

ANNOUNCING! Caregiver Retreat Programs

Sister Rosalind's Retreat for Family Caregivers

A Weekend of Rest & Physical & Spiritual Renewal

SPECIAL WEEKEND EVENT

Friday - Sunday, November 30, December 1-2, 2007

Friday

- Check-in - 2:00 - 4:00 p.m.
- Meet & greet - 4:00 p.m. - 5:00 p.m.
- Dinner - 5:00 - 6:00 p.m.
- Welcome & Overview - 7:00 - 7:30 p.m.
- Chair Massage & Aromatherapy for Relaxation - 7:30 - 9:00 p.m.

**Riverwood Conference Center
Monticello, Minnesota**

Saturday

- Breakfast buffet - 8:30 - 10:00 a.m.
- Caregiving Presentation (Kathy Harowski) - 10:30 a.m. - 12 noon
- Lunch - 12:30 - 1:30 p.m.
- Presentation - 2:15 p.m. *Sister Rosalind on Touch*
- Free time - 3:30 - 6:00 p.m.
- Dinner - 6:00 p.m.
- Spiritual Fellowship - 7:30 - 9:00 p.m.
(*Discussion: When Bad Things Happen to Good People*)
- Bonfire - 9:00 - 9:30 p.m.

**Non-denominational
spiritual fellowship**

All faiths welcome

Sunday

- Breakfast buffet - 8:30 - 9:30 a.m.
- Wrap-up, Kathy Harowski - 10:00 - 10:30 a.m.
- Closing ceremony - 11:00 a.m.
- Lunch Box - 12 p.m.

**Contact Peter Fahnlander for
MORE INFORMATION
or to help sponsor a caregiver
with your tax-deductible gift:
Call 651-554-3013**



**Sister Rosalind
Caregiver Programs**

Sister Rosalind Caregiver Programs are innovative programs that provide support, education and nurturing for family caregivers of family members with chronic illness. The programs are dedicated to promoting family stability and enhancing the mental health and strength of families. It is critical for highly-burdened caregivers to be able to "get away" and take time for themselves and these programs provide that opportunity.

All-Inclusive Weekend Retreat Package Includes

- **Luxury Accommodations** -
- **Program Activities** -
- **Six meals** -
- **Massage** -

***Special Price \$275 all inclusive**

* Please note that the regular price is \$499, however, scholarship funds are being made available to subsidize attendance at this retreat

**SPACE IS LIMITED, SO MAKE
YOUR RESERVATION NOW!**

**Sister Rosalind's Caregiver Programs
give family caregivers an opportunity
to take a break and be educated,
supported and spiritually renewed.**

Over the past 20 years Sister Rosalind Gefre has built a massage ministry through her Sister Rosalind's Schools and Clinics of Massage, with five professional schools and seven wellness centers and clinics in Minnesota and North Dakota. To date, more than 10,000 people have attended schools bearing her name.

Sister Rosalind's Schools and Clinics of Massage

**149 E. Thompson Ave., Suite 160
West St. Paul, Minnesota 55118
www.sisterrosalind.org
651-554-3013**

A Growing Need to Help Family Caregivers

The competing demands of work, family and caregiving are putting extraordinary stresses on caregivers resulting in emotional, physical and financial hardships and higher rates of depression, divorce and death among caregivers.

- The Center for Disease Control estimates that 90 million Americans live with chronic illness.
- John Hopkins University research predicts by the year 2030, nearly 150 million Americans will have some type of chronic illness.
- The National Center for Chronic Disease Prevention and Health Promotion states that at least 25 million people have chronic, disabling conditions.
- The National Family Caregivers Association reports that more than 50 million people provide care for a chronically ill, disabled or aged family member or friend during any given year.

Sister Rosalind's Research

Sister Rosalind determined the need for relieving caregiver burden through consultations with community members who deal with family caregiving and through extensive research conducted by a project consultant. A 2005 research study by The National Alliance for Caregiving in collaboration with the American Association of Retired Persons (AARP) provided in-depth information about the state of caregiving in the United States.

Emotional Stress of Caregiving

One of the findings was that caregivers most frequently unmet needs are finding time for one's self, managing emotional and physical stress, and balancing work and family responsibilities. Seventy three percent of caregivers say praying helps them cope with caregiving stress. A key finding was that caregiving appears to create more emotional stress than physical strain. Half of caregivers say their caregiving has resulted in less time for family and friends. A substantial proportion also report giving up vacations, hobbies or other social activities as a result of caregiving responsibilities.