

24th Annual Westberg Parish Nurse Symposium



Thriving in a
Changing World

September 17-19, 2010
St. Charles Convention Center
St. Charles, Missouri



Presented by the
International Parish Nurse Resource Center
Saint Louis, Missouri
www.parishnurses.org

24th ANNUAL WESTBERG PARISH NURSE SYMPOSIUM

Thriving in a Changing World

GOAL / INTENT

Parish nursing can thrive in challenging times because intentional spiritual care is the core. This symposium will equip parish nurses with strategies and tools to enhance wholistic ministries.

TARGET AUDIENCE

The 24th Annual Westberg Parish Nurse Symposium is intended for professional nurses, clergy, health administrators, educators, coordinators, laypersons involved in health ministry, and others involved with, or interested in, parish nursing.

OBJECTIVES

At the completion of this symposium, participants should be able to:

- Identify three strategies for balance of personal and professional life through spirituality, growth, and renewal.
- Discuss the development of collaboration and networking in times of limited resources and increasing needs.
- Implement ideas to build and sustain fervor in their ministry/practice.
- Select tools and strategies to promote value, effectiveness and visibility of their parish nurse practice.

ACKNOWLEDGEMENTS

The 24th Annual Westberg Parish Nurse Symposium is supported in part by the Deaconess Foundation and the family of the Rev. Dr. Granger Westberg.

CONTINUING EDUCATION

Deaconess Parish Nurse Ministries, LLC is an approved provider of continuing nursing education by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

This event will provide a maximum of 16.5 contact hours pending approval. Contact Maureen Daniels (314.918.2632 or mdaniels@eden.edu) for more information on contact hours.

Upon request, Clergy Continuing Education Units for this event will be awarded by Eden Theological Seminary. (Participants will be awarded 1 unit per 10 contact hours).

EXPOSITION

Not-for-profit and for-profit vendors are encouraged to exhibit at the Symposium, offering the opportunity to reach over 500 faith communities from the United States and abroad. If you are interested in being an exhibitor, product table exhibitor and/or sponsor, please contact Cortney Kelley at MAC Meeting and Events at 314.421.2005 or ckelley@macmeetings.com.

Deaconess Foundation,

Sponsor of

the International Parish Nurse Resource Center,

welcomes you to the 24th Annual Westberg Symposium.

Our prayer is that each participant joins the gathering in the spirit of health and wholeness and leaves re-energized with new tools and bolstered spirits to face the health challenges of today and of the future.



The IPNRC wants to thank everyone who so generously donated to last year's service project, *Nurses for Newborns*. The service project for 2010 will be for

**Edgewood Children's Home:
a Great Circle™ agency**

At Edgewood Children's Home, the mission is to provide compassionate care and treatment for children, from newborn to age 21, and their families through intensive therapy, special education, case management, and support services. By helping children discover their talents and strengths, staff can reinforce positive behaviors and help the children develop positive relationships with others. Each day, Edgewood serves more than 300 children and family members through long- and short-term residential and day treatment, foster care case management, and family reunification services.

Any donation you choose to make will be appreciated so consider packing a small item to help these kids feel successful and healthy. Some suggested items include: personal hygiene products, socks/underwear (all ages), infant/toddler clothing, school supplies, pocket appointment books, blank journals, art kits/craft supplies, construction paper, glue sticks, coloring books, DVD movies (G or PG), books (new or gently used), developmental toys, board games, puzzles, gift cards (long distance phone cards, Target, Wal-Mart).

Time will be set aside at Sunday's worship to present and bless all gifts brought by the participants for this service project.

For more information on this organization and other wish list items, visit:

www.eccstl.org/
www.eccstl.org/how-to-help/donate.aspx

KEYNOTE SPEAKERS

The Granger Westberg Memorial Lecture Friday, September 17

**”Living Without Limits in a
Changing World”**

Judy Siegle, BS MSW



Director of Women’s Ministry at Hope Lutheran Church in Fargo, ND; Participant in the 1996 & 2000 Paralympic teams in wheelchair racing; Social Worker; Author “Living Without Limits”

www.judysiegle.com

The Anne Marie Djupe Memorial Lecture Saturday, September 18

**”Smart Choices:
Body, Mind, & Spirit”**

Jan DeMasters, PhD RN



Independent Health Consultant; CEO of DeMasters & Associates for Consulting & Coaching Services; Nationally known author & speaker on stress and the mind/body connection

totalhealthconcepts.com

Evening Concert Saturday Evening, September 18

“Music for the Soul”

Psalms from Gifted Productions



Veteran vocalists – Teddi, Monya, Nita & Marcia – form Psalms, a high energy contemporary gospel group. Award winning St. Louis natives perform traditional & contemporary gospel, Negro spirituals, and modern jazz

www.giftedproductionsmo.com

The Helen Westberg Lecture Sunday, September 19

**“The Renewal of Spirit: Burnout as a
Gateway to Grace”**

Joan Borysenko, PhD



President of Mind-Body Health Sciences, LLC; Medical Scientist, Psychologist and Spiritual Director; Co-Founder and Former Director of Harvard’s first Mind/Body Clinic; Author of 14 books on healing, spirituality, and resilience

www.JoanBorysenko.com

Thursday, September 16, 2010

7:00 pm – 9:00 pm World Forum Reception

Friday, September 17, 2010

Pre-Conference Schedule & Friday Only Option

Breakfast – Lobby of Embassy Suites for Embassy guests and those who purchased breakfast tickets

8:00 am – 8:00 pm Registration
8:30 am – 11:30 am Pre-Conference – Morning
11:30 am – 1:00 pm Lunch for Pre-Conference & Friday-only Attendees
1:00 pm – 4:00 pm Pre-Conference - Afternoon
1:30 pm – 5:30 pm Exhibit Hall Open
1:30 pm – 4:00 pm Documentation Playroom

Westberg Symposium Schedule

4:15 pm – 5:15 pm Poster Session & Presenters (display runs through Saturday 9 pm)
5:30 pm – 6:45 pm Opening Dinner for Symposium attendees
7:00 pm – 7:30 pm Opening Worship
7:30 pm – 8:30 pm **Rev. Dr. Granger E. Westberg Memorial Lecture**
“Living Without Limits in a Changing World”
Judy Siegle, BS MSW
8:30 pm Closing Prayer

Saturday, September 18, 2010

Breakfast – Lobby of Embassy Suites for Embassy guests and those who purchased breakfast tickets

7:00 am – 12:00 noon Registration
7:00 am – 4:30 pm Exhibit Hall Open
8:15 am – 9:00 am Opening Comments & Morning Worship
9:00 am – 10:00 am **Anne Marie Djupe Memorial Lecture**
“Smart Choices: Body, Mind, & Spirit”
Jan DeMasters, PhD RN
10:00 am – 10:30 am Break – Exhibit Hall – Posters
10:30 am – 11:45 am Breakout Session – A
11:45 am – 1:00 pm Lunch – Exhibit Hall – Posters
1:00 pm – 2:15 pm Breakout Session – B
2:15 pm – 2:45 pm Exhibit Hall – Posters
2:45 pm – 4:00 pm Breakout Session – C
4:15 pm Door Prize Drawing – **must be present to win** – Exhibit Hall
4:30 pm – 5:30 pm *Table Talk with HMA & IPNRC*
Brainstorm possibilities for collaborative projects
4:00 pm – 7:30 pm Free time for Networking, Self-Care & Dinner
6:00 pm – 7:00 pm Optional dinner at the Convention Center
7:30 pm – 8:30 pm Concert – *Psalms*
A musical selection of standards, gospel & pop to treat the soul
8:30 pm Evening Prayer

Sunday, September 19, 2010

Breakfast – Lobby of Embassy Suites for Embassy guests and those who purchased breakfast tickets

8:00 am – 9:00 am Denominational Meetings
9:15 am – 10:15 am **Helen J. Westberg Lecture**
“The Renewal of Spirit: Burnout as a Gateway to Grace”
Joan Borysenko, PhD
10:15 am – 11:00 am Closing Worship

Friday Options -

Visit www.parishnurses.org under *Events/Westberg Symposium 2010* for a more detailed explanation of the Pre-conference sessions.

Pre-Conference - Morning

- P-1 Reconciling God with Pain, Suffering, and Evil & Crisis Communication in the Immediate Aftermath of Trauma (E,R,S)** – *Rev. Ed Hatcher, Retired Chaplain, US Air Force, Certified Trauma Responder, certified expert in Acute and Traumatic Stress through the American Academy of Experts in Traumatic Stress, Chesterfield, MO*
Discuss the study of God's relationship to pain, suffering, and evil, how people cope with violations of their core beliefs, and how it relates to disaster, sudden loss, and personal violation. Discuss the inability of the severely stressed to "hear" and various techniques for communicating with them.
- P-2 Tending the Sacred Within: A Reflective & Relaxing Morning for Coordinators (S)** – *Mary B. Jordan MA in Theology, Humanities & Spirituality; Retreat Director, St. Louis, MO*
A morning of retreat for coordinators to refresh themselves and return to their programs renewed for the challenges of leadership.
- P-3 Research for a Changing World (R,P)** – *Andrea West RN PhD, Director of Curriculum and Research, International Parish Nurse Resource Center, St. Louis, MO*
An introduction to research in parish nursing that will include interactive brainstorming sessions to begin the development of parish nurse research projects.
- P-4 Rural Health Ministry: Meeting the Needs in Our Agricultural Communities (P,R)** – *Charlotte Halverson RN BSN COHN-S, Rural Health/Parish Health Coordinator, Mercy Medical Center, Dubuque, IA*
Discuss and share the challenges and opportunities of rural ministry. Identify barriers, resources, and network opportunities in rural communities.
- P-5 Building a Successful Parish Nurse Practice (P,R)** – *Vickie Gustafson MA RN PHN FCN, IPNRC Educational Partner and Parish Nurse, Prince of Peace Lutheran Church, Minneapolis, MN*
Discuss challenges of beginning a parish nurse practice: programming, support, working culture, and professional boundaries. Brainstorming and small groups will look at action plans and strategies.
- P-6 When Comfort Causes Pain: Dealing with Clients who Have Mental Health Issues and Knowing When to Draw the Line (P,R,S)** – *Mark Holley MS RN, Instructor, Parkland College of Nursing and Administrative House Officer, Carle Foundation Hospital, Urbana, IL*
Discussion and exploration of how parish nurses can effectively deal with clients with mental health issues. Also discuss how to identify boundaries that are healthy or potentially harmful for both the parish nurse and the client/family.

Pre-Conference - Afternoon

- P-7 Creating Communities of Care via Share the Care™ (P,R)** – *Jane W. Barton MTS MASM, Certified Spiritual Director, Community Educator, Life Quality Institute, Denver, CO*
Learn how *Share the Care™* creates a relational approach to caregiving issues. Attendees will receive a manual that includes notes and resources for the program.

- P-8 Understanding the Spirituality/Religion and Health Connection – A Biblical Model for Health Education and Self Care (P,E,S)** – Dale Fletcher MS, Founder of Faith and Health Connection, Charlotte, NC
Gain insight into God's design for wholeness and health by exploring Christian principles for personal wholeness then design an action plan for better health.
- P-9 Improving the Credibility and Worth of Health Ministry: Enhancing Program Results through Systematic Planning, Designing, and Communication (P,E,R,A)** – Katora Campbell RN MSN MPH, Manager of Midlands Partnership Parish Nurse Program, Columbia, SC
Health ministry leaders must communicate clear and concise information about the outcomes of program activities. Methods will be reviewed that will demonstrate the benefits to clients and provide information for accountability to communities of faith and health.
- P-10 The Joy of Creating Devotionals: Develop Your Personal Toolbox (R,S)** – Rev. Dr. Deborah Patterson, Executive Director, International Parish Nurse Resource Center, St. Louis, MO
Learn strategies for creating devotions of differing lengths and purpose using Scripture, music, and other sources of inspiration.
- P-11 Making Your Educational Presentations Professional (E,R)** – Andrea West RN PhD, Director of Curriculum and Research, International Parish Nurse Resource Center, St. Louis, MO
Explore how to develop presentations for the church, community, or Westberg that are productive, age-appropriate, effective, interesting, and educational.
- P-12 Spirituality and Aging: Living Gracefully with Life's Changes (E,R,S)** – Rev. Dr. Marilyn L. Stavenger, Faculty Emerita & Adjunct Faculty, Eden Theological Seminary, St. Louis, MO
In years when good physical health is more elusive and one experiences diminished energy, what are ways that life and relationships can continue to be nurtured by caregivers and family members?

Saturday Options -

Visit www.parishnurses.org under Events/Westberg Symposium 2010 for a more detailed explanation of the presentations in Sessions A, B, and C.

Breakout Session- A

- A-1 Professional Boundaries: Discerning the Line in the Sand (P,R)** – Jane W. Barton MTS MASM, Certified Spiritual Director, Community Educator, Life Quality Institute, Denver, CO
Boundaries are necessary to protect patients, families, and healthcare providers. Review the characteristics of boundaries, the various forms, and the implications when boundaries are crossed.
- A-2 Children Grieve: Ways to be Helpful & Supportive (R)** – Vera Duncanson BA Religious Studies, Hospital & Hospice Chaplain, Provena Covenant Medical Center, Urbana, IL
Become better equipped to assist grieving children by exploring the way in which they deal with, express, and work through grief.
- A-3 Orienting the Parish Nurse: Setting Sail for Sustainability (R,A)** – Laureen Markland RN FCN, Regional Parish/Faith Community Nurse Coordinator, Winchester Medical Center, Winchester, VA
Gain practical tools and advice for welcoming new and experienced parish nurses to your network. Examine approaches to orientation, networking, and resources which aid sustainability.

- A-4 Helping Patients Thrive with Knowledge – Health Information Literacy’s Role in Patient Care (E,R)** – *Siobhan Champ-Blackwell BA MSLIS, Creighton University, Omaha, NE; Barbara Jones BA MLS, J Otto Lottes Health Science Library, Columbia, MO; James Honour BA MLIS, University of Wyoming Libraries, Laramie, WY*
Define health literacy, discuss the implications of poor health literacy, and review resources for reliable information using case studies.
- A-5 Improving Emotional Intelligence: The Role of Cognitive Behavior Therapy in Whole Person Health (P,R,S)** – *Katia G. Reinert RN MSN FNP PH-CNS FCN, Health Ministry Clinical Supervisor and Faith Community Nursing Coordinator at Adventist HealthCare, Takoma Park, MD*
Through biblical foundation and research, gain an understanding of emotional intelligence, cognitive behavior therapy, and interventions that can improve mental, physical, and spiritual health.
- A-6 Creative Arts: Thriving Through Contemplative and Reflective Expression (P,S)** – *Alyson Breisch RN MSN FCN, Educator Consultant for Breisch Health Education PLLC*
Explore the ways contemplation, reflection, and creative art expression can cultivate an increase in awareness and insight. Experience how a creative process can be linked to healing and wholeness.
- A-7 Compassion Fatigue and Its Effects on the Nurse and Their Families (E,S)** – *Rev. Angelo Betancourt, MDiv JD BCC, Emergency Department Chaplain, Texas Health Harris Methodist Fort Wayne Hospital, TX*
A yearlong study looked at compassion fatigue and how it impacted not only the nurses but their families as well. Discover ways to identify, deal with, and prevent compassion fatigue.
- A-8 Healthy Aging in the Midst of a Changing World – the Longevity Revolution (P,E)** – *Marge R. Hendrickson RN, Senior Resource Nurse Coordinator, Aurora Health Care, Milwaukee, WI*
Learn about a collaborative holistic health education program for seniors using health ministries, a local hospital, YMCA, libraries, clinics, and other community organizations to promote healthy aging.
- A-9 Becoming the Change you Wish to See – a Quantum Perspective (E,S)** – *Ronnette Sailors RN BSN FCN, Coordinator, Alegent Health Faith Community Nursing Network, Omaha, NE*
The Chaos theory and research on gratitude, happiness, and heart coherence will be used to demonstrate the integration of spirituality and health. Learn techniques that lead to greater wholeness and the potential healing of self, others, and the planet.

Breakout Session- B

- B-1 Medicare and Medicaid Resources and Online Tools for Parish Nurses (E,R)** – *Nancy Rios BS, Health Insurance Specialist; Michelle Velasquez BS, Health Insurance Specialist, Centers for Medicare & Medicaid Services, Kansas City, MO*
Learn more about assistance programs and on-line tools that can enhance your educational efforts in the community and with clients. Also learn how to investigate resources for the under and uninsured.
- B-2 Get the Word Out: Publishing about Parish Nursing (P,E,A)** – *Kathy Schoonover-Shoffner PhD RN, Editor, Journal of Christian Nursing, Wichita, KS*
To increase the awareness of parish nursing, learn how to develop a manuscript for publication and for use in parish nurse research. Christ said to spread the word ... this includes health ministry.

- B-3 Forgiveness....So Difficult Yet So Necessary (S)** – Faith Roberts RN BSN FCN, Parish Nurse Coordinator, Community Parish Nurse Program, Carle Foundation, Urbana, IL
 Forgiveness is one of the central tenets of the Christian faith yet remains a profound act that few can fully master. Discussion will review the process of forgiveness and its impact on a person's health.
- B-4 Praying With Others: Being Ready to Lead, but Open to Surprises (R,S)** – Vera Duncanson BA Religious Studies, Hospital and Hospice Chaplain, Provena Covenant Medical Center, Urbana, IL
 This session offers parish nurses an opportunity to reflect on their own history of praying with others and to explore ways to pray with others: singing simple blessings, hand massage, meditation, traditional prayers and spontaneous prayer.
- B-5 ADAPT – Add, Delete, Accept, Pray and Transform (P,R,S)** – Nancy Merila RN BSHA, Parish Nurse, Mt. Calvary Lutheran Church, Brentwood, MO
 Constant re-evaluation is necessary for greater program sustainability. Learn how to determine what has been changed in you, your church and your community and then how to adapt to those changes.
- B-6 Caring Insights: The Wisdom of Sheep (R,S)** – Jane W. Barton MTS MASM, Certified Spiritual Director, Community Educator, Life Quality Institute, Denver, CO
 How does our faith, our foundational spiritual beliefs, inform our ability to give and receive care? By exploring Psalm 23 and examining the role of "good shepherd," we can gain a new perspective on the continuous cycle of giving AND receiving.
- B-7 The Evolution and Sustainability of Parish Nursing: Scope & Standards of the Professional Practice of Faith Community Nursing (P,E,R,A)** – Nancy L. Rago-Durbin MS RN FCN, Director, Parish Nurse Ministry, Advocate Health Care, Park Ridge, IL; Susie L. Ward PhD RN, Professor of Nursing, Nebraska Methodist College, Omaha, NE
 Discuss the profession of faith community nursing from inception to the current scope and standards. Develop an understanding of the practice and what is necessary to sustain it beyond 2010.
- B-8 The Body Walk (P)** – Teresa Pratt RN, Parish Nurse, New Horizon United Methodist Church, Champaign, IL
 Body Walk educates children from kindergarten through the 5th grade to better serve God by taking care of their bodies by "Eating Smart & Playing Hard"! Eleven experiential stations teach wise, healthy choices through an interactive format.
- B-9 Parish Nurses: Partners in Community Health (E)** – Michalene A. King BSN MEd MSN PhD RN, Assistant Professor of Nursing, Duquesne University, Pittsburgh, PA; Maria Pappas-Rogich DrPH RN, Assistant Professor of Nursing University of Akron, OH and Director, Parish Nurse Ministry, Holy Trinity Greek Orthodox Church, Canton, OH
 The results of a study of parish nurses and their practices will be shared; some data was collected at the 2009 Westberg. Strategies will then be identified for use by parish nurses to enhance their practice.

Breakout Session- C

- C-1 Family Caregiving: A Pressing Spiritual and Community Health Issue (R,E)** – Kathy Kniepmann OTD MPH CHES, Faculty in Occupational Therapy, Clinical Neurology & American Culture Studies at Washington University, St. Louis, MO
 Families often provide care for individuals with chronic conditions. Explore a holistic approach to spiritual health for family caregivers and identify resources for further growth in this area.

- C-2 The Challenges Embraced by a Parish Nurse in Initiating a Muslim Mom’s Group (P,S)** – *Nancy Romanchek RN BSN CHPN, Parish Nurse and Hospice Nurse, Vernon Hills, IL*
Hear an introduction to the peace-loving practice of Islam and the challenges of a Catholic developing a mom’s program in a different culture and faith tradition. Explore the similarities and differences of faith.
- C-3 The Changing Role(s) of a Volunteer in your Faith Community (P,R,A,S)** – *Keith Hudson BSW, Principal Owner, Concept Consulting, Woodstock, Ontario, Canada*
Rethink the way you use volunteers and ask if they are being used effectively, allowed to grow, and are supported in their work. Discuss how to define their role and create a safe working environment.
- C-4 Tools for Parish Nurses: Visuals that Communicate (R)** – *Margery Lou Pabst MA, author of books on life transitions and caregiving, Winter Park, FL*
Visuals can enhance health literacy and long-term patient understanding. Hands-on activity and discussion look at the importance of visuals and best practices for using visuals.
- C-5 Healing the Wounds of War: Parish Nurse Ministry to Veterans and Their Families (R)** – *Valerie J. Yancey PhD BSN, Associate Professor in Spiritual Dimensions of Health and Healing, Southern IL University, Edwardsville, IL*
How can the church help veterans returning from war? Learn about the knowledge and skills for providing screenings, referrals, spiritual care, and support to vets and their families.
- C-6 Why Won’t They Change Their Behavior – It’s for Their Own Good! (R)** – *Cheryl Howard RN C, Staff Development Coordinator, St. Francis Hospital, Mooresville, IN; publisher of congregational health articles*
Discuss adult learning principles and learning styles that impact adult behavior change. Take home information and tools to ensure success with changes in adult behavior regarding healthy behaviors.
- C-7 Come to the Quiet: Optimizing Clergy Health Through Personal, Intentional Times of Worship (E,S)** – *Rev. Charlotte Evans RN MN CN, Clinical Assistant Professor, NC A&T University and Congregational Nurse, Congregational United Church of Christ, McLeansville, NC*
Learn of a study exploring spiritual self-care practices among clergy in the Church of the Nazarene. Discuss how personal worship can manage stress and what data suggested for behavior change.
- C-8 Defy Diabetes: Impact of Healthy Living Classes on Adults at Risk for Diabetes Delivered in a Faith Based Community (E)** – *Nancy Brennan-Jordan FNP RN CDE, Director of Defy Diabetes Grant, Seton Health, Troy, NY; Angela Sheehan MS RN FCN, Director of Faith Community Nursing, Seton Health, Troy, NY*
Learn how faith community nurses can improve the outcomes of patients at risk for diabetes and those living with diabetes. Discuss the program components and outcomes.
- C-9 Drinking from the Wellspring of Life: Spiritual Practices for Parish Nurses (P,S)** – *Deborah Benada RN MATS FCN/PN, PN consultant and retreat leader, Waupaca, WI*
Parish nurses pour themselves out for others but need to be refilled spiritually, intellectually, and physically. Explore spiritual practices using the senses, stillness, and movement to refill your vessel.



2 EASY WAYS TO REGISTER

- ☒ **Online:** www.macregistrations.com/westberg2010. For assistance, contact Iris (314.584.6048) at MAC Meetings and Events.
- ✉ **Mail:** Send registration form and payment to: Symposium Registrar, MAC Meetings & Events, 801 North Second Street, Suite 302, St. Louis, MO 63102. To receive early registration, mailed reservation must be postmarked no later than June 5th for processing. **No Exceptions.**

HOTEL & PARKING INFORMATION

All events will take place at the Embassy Suites / St. Charles Convention Center, St. Charles, Missouri, 63303, (www.embassysuitesstcharles.com/home.aspx & www.stcharlesconventioncenter.com/)

- Large complimentary lot for self-parking at the Embassy Suites/St. Charles Convention Center complex
- Hotel accommodations come with a full complimentary breakfast and afternoon snacks served in the Lobby of Embassy Suites
- Full breakfast at the Embassy can be purchased by non-hotel guests with a registration or on-site at the registration desk; room key or breakfast ticket will be required



Embassy Suites – St. Charles
Two Convention Center Plaza
St. Charles, MO 63303
(636) 946.5544
(636) 946.5577 (fax)

From the Lambert International Airport and downtown St. Louis:

Take I-70 West and exit at 5th Street, Exit 229A. Head south and at the second stoplight, turn right onto Veterans Memorial Parkway. The hotel is less than a mile ahead on the left, at the Convention Center Plaza.

From the west:

Take I-70 East and exit at 5th Street, Exit 229A. Head south and at the second stoplight, turn right onto Veterans Memorial Parkway. The hotel is less than a mile ahead on the left, at the Convention Center Plaza.

LODGING

The Embassy Suites Hotel is connected to the St. Charles Convention Center. Room rates in the International Parish Nurse Resource Center room block are \$129.00 per night for single or double occupancy with a 14.37% occupancy tax (subject to change). Call for hotel reservations at 636.946.5544 or 1.800.EMBASSY before **August 17, 2010**, and ask for the IPNRC conference rate.

SPECIAL ACCOMMODATIONS

Individuals with disabilities requiring auxiliary aids or services to attend the conference, must check the registration form, describe those needs, and advise the hotel of any special needs.

TRAVEL & TRANSPORTATION INFORMATION Special Meeting Fares

CAB FARES

Fare from Lambert – St. Louis Airport to Embassy Suites, St. Charles, MO is approximately \$33.00 (subject to change).

AMERICAN AIRLINES

To assist with your travel expenses, American is offering a special discount to all symposium participants. A 5% discount will be offered for applicable fares. For reservations and the best flight availability, call American Airlines at 1.800.433.1790 and reference group code # **A4990AG**. Book early, since seats are limited and restrictions may apply. Discount valid from Sept. 12-23, 2010.

AVIS RENT-A-CAR

Reservations effective 7 days pre and post Westberg can be made by calling 1.800.331.1600 or going online at www.avis.com/AvisWeb/reservation/ReservationsInitializer?&AWD_NUMBER=D088182. Please refer to the group AWD code # **D088182** for rate discounts.

QUESTIONS??

If you have any questions regarding the registration process, do not hesitate to contact MAC Meetings & Events at 1.314.584.6048. Online registrations will receive an immediate confirmation via email. If you do not provide an email address, a confirmation will be mailed to the address provided on your registration.

PRIVACY POLICY

The International Parish Nurse Resource Center typically shares the Symposium roster with all the Symposium participants. If you do not want your information shared with other participants, please check the box located at the bottom of your registration form indicating your position.

★★PLEASE READ OUR REFUND POLICY★★

Only written cancellations received by MAC Meetings & Events prior to **AUGUST 28th, 2010** will receive a refund of registration fees less a \$100 administrative fee. **After that date extenuating circumstances such as a death in the family or hospitalization must be submitted in writing with documentation to be considered for a refund.** All requests under extenuating circumstances must be approved by the Symposium Coordinator. Refunds will be issued 4-6 weeks after the Symposium.

Cancellations must be sent via email to imcdonald@macmeetings.com or in writing via US mail to: MAC Meetings & Events, Attn: Iris McDonald, 801 North 2nd Street, Suite 302, Saint Louis, MO 63102.

REGISTRATION FORM

24th Annual Westberg Parish Nurse Symposium • September 17-19, 2010
Embassy Suites / St. Charles Convention Center • Saint Charles, Missouri
"Thriving in a Changing World"

PLEASE PRINT LEGIBLY

Prefix: _____ First Name: _____ Last Name: _____

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(Work or Home) Mailing Address: _____

City/State/Zip/Country or Province: _____

(W)Phone (____) _____ (H)Phone (____) _____ Email: _____

Organization Name: _____

CONTINUING EDUCATION CREDITS:

Yes, I would like continuing nursing education contact hours. Yes, I would like continuing education credits in pastoral care.

Indicate first and second choice. Space is limited – selections will be made on a first come, first placed basis.

Friday, September 17

Morning Half Day Pre-conference: 8:30 am – 11:30 am

FIRST CHOICE P-1 P-2 P-3 P-4 P-5 P-6

SECOND CHOICE P-1 P-2 P-3 P-4 P-5 P-6

Afternoon Half Day Pre-conference: 1:00 pm – 4:00 pm

FIRST CHOICE P-7 P-8 P-9 P-10 P-11 P-12

SECOND CHOICE P-7 P-8 P-9 P-10 P-11 P-12

Indicate first, second, and third choice. Space is limited – selections will be made on a first come, first placed basis.

Saturday, September 18

Sessions A: 10:30 am – 11:45 am

FIRST CHOICE A-1 A-2 A-3 A-4 A-5 A-6 A-7 A-8 A-9

SECOND CHOICE A-1 A-2 A-3 A-4 A-5 A-6 A-7 A-8 A-9

THIRD CHOICE A-1 A-2 A-3 A-4 A-5 A-6 A-7 A-8 A-9

Sessions B: 1:00 pm – 2:15 pm

FIRST CHOICE B-1 B-2 B-3 B-4 B-5 B-6 B-7 B-8 B-9

SECOND CHOICE B-1 B-2 B-3 B-4 B-5 B-6 B-7 B-8 B-9

THIRD CHOICE B-1 B-2 B-3 B-4 B-5 B-6 B-7 B-8 B-9

Sessions C: 2:45 pm – 4:00 pm

FIRST CHOICE C-1 C-2 C-3 C-4 C-5 C-6 C-7 C-8 C-9

SECOND CHOICE C-1 C-2 C-3 C-4 C-5 C-6 C-7 C-8 C-9

THIRD CHOICE C-1 C-2 C-3 C-4 C-5 C-6 C-7 C-8 C-9

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- I would like to make a contribution to the Westberg Institute in the amount of \$_____. I understand that this contribution is tax deductible. Make check payable to: The Deaconess Foundation and on the memo line of your check please note "For the Benefit of the Westberg Institute." Proceeds from this fund helps to support the Westberg Symposium.

Name: _____

Email Address (required): _____

Address: _____

City, State, Zip: _____

Telephone: _____

Congregation or Institution Serving: _____

Make check or money order (**US Dollars**) payable to:

International Parish Nurse Resource Center
Attn: Office Manager
475 East Lockwood Avenue
Saint Louis, MO 63119

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475 East Lockwood Avenue
Saint Louis, Missouri 63119**

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