

# Wisconsin Events

## The Power of the Spirit: Supporting Grieving Family and Professional Caregivers

**Thursday, Dec. 5**

**Noon-1:00 p.m.**

Participants in this web seminar will be able to:

- Describe effective practices for broaching the topic of spiritual distress and its relationship to complicated grief among frontline caregivers;
- Describe how compassion fatigue and burnout can be detrimental to the spiritual well-being of grieving caregivers; and,
- List strategies that spiritual caregivers (pastors, priests, clergy, etc.), employers, family members and friends can use to support grieving caregivers.

See [details](#).

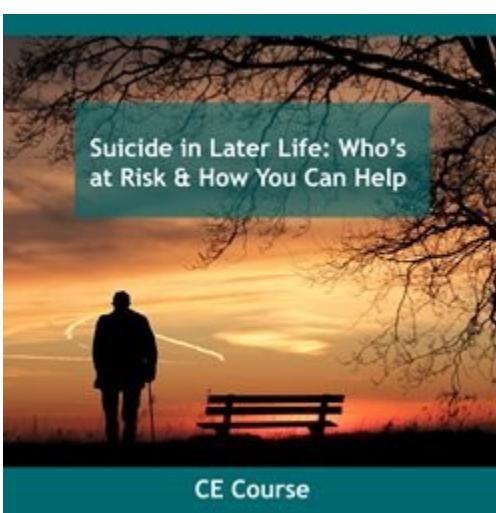
## Mindful Meetups - Gratitude in Your Busy Life

**Friday, Dec. 13, noon and 12:30 p.m.**

**Aurora Sinai Medical Center, Milwaukee**

Many people practice gratitude before sleep and upon waking. Why? What might be the benefits for those who practice gratitude more regularly? The 12:30 p.m. session includes gentle movement and sitting meditation. After a time of reflection, participants review research and develop an implementation plan. For more information, call 414-219-5900. [Register online](#).

## Webinar: Suicide in Later Life: Who's at Risk and How You Can Help



**Jan. 21, 2020, noon-1:30 p.m. ET**

In the United States, persons aged 65 and older make up 13% of the population but account for 18% of all suicides. Dr. Judith Stillion will examine trends and hallmarks of elderly suicide and suggest approaches for working with seniors experiencing suicidal ideation. She will also discuss supporting family and friends when a suicide occurs. See [details](#).

## "Soul of Aging: Claiming Your Life As It Is"

Jan. 31- Feb. 2

**Cedar Valley Retreat Center**

**5349 Co Rd D, West Bend**

Facilitators Winton Boyd and Kirsten Anglea will create the space for reflection on how to age well with dignity and integrity. [Learn more and register.](#) Questions? Contact [Winton Boyd](#).

## Companions in Ministry welcomes applications



Marquette University's Companions in Ministry is an ecumenical support program for Christian pastors in southeast Wisconsin, seeking to improve their spiritual and professional well-being. The program engages 180 pastors from diverse denominations in prayer, retreats, supportive relationships, spiritual companionship and group discussions.

Companions in Ministry welcomes applications for Cohort Two. Small "affinity" groups for Cohort Two include: Senior/Soon to Retire Pastors; Pastors Serving Small Congregations (250 or less); Mid-Career Pastors; Female Pastors; Pastors Who Are Parents / Guardians. [Learn more and register.](#)

## Contemplative Renewal welcomes applications

The Ecumenical Center for Clergy Spiritual Renewal hosts a two-year "Contemplative Renewal" for early and mid-career clergy at Holy Wisdom Monastery, an ecumenical monastery outside of Madison. This unique experience is available at no cost, thanks to grants.

Early and mid-career ordained pastors, currently serving half-time or more in a congregational setting, are invited to apply for the next cohort, to begin in July 2020. See more [details](#). Questions? Contact Rev. Jerry Buss (608) 836-1631 ext. 163 or Rev. Nancy Enderle (608) 836-1631 ext. 114.

## Faith and Freedom Tour

March 13-20 or March 20-27

**Bus tour departs from Milwaukee**

Join this pilgrimage exploring American slavery and Black American Civil Rights in Alabama. Enhance your on-going commitment to racial justice by engaging in deeper conversations of racism in the United States and how it intersects with one's faith. Highlights include visiting the 16th Street Baptist Church, Edmund Pettus Bridge, The Legacy Museum, The National Memorial for Peace and Justice.

For more information: [rhonda@raceandfaith.org](mailto:rhonda@raceandfaith.org) or (414) 736-0523.

## Become an Evidence-Based Wellness Program Facilitator

The Milwaukee County Department on Aging is offering a unique opportunity to become a trained facilitator/leader in any of the following evidence-based health promotion programs:

- *Healthy Living with Chronic Pain*,
- *Healthy Living with Diabetes* (including Spanish version: *Vivir Saludable con Diabetes*),
- *Living Well with Chronic Conditions* (including Spanish version: *Tomando Control de Su Salud*),
- *Stepping On*

*Powerful Tools for Caregivers.*

The facilitator training schedule can be found [at the Wisconsin Institute for Healthy Aging's website](#).

## Integrative Health Coaching

**Available through Aurora Integrative Medicine, Milwaukee**

Participants work one-on-one with a licensed Integrative Health Coach to achieve their health goals. This personalized program can help participants live a healthier life, improve a chronic condition, get a better night's sleep, find ways to relieve stress and make different food choices. See [details](#).

## Integrative Health Coaching

Whether you're interested in weight loss, better nutrition, or increased energy, lasting lifestyle changes are possible with an integrative health coach.

Call (414) 219-5944

