

Spirituality Conference: Global Care to Self-Care

A Hoag sponsored conference for health care providers, clergy and caregivers. This course is designed to equip health and lay leaders to lead health-affirming changes within communities through environmental, international, and programmatic initiatives. By design, this spiritually-inspired day begins with a discussion of the health care needs of the human community and concludes with care for the individual. This inspirational program provides a plethora of tools that you may use to make a positive change in the lives of your community, your patients and yourself.

Thursday, March 7, 2019 | 7 a.m. – 4 p.m.
University of California, Irvine – Pacific Ballroom
311 W. PELTASON DRIVE, IRVINE, CA 92697

SPEAKERS & PANELISTS

Ahmed El-Bershawi, MD

Pacific Pulmonary Medical Group

Amit Hiteshi, MD

Hoag Medical Group

Cindy Capretz, MPA, MSW, LCSW

Progeny Mental & Behavioral Health

Dawn Kaiser, ME

Inspirational Speaker

Kathy Schoonover-Shoffner, PhD, MSN, BSN

Journal of Christian Nursing

Laura Chanchien Parajon, MD, MPH

AMOS Health & Hope

Nancy Raymon, RN, MN

Faith Community Nurse

Rev. Fletcher Harper

GreenFaith

Vincent Nguyen, DO

Hoag Memorial Hospital Presbyterian

Registration begins January 7, 2019. Conference fee of \$50 includes breakfast, lunch and complimentary parking.

Visit hoag.org/spirituality-conference to register today. For further information contact Raymonia Dale at Raymonia.Dale@hoag.org or 949-764-6956.



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OBJECTIVES

Upon completion of this course, the participant will be able to:

- Choose resources and tools designed to support whole person health in our institutions
- Develop servant leaders who promote health in a global setting
- Introduce strategies to improve & support healthy work environments
- Initiate difficult conversations surrounding health care choices with clients and their caregivers
- Prevent professional or personal burn-out by instituting a self-care plan for yourself and your patients

AGENDA

7 a.m. **Registration, Breakfast and Exhibits**

7:45 a.m. **Welcome**
Susan Johnson, RN, MPH, Hoag Health Ministries – Faith Community Nursing

7:50 a.m. **Opening Reflection**
Jeff Hetschel, Chaplain – Hoag Hospital Irvine

8 a.m. **Our Souls Grow Stronger in Relationship with the Natural World**
Rev. Fletcher Harper – GreenFaith

9 a.m. **Armor Up, Faith, Light and Service**
Laura Chanchien Parajon, MD, MPH – AMOS Health & Hope

10 a.m. **Morning Break and Exhibits**

10:20 a.m. **Creating Healthy Teams in a Toxic World**
Kathy Schoonover-Shoffer, PhD, MSN, BSN – Journal of Christian Nursing

11:20 a.m. **Panel: Standing Firm When the Scenery Changes**
Moderator: Vincent Nguyen, DO – Hoag
Panelists:
Ahmed El-Bershawi, MD – Pacific Pulmonary Medical Group
Cindy Capretz, LCSW, MSW, MPA – Progeny Mental & Behavioral health
Nancy Raymon, RN, MN – Faith Community Nurse

12:20 p.m. **Lunch and Exhibits**

1:45 p.m. **Burnout to Bliss: Cultivating Joyfulness for Improved Patient & Self-Care**
Dawn Kaiser, BA, ME

2:45 p.m. **Cultivating Mindfulness**
Amit Hiteshi, MD – Hoag Medical Group

CONTINUING EDUCATION

Provider approved by the California Board of Registered Nursing, for 6 continuing education hours, Provider Number 00146. Provider approved by the California Association of Marriage and Family Therapists, 6 continuing education hours for licensed LCSWs, MFTs and PsyD, Provider Number 139248.

