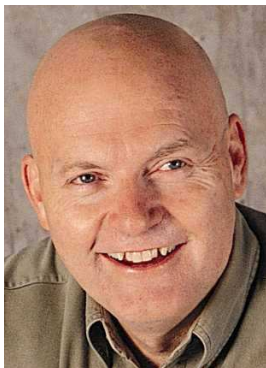


Nurses and Health Professionals • Social Workers  
Psychologists • Hospice • Mental Health Counselors  
Volunteers • Marriage and Family Therapists • Pastoral Ministers  
Seminarists • Families • Caregivers • Students

# Health, Holiness and Humor

August 19 and 20, 2011 • 9<sup>th</sup> Annual Health and Spirituality Workshop  
Community of Christ Temple, 201 S. River, Independence, MO

Inspiring • Practical • Nationally-respected presenters



**Holiness, Humor and Spirituality:  
A three-legged stool  
for troubling times?**

**Harold Ivan Smith, PhD**



**Health and Holiness:  
an ideal, but is it  
achievable?**

**Becky Savage, BSN,  
MN**



**Why Normal Isn't  
Healthy**

**Bowen White, MD**



**Healing with Humor**

**Mary Pebley,  
Humor Therapist**

Co-provided by:

Mental Health of America of the Heartland and Community of Christ Health Ministries Assn.

[www.mhah.org](http://www.mhah.org) • [www.hmacofchrist.org](http://www.hmacofchrist.org) • (816) 833-1000 ext. 1262

## Plenary Sessions

### Holiness, Humor and Spirituality: A three-legged stool for troubling times? - Harold Ivan Smith, PhD

"I don't know whether to laugh or cry" captures the confusion of some spiritual pilgrims. Humor is a universal emotion, spirituality is a universal longing and holiness is a universal challenge. Like a three-legged stool, remove one leg and stability evaporates. How do we blend three volatile elements in an ordinary life and in caring for others?

*As a grief educator, Smith is a wordsmith and storyteller, whether through his speaking, teaching, writing, or counseling. He is a graduate of The Mid-America College of Funeral Service, Scarritt College (M.A.), George Peabody College of Vanderbilt University (Ed.S.), and has the doctorate from Asbury Theological Seminary. Smith is a Fellow in Thanatology, recognized by the Association for Death Education and Counseling. He is a member of the faculty of the American Academy of Grief and teaches continuing education courses for psychologists, social workers, nurses, and pastoral care counselors across the United States.*

### Health and Holiness: An ideal, but is it achievable?

Becky Savage, BSN, MN

Religious teachings promote health and holiness as ultimate and achievable ends for the faithful. Yet the same teachings use stories and parables to illustrate how humans fail to achieve the desired level of health and holiness. How can we realistically interconnect the ideals of health and holiness expectations with the realities of diminished health and holiness?

*Savage is an ordained member of the Quorum of the First Presidency, Community of Christ. She holds a bachelor of science degree in nursing from Graceland College, a master's degree in nursing from the University of Kansas, and a master of arts in religion degree from Graceland University. Prior to accepting full-time ministry, Savage was Director of Education and Leadership Development at Bay Care Health System, Tampa Bay, Florida; Director of Nursing at St. Joseph's Health Care, Tampa, Florida, and The Children's Mercy Hospital, Kansas City, Missouri. She served as Assistant Professor of Nursing at Graceland College.*

### Why Normal Isn't Healthy - Bowen White, MD

This presentation will take participants on a journey where the data base of their own personal and professional life experience is seen in relation to that of those good folks that they are honored to serve. Part of normal-not-being-healthy is that our data base includes the process of acculturation here in the West to a tragic Greek, Judeo-Christian ethos. And that "tragic" ethos gets in the way of making a joyful (humorous) noise unto the Lord. In our training as health care professionals we also learn how serious our work is and that can lead to taking ourselves very seriously! Plus, that same training does not even address spirituality when addressing what it means to be healthy. Therefore, to go from normal to healthy and encourage that in others we have to go against one other thing we have learned. We learned "obey the rules!" (Maybe we just need to obey a Higher Authority!)

*White combines the talents and expertise of a medical doctor, teacher, executive coach, speaker, consultant, and author. He travels the world conducting seminars, consulting and speaking to public and private organizations. In 1983, Dr. White founded the Department of Preventive & Stress Medicine for Baptist Medical Center in Kansas City, Missouri and the Department of Wellness and Health Promotion.*

### Healing with Humor - Mary Pebley, Humor Therapist

A hearty laugh goes a long way in helping others feel good! We will explore ways to incorporate therapeutic humor in patient care as well as self-care. This is your opportunity to exercise your "Funny Bone" through group interaction, discussion and some "playful practice".

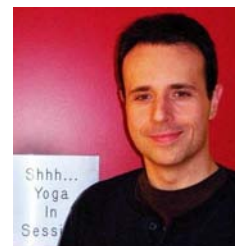
*Pebley is a humor therapist and creator of Funny Business. Mary is a facilitator for TurningPoint, the Center for Hope and Healing. Her clients include major health care organizations across the country. As a cancer survivor, she combines real-life experiences with valuable tips and techniques, lively activities and group discussions to add a sense of spirit and fun to every presentation. As a member of the Association for Applied and Therapeutic Humor, she is committed to the concept of using laughter, play, and humor to manage stress and promote healing.*

## Morning Workshops

### Stillness without Effort

John Lane, Certified Yoga Instructor

We will describe the philosophical and spiritual foundations of yoga. We will practice specific movements that increase energy and alleviate stress to promote a sense of well-being.



### Telling your Story - a model for reminiscence and spiritual reflection

The Rev. Carla L. Gentry

Utilizing the tools of reminiscence, this workshop will provide ways to assist older adults to tell their life story, share humorous stories of their life events, and reflect on their lives and spiritual journey. These tools will be helpful for pastors, nurses, and others who work with middle age and older adults. These techniques can help us build inter-generational relationships. This workshop is designed to practically apply "Life Review" and illustrate ways that this can enhance the lives of older adults, those who work with them, and family members by building and enhancing relationships.



### Do You Dare Self Care?

Rachel Y. Hill, MSN

Learn about creating your own culture of self-nourishment and rejuvenation: Body, Mind, and Spirit. We will define self-care and its history, discuss the benefits of self-care and its impact on the individual, and identify three categories of self-care and one self-care activity for each group.



Register on-line or by phone  
(816) 833-1000 ext. 1262

## Afternoon Workshops



### Live. Well. Today!

The Rev. Roxanne Reneé Grant, MDiv

A healthy brain and a healthy spirit are key to long-term personal happiness and physical health, but our modern lifestyle supports neither. Join Roxanne Reneé, author of the book *Laughing Again: A Survivor's Guide to Healing Depression*, to hear her inspiring story and learn basic, wellness lifestyle practices that impact brain health, reduce stress and increase personal peace and joy in life.

### Promoting Congregational Health: Ministry to the whole person

Panel: Paul Bennetts, CRNA, MS, Kathy Robinson, RN, MSN, Jeana Wilcox, RN, PhD, and Amy Chamberlain, PhD

This interactive session will address how congregations can be more engaged in promoting wholeness in all ages of the congregation - especially in the areas of spirituality and emotional, mental, educational, and relational needs. We will emphasize a team approach that recognizes the variety of needs in a congregation as well as the many skills and giftedness available in our church members.

### Anti-aging Strategic Plan: A natural approach



Nancy Russell, MD

Aging is inevitable, but how well one ages and our longevity can be influenced by everyday life choices. This session will include keys to optimal health and how to impact the aging process with lifestyle, attitude, and action. The anti-aging strategic plan will consist of sleep, exercise, stress management, and eating right for your blood type to re-engineer your life for success and a new normal.

Read about our presenters  
and register on-line  
at [www.hmacofchrist.org](http://www.hmacofchrist.org)

Join our groups on



## Lunch Conversations

You are invited to join one of several facilitated lunch discussions where we will continue our conversations on the morning plenary and workshop topics. We have made it convenient for you to receive your lunch and move to one of the designated small group meeting rooms where a convener will solicit insights and questions from participants.

## Planning Committee

- Alice Sims, BSN, Ministerial Care Advocate, Chaplain, Committee Chair
- Thomas Bennett, JD, Community of Christ Legal Counsel, Retired
- Stacy Davis, MA, Director, Mental Health Promotion, Mental Health America of the Heartland
- Andrew Lavendar, Systems Engineer, Cerner Corporation
- Catherine Madden, MD, Psychiatrist, Children's Mercy Hospital and Clinics
- Paula Rummel, RN, Executive Director, Community of Christ Health Ministries
- Becky Savage, BSN, MN, Counsel to President and Member of First Presidency of Community of Christ
- Carl Turlin, Training Coordinator for Leadership Team, Community of Hope
- Josef Walker, Pastor, Ridgeview Christian Church (Disciples of Christ)

## Registration Form

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Fax \_\_\_\_\_  
 Email \_\_\_\_\_

### Early Registration

Friday Keynote ..... **FREE**  
 Saturday Workshops including lunch ..... \$60.00  
 Seniors over 65 years of age ..... \$50.00  
 Young adults under 30 years of age ..... \$30.00  
 Fee for Continuing Nursing Education Credit ..... \$20.00

**Late registration after August 7 please add ... \$10.00**

**Total** \_\_\_\_\_

Please return this form with your registration fee to:  
 HMA, 1001 W. Walnut Independence, MO 64050  
 816-833-1000, ext. 1262 • [www.hmaCofChrist.org](http://www.hmaCofChrist.org)

To charge your registration,  
 call our office  
 816-833-1000, ext. 1262



# Health, Holiness and Humor

## Friday, August 19, 2011

- 5:00 pm Registration
- 7:00 pm Welcome..... Wallace B. Smith, MD, President Emeritus
- 7:15 pm Devotion ..... John and Hemdah Salonimer Horner
- 7:30 pm Holiness, Humor and Spirituality:  
A 3-Legged Stool for Troubling Times.....Harold Ivan Smith
- 8:30 pm Reception



## Saturday, August 20, 2011

- 7:30 am Registration
- 8:00 am Welcome and Announcements..... Alice Sims  
Prayer for Peace (Temple)
- 8:20 am Health and Holiness: An Ideal, but is it Achievable? ..... Becky Savage
- 9:20 am Break and Book Signing
- 9:40 am Why Normal Isn't Healthy .....Bowen White, MD
- 10:40 am Break and Book Signing
- 11:00 am Skill Building Sessions
  - Stillness Without Effort..... John Lane
  - Telling Your Story - a Model for Reminiscence and Spiritual Reflection.....Carla Gentry
  - Do You Dare Self Care? ..... Rachel Hill
- Noon Lunch Discussion Groups
- 1:15 pm Healing with Humor ..... Mary Pebley
- 2:15 pm Break and Book Signing



- 2:35 pm Skill Building Sessions
  - Live. Well. Today! ..... Roxanne Renee
  - Anti-Aging Strategic Plan:  
A Natural Approach .....Nancy Russell, MD
  - Promoting Congregational Health:  
Ministry to the Whole Person.....Panel
- 3:35 pm Break and Book Signing
- 3:45 pm Closing Thoughts on Humor .....Harold Ivan Smith
- 4:15 pm Thoughts to Take Home  
.....John and Hemdah Salonimer Horner
- 4:45-5:00 pm Evaluation

### Continuing Education

This activity has been submitted to the Missouri Nurses Association for approval to award nursing contact hours. The Missouri Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Full workshop attendance on August 20, 2011 required for nurses. Other disciplines will receive a certificate of attendance up to 6 clock hours.

### Accommodations

Hotels and Bed and Breakfast accommodations are located within walking distance of the Temple Complex.

The Higher Ground Hotel and Event Center, one block from the Temple, is offering a 10% discount if you mention the "Health and Spirituality Workshop" when booking your room. Rates start at \$75.00 a night including breakfast.

Phone (816) 836-0292  
[www.highergroundhotel.com](http://www.highergroundhotel.com)



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