19th Annual Women’s Health & Wellness Conference

Saturday, March 15, 2014
Gettysburg College Union Building
Women’s Health & Wellness Conference
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7 a.m. to 3:30 p.m.

Program

7-8:30 a.m.   Registration/Continental Breakfast/Exhibitors

7:30-8:15 a.m.   Tai Chi-Joy Through Movement (optional activity-registration is required)
Jane McMahon-Gilly, RN

Learn this series of relaxing, gentle, slow movements designed to stimulate, circulate and balance the chi. Its benefits may include tension and stress relief, reduction of joint and muscle pain, weight control, increased energy and improvements in balance, flexibility and coordination.

8:30-8:45 a.m.   Welcome
Dianne Moore, MSN, RN
Manager, Women’s Health and Clinical Quality, WellSpan Health

8:45-9:30 a.m.   Opening Speaker
Kathleen Jansen, PsyD, Psychologist
Adult Inpatient Psychiatric Program, WellSpan Behavioral Health

I’ll Relax a Week from Tuesday…Unless the Dog Needs a Bath! Self-Care: A Survival Guide for Women

Women are simply amazing. Although we are each unique, we share common experiences of being caretakers for our family, our friends, our communities, of being creative and multi-talented, of being expert jugglers of many responsibilities. All too often, however, we fall short on taking care of ourselves. This presentation takes a light-hearted yet serious look at how that happens, what it really costs us, and what we can do about it.

9:30-9:45 a.m.   Break

Opening Speaker
Kathleen Jansen, PsyD
WellSpan Behavioral Health

Dr. Jansen is a licensed psychologist specializing in the treatment of trauma. She is a graduate of the Philadelphia College of Osteopathic Medicine and works for WellSpan as the clinical supervisor of the psychiatric inpatient unit at WellSpan York Hospital. She coordinates the South Central Pennsylvania Critical Incident Stress Management Team, which provides crisis intervention services to emergency services personnel following traumatic incidents. Dr. Jansen also provides disaster mental health services for the American Red Cross. She is a frequent speaker on women’s health issues.

Keynote Speaker
Tammy A. Miller
Tammy Speaks, LLC

Tammy Miller is an international speaker, author and speech coach. Her speaking topics relate to humor and healing, presentation skills, motivation, and goal setting. She is known for her master of ceremony type work and meeting facilitation. As an author, Tammy has released, The Lighter Side of Breast Cancer Recovery; Lessons Learned Along the Path to Healing and My Life is Just Speech Material, and So is Yours: A Guide to Knowing What to Say and How to Say It. Tammy is a member of the National Speakers Association and Toastmasters International, where she served two years as International Director for Toastmasters. She is featured on the Comcast A+ program in Pittsburgh and Washington, DC, and can occasionally be seen wearing her big red shoes as her alter-ego, Hugz the Clown. Whether she is bringing hope to audiences of fellow cancer survivors or helping us all look at the benefits of humor in our everyday lives, Tammy’s energy, enthusiasm and passion for bringing an audience alive will long be remembered.

Conference Planning Committee

Holly Cookerly  Dianne Moore
Brittney Forsythe  Melissa Shupe
Cindy Gilbert  Michelle Shriner
Mary Malewicki  Dorothy Vega
**101 The Mind/Body Connection**
Meditation for the Busy Mind
Julie M. Falk, RN, MS, RYT, WellSpan Center for Mind/Body Health

Meditation is a wonderful tool for soothing the mind and body. But what if your mind seems to be chattering like monkeys in the zoo most of the time? Meditation is not really about having an empty mind. This class will explore the reality of meditation with a busy brain, offering some techniques that allow you to receive the benefits of meditation, even in the middle of your busy life.

**102 Women’s Health Concerns**
Calibrating Your Thermostat: Understanding Thyroid Issues in Women
Brian Michael, MD, WellSpan Endocrinology

Thyroid problems are among the most common medical conditions but because the symptoms often appear gradually, they are misdiagnosed. Learn about how various thyroid disorders are diagnosed and the latest treatments to control symptoms and reduce complications.

**103 Nutrition Tips & Tricks**
Do you need to Alkalize? Anti-Inflammatory Diet can help
Betsy Wargo, MS, RD, WellSpan Community Health Improvement

Many diseases are the result of or related to chronic-inflammation including heart disease, arthritis, fibromyalgia, alzheimer’s disease, to name a few. The link between inflammation and chronic diseases is well researched. The important role food plays in fighting both is a topic that needs to be addressed. Let’s look at what the experts are saying about this “silent epidemic”

**104 Taking Charge of Your Health**
E-Health
Laura Pennings, MD, Biglerville Family Medicine

“I think it’s fair to say that personal computers have become the most empowering tool we’ve ever created. They’re tools of communication, they’re tools of creativity and they can be shaped by their user.” –Bill Gates

Join us and learn how the electronic health record (EHR) is empowering patients to become more engaged in their medical care...to communicate with their medical teams...and to help shape health care of the future.

**105 Orthopedics and Fitness**
Tai Chi-Joy Through Movement
Jane McMahon-Gilly, RN

Learn this series of relaxing, gentle, slow movements designed to stimulate, circulate and balance the chi. It’s benefits may include tension and stress relief, reduction of joint and muscle pain, weight control, increased energy and improvements in balance, flexibility and coordination.

9:45-10:30 a.m.  Break
**301 The Mind/Body Connection**

**The Well of Grief, Grieving Well**
Patti Anewalt, PhD, LPC, FT, Hospice Community Care

Most women are caregivers and they want to be supportive when someone they know is going through a difficult time coping with serious illness or loss of a loved one. Yet when it comes down to specifics, many feel anxious or uncertain as to what to say or how to help. This session will provide an overview of the grieving process and address the differences between grief and mourning, ways people cope with a significant loss and some of the differences between adult and childhood grief. Participants will learn what grieving people need and how best to help someone who is deeply grieving.

**302 Women’s Health Concerns**

**Are Your Hands Sore? Find Out More**
Karen Ayers-Malinowski, OTR/L CHT & Amber Kress, OTR/L CHT, WellSpan Rehabilitation

Are your hands sore? Attend this informative session reviewing common hand/arm conditions affecting women including arthritis, carpal tunnel syndrome, and tendinitis. Learn about joint protection techniques and commercially available products to decrease the stress and pain to our hands. Gain a better understanding of the basic anatomy related to hand pain and the do’s and don’ts in completing daily tasks.

**303 Nutrition Tips & Tricks**

**Foods, Mood & Our Cognitive Thinking**
Joyce Martin, RD, Clinical Dietitian, WellSpan Nutrition Services

In this workshop we will be taking a look at how food and nutrients affect our brain cells. We will also be exploring links between junk food and depression and anxiety. Finally, we will be discussing how gut bacteria helps to shape our minds and our bodies. Is there a way to eat to improve gut health, brain health, appetite, energy, mood and boost thinking/memory?

**304 Taking Charge of Your Health**

**Women’s Health Needs and Concerns Through the Life Cycle**
Hannah MacIntyre, CNM, WellSpan Certified Nurse Midwives

As you near the end of your reproductive years and begin your post-menopausal journey, it is important to focus on your health as it becomes especially important in later years. This discussion will provide an overview of health issues women face through various stages of life. We will cover the latest recommendations for health screenings and gynecologic care along with healthy lifestyle changes to ease the symptoms of menopause. Please bring questions!

**305 Orthopedics and Fitness**

**Don’t Sweat It, Stretch It!**
Paula Chaplin, WellSpan Rehabilitation

Come join us to stretch the stress away. Learn how just some simple stretching can really make a difference in how you feel day to day. Join us as we learn to stretch and pamper those tired achy muscles. You can do these stretches just about anywhere, at office at your desk, behind the wheel of your car, in the shower, you name it you can do it. You will feel great after this breakout session.

2-3:15 p.m.  
**Keynote Speaker & Dessert**  
Tammy A. Miller

**Just Jump!**

There are a lot of things to be thinking about as you jump out of a plane at 12,000 feet! In this lively presentation, Tammy talks about lessons she learned as she made the JUMP. These lessons can transfer into everyday life to help us understand what it really takes for us to JUMP in life. We learn that motivation consists of more than just taking the step, even when the only thing beneath our feet is air. Hold on and join in the breathtaking fun!

3:15-3:30 p.m.  
**Closing Remarks/Door Prize Announcement/Evaluations (must be present to win)**
Accommodations

Overnight accommodations are available at the Country Inn & Suites by Carlson, 1857 Gettysburg Village Drive, Gettysburg, PA. To make your hotel reservations, call (717) 337-9518 and be sure to mention that you are with the WellSpan Gettysburg Hospital Women’s Conference for your special rate. The room rate is $85 for a standard room and $105 for a suite, plus tax, per room (single to four person occupancy). These rates will be honored either or both March 14 and 15 through Friday, February 14, 2014. Payment should be made directly to the Country Inn & Suites. This hotel is located beside The Outlet Shoppes at Gettysburg if you are interested in doing some shopping, or taking in a movie. Several restaurants are also close to the hotel.

To register for the conference, please fill out the registration form or register online at www.wellspan.org.

Workshop Sessions

Concurrent Workshop Session you prefer to attend: (Please mark 1st, 2nd, and 3rd choice in each session as session sizes are limited and will be honored in the order they are received.)

Session 1 9:45 a.m. (please mark 1st, 2nd and 3rd choice)

- 1st 2nd 3rd 101 Meditation for the Busy Mind
- 1st 2nd 3rd 102 Calibrating Your Thermostat
- 1st 2nd 3rd 103 Do you need to Alkalize? Anti-Inflammatory Diet can help
- 1st 2nd 3rd 104 E-Health
- 1st 2nd 3rd 105 Tai Chi-Joy Through Movement

Session 2 10:45 a.m. (please mark 1st, 2nd and 3rd choice)

- 1st 2nd 3rd 201 Discovering the Healing Power of Humor
- 1st 2nd 3rd 202 Sex? Okay Maybe After I Fold the Laundry
- 1st 2nd 3rd 203 Healthy Eating on the Run
- 1st 2nd 3rd 204 Trends for Make-up and Skin Care
- 1st 2nd 3rd 205 Rock & Roll Your Way to Spine Health

Session 3 1 p.m. (please mark 1st, 2nd and 3rd choice)

- 1st 2nd 3rd 301 The Well of Grief, Grieving Well
- 1st 2nd 3rd 302 Are Your Hands Sore? Find Out More
- 1st 2nd 3rd 303 Foods, Mood & Our Cognitive Thinking
- 1st 2nd 3rd 304 Women’s Health Needs and Concerns Through the Life Cycle
- 1st 2nd 3rd 305 Don’t Sweat It, Stretch It!

Optional Tai Chi 7:30-8:15 a.m.

Silent Auction

Once again this year, we will hold a Silent Auction with proceeds benefitting Healthy Adams County’s Adams County Breast Cancer Coalition’s free mammogram fund. Please be sure to stop by the table and bid on the items donated by various community members. Bids will be accepted until 1 p.m.
Women’s Health & Wellness Conference

Registration: This year’s conference will be held in the ballroom of the Gettysburg College Union Building. Registration is required and seating is limited. The program fee is $45 per person through Friday, February 28, 2014 and $50 per person after Friday, February 28. Checks should be made payable to WellSpan Gettysburg Hospital; credit/debit card registration will also be accepted. Registration deadline is Friday, March 7, 2014. The cost of the conference includes continental breakfast, lunch, dessert, and educational materials. This is a special day of relaxation and pampering. Be sure to dress in layered, comfortable clothes and shoes.

Cancellation Policy: Registration fee is non-refundable. Substitutions will be accepted.

Name: ________________________________________________________________
Address: __________________________________________________________________
City: __________________________ State: ____ Zip: _____________
Tele. No.: (Day) ___________________________ (Evening) ___________________________
E-Mail: ___________________________

Cost per participant is $45 through February 28, 2014 and $50 thereafter. Fee includes continental breakfast, lunch, dessert, and educational materials.

Payment method

Total Amount Enclosed: $__________________________

- Credit Card

  Card Holder Name: _________________________________________________________

  (circle one)  Visa  MasterCard  Discover

  Card Number: ___________________________ Expiration Date: _________________

  3-digit Security # from back of card: ______________

  Signature: __________________________________________________________________

- Check enclosed (made payable to WellSpan Gettysburg Hospital)

See registration mailing information on the right.

Mail completed registration form and payment to:

WellSpan Public Relations and Marketing
147 Gettys Street,
P.O. Box 3786,
Gettysburg, PA 17325-0786

or register on-line at www.wellspan.org.

Call Cindy Gilbert at (717) 337-4272, ext. 1 with any questions.

Registration deadline is Mar. 7, 2014

Fee is non-refundable.

A special thank you to Gettysburg Hospital Auxiliary for their sponsorship.