counselor, and a highly respected pastor. He is internationally known for his bestselling book, *The Five Love Languages*, which has sold over 10 million copies and translated into 50 languages.

Running with Scissors



With a humorous, thought-provoking presentation, Kay Van Norman will provide important insights on aging with purpose. She will share ideas and strategies to change the way we think of aging and what we must do to age with vitality and purpose. She will inspire attendees to age well regardless of life challenges and explain how to help others of all ages to stay well and live life fully.

About Kay Van Norman

Well-known speaker, wellness consultant and expert on aging, Kay is the founder and President of Brilliant Aging, a consulting firm designed to help people age with purpose and vitality. She is a dynamic and engaging speaker with a humorous presentation style.

Technology for Healthy Aging



Contrary to myths, older adults are willing and able to adopt technology into their lives if it supports their needs and is designed for their abilities. Social and cognitive engagement enhance quality of life and improve health outcomes. Learn how apps, mobile devices, social networking, in-home assistive technologies, robotics, telepresence, and virtual reality can enable autonomy and independence in older adults.

About Wendy Rogers, PhD

Wendy is one of America’s leading educators and researchers on technology for successful aging. She has given hundreds of presentations all over the world and is currently a professor at the University of Illinois Urbana-Champaign.

Aging with Spirit



The new brain science supports what wisdom teachers have said for thousands of years. As we age, we can continue to grow, change and become a more loving presence in the world. Liz Tassone will explore the new science of neuroplasticity at an optional VIP luncheon.

About Liz Tassone

Liz is well known for her expertise in gerontology, spiritual direction and family caregiving. She hosted a Family Caregiver Hour on local radio for eight years and now serves as a spiritual director with the Christ Church Center for Spirituality.

Contact Hours

Nursing 4.4 hours - This offering has been approved by the Ohio Board of Nursing through the OBN Approver Unit at Upper Valley Medical Center OBN-005-92.

Counselor, Social Worker, Marriage & Family Therapist

The Ohio CSWMFT Board has approved 4.5 clock hours of professional continuing education for Counselors, Social Workers, Marriage & Family Therapists. Approval #MCST031802.

Nursing Home Administrators - The Board of Executives of Long Term Services and Support has approved 4.25 course hours #001-L-18.

Occupational Therapy - Approved by the Ohio OTPTAT Board - OT Section 4.25 contact hours. Approval #160779.

Physical Therapy - Approved by OPTA for 2 CEUs Approval #18S0225.



Presented by:

Parish Health Ministry, a service of

ERS

Episcopal Retirement Services

Presenting Sponsor:

alzheimer's association®

Greater Cincinnati Chapter

Platinum Sponsor:



Marjorie P. Lee

In Partnership with:



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 3 speaker luncheon options through online registration only. Additional cost: \$30.00.

Dr. Gary Chapman - Keeping Love Alive as Memories Fade

Kay Van Norman - Vitality Portfolio

Liz Tassone - Aging with Spirit

To register, visit parishhealthministry.com/RYS.