

## Refresh Your Soul 2015

On February 28, 2015, approximately 450 people attended our annual Refresh Your Soul Conference which was held this year at Landmark Church. Three inspiring speakers, William Hablitzel, MD, Brooke Billingsley, and our keynote speaker, Mitch Albom, shared their powerful stories on “Living With Purpose, Hope, and Healing.”

When asked how the conference impacted her ministry, Betsy Babb, Faith Community Nurse at Episcopal Church of the Redeemer in Hyde Park, stated, “I have been involved with Parish Health Ministry for over 14 years. Refresh Your Soul always leaves me feeling renewed and empowered. The conference reminded me that I love what I do and am blessed to be able to do it. I love meeting people where they are and helping them in their journey of life and healing. Life is too short not to be passionate about what I do.”

William Hablitzel, MD, a local country doctor currently serving in a health clinic in rural Adams County, enlightened us on “healing vs. curing” in a way that inspired us to “live” the lessons that we learn from our patients. He shared how his greatest teachers have not been his professors in medical school or experts at medical conferences, but rather his greatest teachers have been his patients. Dr. Hablitzel inspired attendees with his secrets for healing and how people, not just medical professionals, can bring healing into their own lives and work.

Meeting our patients where they are in their life journey is one of the first steps in helping them heal. Dr. Hablitzel pointed out that the lives of his patients are filled with meaning, of wisdom, and of extraordinary journeys. He spoke of patient stories that have blessed his journey and how they helped him realize how important our brief time here is. As one attendee commented, “I really appreciated perspective of a rural physician, which was refreshing, since we focus too much on technology most of the time.” Another stated “Thank you so very much for reminding us about true health by sharing stories of our vulnerability.”

Brooke Billingsley, national speaker, author, and co-owner/CEO of Perspective Strategies Inc., shared her own journey as a breast cancer survivor. Brooke inspired us with her positive outlook and the personal lessons she has learned during the course of her initial diagnosis in 2011, her treatment, and remission. She affirmed how living life with intention and continuing to reestablish goals can positively impact how people experience their healing journey. Brooke touched many attendees with her life story, including one individual who recently had a breast biopsy herself: “I had a call from my doctor this week and my test was positive for cancer. Brooke’s presentation was very timely for me. I now have hope!” Another individual related how Brooke’s talk “Left me teary-eyed, but comforted. I could relate since my son was diagnosed with Stage IV Hodgkin’s Lymphoma.”

The keynote speaker, Mitch Albom, an internationally renowned and bestselling author, journalist, and sportswriter, inspired the audience with his well known chronicle of his journey with Morrie Schwartz, an old college professor, battling ALS. Mitch shared how his busy and successful life was dramatically changed by spending “Tuesdays with Morrie” and the priceless

lessons he learned from his wise friend during his last days. Recalling how his visits with Morrie helped him find meaning and purpose in his own life, Mr. Albom shared his most meaningful lessons of “giving is living” and “death ends a life, not a relationship”. He emphasized that it’s “never too late in life” to pay more attention to the ones you love and to live with purpose. Mr. Albom’s speech inspired so many of us. As one attendee stated: “He helped solidify my belief in living EACH day as a blessing and to appreciate my family and friends.” Other comments included: “Very heartfelt; I want to go out and give to the world”; “The story really blessed me. I really was able to see the power of love”; “This truly was a gift.”

Refresh Your Soul 2015, Living With Purpose, Hope, and Healing provided attendees with a wonderful and uplifting day. As one individual summarized, “Faith, a sense of humor, purpose, and the ability to grieve was my take away.” As a result of this year’s Refresh Your Soul Conference, \$27,000 was raised to benefit Parish Health Ministry. A big thank you to our Title Sponsor, The Episcopal Diocese of Southern Ohio, and our Platinum Sponsors, The Faith in Life Fund & Home Care by Black Stone as well as all of our donors.



Ken Paley, VP ERH Marketing and Mitch Albom



Mitch Albom at book signing sponsored by Barnes and Noble



William Hablitzel, MD



Dr. Hablitzel, Doug Spitler, ERH President & CEO, Jeanne Palcic, Director of ERH Parish Health Ministry



Brooke Billingsley



Brooke with her husband, Kevin.