

About NEFOSA



Northeast Forum on Spirituality & Aging

All persons have the capacity for spirituality, finding meaning and connecting to our inner and outer being. The Northeast Forum on Spirituality & Aging (NEFOSA) serves as a catalyst, encouraging and supporting community connections involving church leaders, individuals and various services for the elderly through many means including

- :: Training of local facilitators
- :: Sponsoring educational events
- :: Consulting with congregations
- :: Providing web resources
- :: Developing a state-wide network

For more information, contact the Reverend Brian McCaffrey, LutheranCare Chaplain, 315.235.7125 or via email at bmccaffrey@lutherancare.org.

Supported through a generous grant from the
ELCA Foundation's Lutheran Services
for the Elderly Endowment
and by
LutheranCare in Clinton, New York



LutheranCare
Office of the Chaplain
108 Utica Road
Clinton, NY 13323
315-235-7125



The Footprints We Leave Behind : Preserving the Values and Life-Lessons that Shaped Our Lives

A Series of Seminars
with presenter, **Rachael Freed**

October 27, 2009 - Buffalo
October 28 & 29, 2009 - Rochester
October 29 & 30, 2009 - Syracuse

Presented to you by



WWW.LUTHERANCARE.ORG

Schedule

Legacies : The Footprints We Leave Behind

9 a.m. - 12 p.m.

Cost : \$25 (Nursing CEUs available; Social Work CEUs pending)

Legacies are the evidence that we existed, we mattered, we made a difference. They are gifts to ourselves today and to those who come after us in our families and in our secular and sacred communities. Reflecting on, clarifying and documenting your legacy is an important part of a life well-lived.

After being introduced to traditional and contemporary legacy documents, we'll address ways to use legacy to serve others in clinical and faith settings, translating life lessons, stories and values into wisdom that can inform and transform future generations -- no writing experience necessary.

Audience : Clergy, aging services professionals, nurses, social workers and caregivers

Harvesting Our Legacies : Celebrating the Seasons of Our Lives

6 p.m. - 9 p.m.

Cost : \$25

There is no better time than autumn to begin to harvest our wisdom and communicate it to generations to come. We all leave tangible legacies like children, artwork, crafts, poetry, heirlooms, perennial gardens and most are the fruits of a life well-lived.

This special program promises to enrich the lives of your loved ones, link you to your history and translate your hard-earned wisdom into blessings for the future. We'll commemorate family and community life events and values -- seasonal, secular and spiritual.

Audience: Open to the public of all generations

Biography

Rachael Freed

Rachael Freed, founder of Life-Legacies, a Senior Fellow at the University of Minnesota's Center for Spirituality and Healing, is a licensed Clinical Social Worker and Marriage & Family Therapist. Ms. Freed facilitates legacy programs for religious, philanthropic, educational and health care organizations, for public and non-profit corporations and diverse groups of individuals experiencing life transitions. A practicing therapist for over 30 years, Rachael Freed has trained health care professionals nationally and internationally. Introduced to the ethical will in the 1990s, she transformed this ancient tradition to empower people to document their legacies -- preserving their values and the life-lessons that have shaped their lives.



Light refreshments will be served.
Ms. Freed's book
will be available for purchase at all sessions.

Registration Form

Name(s): _____

Address: _____

Phone: _____

Email: _____

I (we) wish to register for the following session(s):

Buffalo - Tuesday, October 27, 2009
Grace Lutheran Church, 174 Cazenovia Street

9 a.m. - 12 p.m. : *Footprints...*

6 p.m. - 9 p.m. : *Celebrating...*

Rochester - Wednesday, October 28, 2009
St. John's Meadow, 1 Johnsarbor Drive

6 p.m. - 9 p.m. : *Celebrating...*

Thursday, October 29, 2009
St. John's Home, 150 Highland Avenue

9 a.m. - 12 p.m. : *Footprints...*

North Syracuse - Thursday, October 29, 2009
Luther Memorial Church, 435 South Main Street

6 p.m. - 9 p.m. : *Celebrating...*

Friday, October 30, 2009

9 a.m. - 12 p.m. : *Footprints...*

Total enclosed: \$ _____

Payment options:

Mastercard Visa Discover AmEx

Credit Card #: _____

Expiration Date: _____

Please make checks payable to : LutheranCare
Return to : Office of the Chaplain
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