



ST·THOMAS  
THE APOSTLE

# PASTORAL CARE SERIES 2017

St Thomas the Apostle Pastoral Care Team is please to announce another year of informational and educational presentations for the members of our parish and their family and friends. Please feel free to join us for one or for the entire series!

**SEPTEMBER 19 10-11:30am in the Gathering Space**

## **Navigating Health Care & Community Resources**

Join us in learning about the many health care and community resources available including: in-home services, meal and grocery delivery, transportation, financial programs, technology support and housing options. Many people often say, “I don’t need help”, “I can do this myself” or “How am I going to pay for the care I need”. Through education, conversations and planning, one’s needs can be addressed to optimize health and quality of life.



**Speaker: Sandra McGurran, MSW LISW,** has over 25 years of experience working across the continuum of care. Currently she is the Social Work Supervisor and Coordinator of Care Management and Integrative Healing Therapies for Fairview Home Care and Hospice.

**OCTOBER 2 6:30-8pm in the Gathering Space**

## **“A Stroke? Now What?”**

What does it mean when someone you love has a stroke? How will this affect their (and your) life? What kinds of resources and assistance is there for those who have had a stroke? Stroke is the leading cause of disability in adults. This presentation will review common risk factors for stroke and ways to reduce your risk of having a stroke. It will also review symptoms of stroke and the latest treatments being used to reduce disability when stroke does occur.

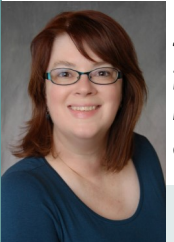


**Speaker: Donna Lindsay, MN, RN, CNS-BC, CCRN, CNRN, SCRN** Donna received her BS in Nursing at the Oregon Health Sciences University and her Master of Nursing as a Neuroscience Clinical Nurse Specialist at UCLA. She currently holds certifications as a Clinical Nurse Specialist, Critical Care RN, Neuroscience RN and Stroke RN. Donna is currently employed at HCMC as the Neuroscience Clinical Nurse Specialist and Stroke Program Coordinator. She is a past Board Member for the MN Brain Injury Alliance, MN Stroke Association and participates in several stroke related committees at the MN Department of Health.

**OCTOBER 5 10-11:30am in the Gathering Space**

## **Dementia: What You Need to Know**

This presentation is geared towards helping everyone in the community understand what dementia is, how it affects people and how we each can make a difference in the lives of people with dementia. This session will teach a little bit about dementia, what it’s like to live with dementia, how to communicate with someone living with dementia in a helpful way, and provide local resources available.



**Speaker: Ann Dunagan BSN, RN, PHN** Ann has over 19 years of experience in nursing, healthcare, faith-based and community organizations. In addition to her role as parish nurse, she has demonstrated an intentional care of the spirit as a Companion Minister and Hospice respite volunteer and has coordinated blood drives, delivered Meals on Wheels and provided first aid at professional sports stadiums.

**St Thomas the Apostle 2914 W 44th Street Minneapolis MN 55416**

Contact Joan Gecik with questions: 612-922-0041

**OCTOBER 9 6:30-8pm in the Gathering Space**

## **Being a Working Caregiver**

6 in 10 family caregivers are employed. Are you trying to juggle work, home, family and caregiving responsibilities? This evening focuses on the impact of caregiver issues in today's working population. The "sandwich generation," while being employed and raising their own children, may also need to assist their parents. By collecting resources and accessing information early on, you can help simplify the process and save time.

**Speaker: Jenny West, BS, Caregiving and Aging Community Educator**



*Jenny is responsible for community awareness and education classes, individual education, and new group respite program development. She facilitates support groups and is a Powerful Tools for Caregivers facilitator and Master Trainer. Over the last seven years, Jenny has educated thousands of Twin Cities metropolitan area caregivers in their workplaces and community settings, using both evidence-based and original curricula. Jenny leads the Saturday Connections group respite program and is a key leader in the Stillwater Area ACT on Alzheimer's work to create a dementia-friendly community. Jenny holds a BS in Therapeutic Recreation from University of Wisconsin La Crosse and has previous experience in housing services for older adults and long term care.*

**OCTOBER 18 8:30-1:30pm in Dillon Hall**

## **Retreat Morning: The Spirituality of Aging**

A retreat is an opportunity to come away from our daily activities. It is a time to deepen our relationship with God and reflect on the spiritual realities of our life. In this retreat we will reflect on the changing ways we see ourselves, others and our relationship with God. We will explore the challenges, opportunities and spiritual questions that accompany us as we age. Our time will include prayer, reflection and shared conversation.



**Speaker Sr. Joanne** comes to us from Loyola Spirituality Center in St. Paul. She has a background in spiritual direction, teaching and pastoral care. Joanne's interests include guiding days of retreat with such topics as the spirituality of aging, grief issues, transitions, forgiveness, and the spiritual practice of noticing.

\* Please RSVP to the St Thomas the Apostle Parish Office before October 14. (612-922-0041)

**OCTOBER 26 6:30-8pm in Dillon Hall**

## **Communicating with Difficult Behaviors**

This evening will offer tips for understanding and communicating with someone affected by dementia. Learn strategies to handle difficult behaviors and how to remain connected with your family member. We will cover how dementia affects a person's ability to understand and communicate, some simple skills for handling troubling behavior, and ways to feel more confident in your caregiving role.

**Speaker: Jenny West, BS, Caregiving and Aging Community Educator**

*(Biography above)*

**NOVEMBER 11 9:30-11:30am in Dillon Hall**

## **Funeral Planning for St. Thomas the Apostle**

A family member has died. Where do I begin to know how to plan the funeral among all the other things that must be done around a death of a loved one? Fr Michael, Mary Werner, Joan Gecik and Sr Fran Donnelly (Catholic Cemeteries) will present what is to be expected when you are planning the details of a funeral. Options for the variety of types of burial will be discussed, in particular, the green/natural burial option.



**Speakers Fr. Michael, Joan Gecik, Mary Werner, along with Sr Fran Donnelly**

*Sister Fran is a member of the Sisters of Charity of the Blessed Virgin Mary and has a background in theology and religious studies. She has taught high school, ministered in several parishes in the Archdiocese, as well as having served on Archbishop Flynn's senior staff for 13 years. She is in her 9<sup>th</sup> year as the Director of LifeTransition Ministries for The Catholic Cemeteries of the Archdiocese.*