

registration

The Good Samaritan and the Giver's Glow:
The Paradox of the Simple Act of Giving

Register online at www.gss.org or use the form below

NAME _____
ORGANIZATION _____
ADDRESS _____
CITY _____ PROV _____
POSTAL CODE _____ PHONE () _____
EMAIL _____

- I give The Good Samaritan Society permission to contact me by email.
 I require a certificate of completion.

Special dietary requirements: _____

registration fees:

Registration includes a copy of Dr. Post's book *Why Good Things Happen to Good People* (valued at \$14.00 CND).

- | | |
|---|--|
| <input type="checkbox"/> Sherwood Park Workshop – SEPTEMBER 11, 2015
\$125 Early Bird (by Aug. 14)
\$150 Registration (by Aug. 25) | <input type="checkbox"/> Lethbridge Workshop – OCTOBER 5, 2015
\$125 Early Bird (by Sept. 4)
\$150 Registration (by Sept. 25) |
|---|--|

METHOD OF PAYMENT: Cheque MasterCard Visa

CARD # _____ EXP. _____

CARDHOLDER NAME _____
(please print)

CARDHOLDER SIGNATURE _____

make cheques payable to:

The Good Samaritan Society

and mail to:

Mission Effectiveness,
The Good Samaritan Society
8861 75 Street NW,
Edmonton, AB T6C 4G8

REFUND INFORMATION:
Requests must be received
14 days prior to the
workshop and will include
a \$25 processing fee.
Requests received after this
point will not be refunded.

for additional info

*spirituality
& wholeness*

mission

The mission of The Good Samaritan Society is to extend Christian Hospitality through a continuum of care to those in need or at risk, regardless of race or religious belief.

vision

The Good Samaritan Society will grow in strength, excellence and creativity in caring for others.

values

Reflecting Christian Hospitality, the values of The Good Samaritan Society are:

- Healthy Relationships
- Hospitable Environments
- Servant Leadership

Support by:



www.gss.org



The Good Samaritan and the Giver's Glow: The Paradox of the Simple Act of Giving

with Dr. Stephen G. Post, Ph.D.

Friday, September 11, 2015
8:00 am - 4:30 pm

Our Lady of Perpetual Help Church
13 Brower Drive
Sherwood Park, AB

Sponsored by:



Park Memorial
Funeral Home, Crematorium
and Reception Centre

Monday, October 5, 2015
8:00 am - 4:30 pm

Country Kitchen Catering (lower level of the Keg)
1715 Mayor Magrath Drive South
Lethbridge, AB



THE GOOD SAMARITAN SOCIETY



The department of **Mission Effectiveness** provides **The Good Samaritan Society** with leadership in ethics, spirituality, church relationships, mission and values. In 2002, the first Spirituality and Wholeness Workshop was hosted in Edmonton. It has since become an annual event that has expanded to include southern Alberta and British Columbia. For many people the workshop has come to signify a wonderful opportunity for professional development as well as a means of personal support, inspiration and renewal.

schedule

The Good Samaritan and the Giver's Glow:
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Registration includes snacks and a hot lunch.

overview

Let's celebrate being Good Samaritans! Life isn't easy and no one gets out of life alive. It has as many valleys as it does peaks, but even in hard times we can give and our lives can become better.

Through giving and sincere helping we create the spiritual and scientifically proven "giver's glow." This is a side effect of giving, which as long as we maintain some balance in life, can enhance our happiness, health and even longevity.

Giving takes many forms in organizations and in individuals. We need to appreciate all of them. For example, empathy and compassion in healthcare are expressions of giving which have tangible benefits for those receiving care as well as for those providing the care. This concept can especially be applied to persons caring for the "deeply forgetful", that is those with various forms of dementia.

It is in contributing to the lives of others we find meaning and well being. It really is true that it is better to give than to receive, or at least just as good.

speaker

Dr. Stephen G. Post, Ph.D.

Dr. Stephen G. Post, Ph.D. is the best-selling author of *The Hidden Gifts of Helping*, in addition to *Why Good Things Happen to Good People: How to Live a Longer, Healthier, Happier Life by the Simple Act of Giving*, and his work with Alzheimer's outlined in *The Moral Challenge of Alzheimer's Disease: Ethical Issues from Diagnosis to Dying*. Dr. Post has worked at the University of Chicago Medical School, Case Western Reserve University School of Medicine and is currently at Stony Brook University School of Medicine, where he is the Founding Director of the Center for Medical Humanities, Compassionate Care and Bioethics. Dr. Post has received the Pioneer Medal for Outstanding Leadership in HealthCare from the HealthCare Chaplaincy Network and the Kama Book Award in Medical Humanities from the World Literacy Canada.

In 2001 he founded the Institute for Research on Unlimited Love, a free-standing non-profit whose goal is to research and distribute knowledge on selfless love.

<http://www.stephengpost.com>
<http://unlimitedloveinstitute.org>



spirituality
& wholeness

limited seating!

Complete the registration form and mail it today or register online at www.gss.org

8:00 AM	Registration Opens
8:30 AM	Welcome / Opening Prayer
8:45 AM	Rx: It's Good to be Good <i>Dr. Post introduces his philosophy of intentional giving. Discussing the positive effects it has on happiness, health, creativity and longevity.</i>
10:15 AM	Break
10:30 AM	The Ten Ways of Love, Giving and Flourishing <i>Learn a simple way to apply the philosophy of intentional giving in your everyday life, using the ten ways to love.</i>
12 NOON	Lunch
12:45 PM	Who Benefits From Compassionate Care? <i>Dr. Post shows how resident care as well as their health improves with compassionate care and how living with the philosophy can prevent depression and burnout in healthcare professionals.</i>
2:15 PM	Break
2:30 PM	Hope, Love and Caring for the Deeply Forgetful <i>Discover how applying compassionate care can help caregivers to recognize enduring self-identity within those with dementia. Discuss the ethical issues involved in caring for individuals with various forms of dementia, through the stages from diagnosis to dying.</i>
4:15 PM	Thank you / Closing Prayer