

Holistic care can have exponentially positive effects beyond the disease. A study led by researchers at Harvard T.H. Chan School of Public Health and Brigham and Women's Hospital found that being spiritually engaged is associated with healthier lives, including greater longevity, less depression and suicide, and less substance use. For many patients, spirituality is important and influences key outcomes in illness, such as quality of life and medical care decision making (2022). Additionally, the National Institute of Mental Health (NIMH) reports that some mental illnesses like depression and anxiety can cause physical symptoms that are otherwise unexplained. At the same time, chronic physical health issues can also contribute to mental health issues (CDC). Many patients with serious illness or end of life challenges, present with underlying mental health issues such as trauma, addiction, or depression, which may attribute to insomnia, eating disorders, and isolation. A variety of treatment options exist for different mental health issues such as increasing self-care, accessing one's support system and by careful problem-solving and communication (CDC). You are encouraged to attend this "Brunch & Learn" and understand how professionals in the field are encouraging overall wellness of mind, body, and spirit for those confronted with serious illness and difficult end-of-life concerns.

Sincerely,



Rev. Dr. Melody Rutherford, BCC  
Director, Spiritual Care –  
Roswell Park Comprehensive  
Cancer Center

# Brunch & Learn

TENDING TO THE MIND, BODY,  
AND SPIRIT DURING SERIOUS  
ILLNESS & END OF LIFE

*Learning for Patients, Caregivers, Chaplains,  
and Mental Health Professionals*

June 13, 2024  
Creekside Banquet Facility  
2669 Union Rd, Cheektowaga, NY  
10:00AM – 2:30PM

*Sponsored by*  
**Roswell Park Comprehensive Cancer Center**  
**Spiritual Care & Community Outreach**  
**& Engagement Departments**  
*in collaboration with*  
**Hospice & Palliative Care Buffalo**



Elm & Carlton Streets | Buffalo, New York 14263  
[www.RoswellPark.org](http://www.RoswellPark.org)  
1-800-ROSWELL (1-800-767-9355)

National Cancer Institute-Designated Comprehensive Cancer Center  
National Comprehensive Cancer Network Member  
Blue Distinction® Center for Cellular Immunotherapy - CAR-T  
Blue Distinction® Center for Cancer Care | Blue Distinction® Center for Transplants



## Schedule of Events

- **10:00am** Sign In
- **10:30am** Welcome & Acknowledgments (Dr. Melody Rutherford, Director, Roswell Park Spiritual Care)
- **10:45am** Brunch Served
- **11:45am** Introduction of Panelists
- **12:00pm** Panel Discussion (Moderated by Dr. Rutherford & Rabbi Scheldt)
- **1:30pm** Guest Presenter: Ms. Kelley Clem, Hospice & Palliative Care Buffalo VP Patient Advocacy
- **2:30pm** Wrap Up & Dismissal

## Special Guest Speaker



**Kelly Klem, RN, MS**

Kelley Clem spent greater than ten years working in a vast array of clinical areas including Critical, Geriatric and Acute Care before joining Hospice in 1997. In 2000, she moved to California and started the first Pediatric Hospice Program in Los Angeles. She returned to Hospice and Palliative Care Buffalo in 2003 and is currently serving as the VP of Clinical Education and Patient Advocacy. In 2011 she received the Circle of Life Award recognizing her contributions to Hope, Care and Dignity at Hospice Buffalo and in 2016 she received the WNY Nurse of Distinction in Education Award.

## Moderators



**Rabbi Adam Scheldt**

Hospice & Palliative Care Buffalo



**Rev. Dr. Melody Rutherford**

Roswell Park Comprehensive Cancer Center

## Panelists



**Dr. Desi Carozza**

Roswell Park Comprehensive Cancer Center

*Focus Area: Symptom Management Options & Dignity Care*



**Julia Davis-Voss**

Roswell Park Comprehensive Cancer Center

*Focus Area: Emotional Regulation and Enhanced Body Awareness*



**Rev. Nancy Faery**

Roswell Park Comprehensive Cancer Center

*Focus Area: Grief Management*



**Dr. Ellen Grant**

Roswell Park Comprehensive Cancer Center

*Focus Area: Community Engagement through Support & Resources*



**Rev. Geoffrey Hord**

Catholic Health System

*Focus Area: Spiritual Wellness*



**Dr. Megan Pailer**

Roswell Park Comprehensive Cancer Center

*Focus Area: Mental Health Care*



**Lynn Riker**

Hospice & Palliative Care Buffalo

*Focus Area: Quality-of-Life Issues & Advanced Care Planning*

## Questions?

Please call **Roswell Park Spiritual Care Department** at **716-845-8051**

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## Brunch & Learn

Name: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Employer: \_\_\_\_\_

Position: \_\_\_\_\_ Certified or Licensed: \_\_\_\_\_

Dietary Restrictions: \_\_\_\_\_ None \_\_\_\_\_ Vegetarian \_\_\_\_\_ Gluten Free

Please return Registration Form with \$40 Fee to Roswell Park: Elm & Carlton Streets; Buffalo NY, 14263, by May 24<sup>th</sup>