

## Screenings/Activities

- Blood Pressure
- Body Mass Index
- Cardiovascular Risk
- Dental Health
- Glaucoma
- Lab Work

## Information

- Adult Education
- Breast Cancer
- Burn Prevention & Treatment
- Clinical Research Opportunities
- Finance
- Health Insurance
- Health Promotion
- Healthy Aging
- Home Healthcare & Hospice
- Nutrition
- Oral Hygiene
- Pain Management
- Scleroderma
- Stroke Prevention
- Wellness
- Women's Health

## Products/Services for Sale

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13<sup>TH</sup> ANNUAL

# Omaha Women's Health & Wellness Conference

**Surviving and Thriving: Finding Strength in Difficult Times**

**Friday, Oct. 1, 2010**

**8 a.m. to 4 p.m.**

**Mid-America Center**

**One Arena Way, Council Bluffs, Iowa**

### Keynote Speakers:

Fred H. Wilson

Deborah L. Darrington, MD

Joann Schaefer, MD

Marie Micheletto, MA, LPC, LMHP



You're invited to a day of health education, screenings and assessments.

ADDRESS SERVICE REQUESTED

Olson Center for Women's Health  
989450 Nebraska Medical Center  
Omaha, NE 68198-9450

*Omaha Women's Health & Wellness Conference*

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# Conference Schedule

**8 a.m. Registration, Exhibits and Health Screenings**

**9 a.m. Welcome & Opening Session**

**9:15 a.m. Breakfast Keynote: Fred H. Wilson**  
***Forgiveness and the Fullness of Time***  
 The gift of forgiveness is to one's self and to society as a whole. The importance of realizing time and giving forgiveness is of the essence. All we really have is 'now' yet we live as if we have forever. Have we said the things to the ones we should have today? We need to be using the 'now' wisely because there are no guarantees that there will be a tomorrow.

**10:15 a.m. Break, Exhibits and Health Screenings**

**11 a.m. General Session: Deborah L. Darrington, MD**  
***Cancer Survivorship: Getting Back to Normal***  
 After the diagnosis and treatment of cancer, many patients and their loved ones are left wondering what's next. This presentation will review recommendations for living a healthy lifestyle after cancer and resources available to cancer patients and their families to help them "get back to normal."

**11:50 a.m. Lunch**

**12:15 p.m. Lunch Keynote Speaker: Joann Schaefer, MD**  
***Living Well with Chronic Illness***  
 There is a way to live well with a chronic illness, even when a transplant and recovery are involved. Attitude is everything!

**1:15 p.m. Breakout Session (choose 1, 2 or 3)**

**1) Children Grieve Too: Supporting Children After the Death of a Loved One**

**Nancy Hemesath, MA**  
**Cathy Fox, CSW**  
**Ted E. Bear Hollow**  
 Participants will develop a better understanding of grieving and its implications on children's attitude, esteem and behavior. Learn how to guide grieving children on a path of healing.



**2) Living and Coping with Autoimmune Diseases and Arthritis**

**Alan Erickson, FACR, MD**  
**UNMC Department of Internal Medicine, Division of Rheumatology & Immunology**  
 This lecture will discuss strategies to help you survive and thrive with your arthritis and/or autoimmune disease. We will discuss healthy living strategies, coping skills, and items to discuss with your health-care provider.

**3) Workplace Survival: Triumphing over Gender Issues, Harassment and Discrimination on the Job**

**Shawntal M. Smith, JD**  
**Lieben, Whitted, Houghton, Slowiaczek, Cavanagh, PC, LLO**  
 This lecture will discuss strategies for surviving gender issues, harassment and discrimination in the workplace. We will discuss identifiable workplace stressors related to discrimination and ways to manage the stress and seek assistance.

**2:15 p.m. Breakout Session (choose 4, 5 or 6)**

**4) Finding Self-Fulfillment After Divorce**  
**Marlene Schneider, BA, CEAP, CRPS,**  
**UNMC Faculty Employee Assistance Program**

This workshop will focus on the process of "letting go" and the importance of transferring negative energy into positive energy in order to find inner "freedom and peace".

**5) Post-Traumatic Stress Disorder**  
**Randy LaGrone, PhD**  
**The Nebraska Medical Center**  
**Department of Psychology**

What does it mean to have Post-Traumatic Stress Disorder (PTSD)? How do you live with and overcome PTSD? Examples of successful techniques and treatment interventions will be discussed.

**6) Living Well with Chronic Pain**  
**James Willcockson, PhD**  
**The Nebraska Medical Center**  
**Pain Management Center**

Many people are living with chronic pain of some degree or another. While medications are commonly used to control the pain, physical activity and coping strategies also play a major role in living well with pain.

**3:15 p.m. Closing Session, Evaluations and Door Prizes**  
***Yes, You Too Can Bounce Back!***  
**Marie Micheletto, MA, LMHP, LPC**



**Fred H. Wilson**  
 Von Maur Survivor

**Deborah L. Darrington, MD**  
 Assistant Professor,  
 UNMC Department of Internal Medicine

**Joann Schaefer, MD**  
 Chief Medical Officer, State of Nebraska  
 Director, Division of Public Health  
 Department of Health and Human Services

**Marie Micheletto, MA, LMHP, LPC**  
 Sister of Mercy of the Americas  
 Private Practice Psychotherapist  
 and Lecturer

## Keynote Speakers

## Registration Deadline: Sept. 24, 2010

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 Daytime phone: \_\_\_\_\_ Evening phone: \_\_\_\_\_ RN/LPN License Number: \_\_\_\_\_  
 E-mail: \_\_\_\_\_

**First Breakout Session** (choose one) 1\_\_\_\_ 2\_\_\_\_ 3\_\_\_\_ **Second Breakout Session** (choose one) 4\_\_\_\_ 5\_\_\_\_ 6\_\_\_\_

Registration is \$49. (Olson Wellness Exchange (OWE) members may receive a \$5 discount off the general registration fee). Fee includes breakfast, lunch, lectures and exhibits. **No refunds after Sept. 24.** For more information about the conference or to become an OWE member, please contact the Olson Center for Women's Health at (402) 559-6345. Nursing credit is an additional \$30.

The University of Nebraska Medical Center College of Nursing Continuing Nursing Education is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

This activity is provided for 5.0 contact hours under ANCC criteria. Provided for 6.0 contact hours under Iowa Provider #78. Provider approved by the California Board of Registered Nursing, Provider # 13699 for 6.0 contact hours.

Make check or money order to: **University of Nebraska Medical Center**

Mail check and registration form to:  
 Omaha Women's Health & Wellness Conference  
 Olson Center for Women's Health  
 989450 Nebraska Medical Center  
 Omaha, NE 68198-9450

Registration Fee		\$49
OWE Member	- \$5	
Nursing Credit	+ \$30	_____
TSH	+ \$5	_____
Lipid, Glucose, CBC	+ \$15	_____
Total =		_____

You may register on-line with a credit card. Go to [olsoncenter.com](http://olsoncenter.com) and click on "Wellness Conference".

**Note:** The health screenings listed below require pre-registration. Place an "X" by the health screenings that you would like to participate in. You will receive a letter in the mail confirming your registration and indicating your appointment time for these screenings.

Lipid, Glucose, CBC \$15 \_\_\_\_\_ (includes lipid panel, glucose, hemogram)

TSH for thyroid \$5 \_\_\_\_\_

Date of birth (please provide if having blood work done) \_\_\_\_\_