



Men and women who
care for others,
please, first,
find a person
to take your place
as caregiver,
just for this one day.

Then,
call Mayslake Ministries at
630-268-9000 and sign up...

*You who serve so faithfully,
come for a time of
restfulness and peace...
an in-filling
and a laying down.*



450 East 22nd Street, Suite 170
Lombard, IL 60148
630-268-9000 (P)
630-268-9001 (F)

Email: info@mayslakeministries.org
Web: mayslakeministries.org

Mayslake Ministries honors near
occasions of grace in the lives of
the church and individuals.
Through the Spirit of partnership
we offer:

Spiritual Direction
iSpirit Young Adult Ministry
Personalized Retreats
Parish Missions
The School of Spirituality
Staff/Faculty Workshops
Catechism Series
Weekend Retreats
Graced Moments Women's Ministry
Veterans Ministry

We serve all Christians.

*Our ministry is recognized
by the Archdiocese of Chicago
and the Dioceses
of Joliet & Rockford.*

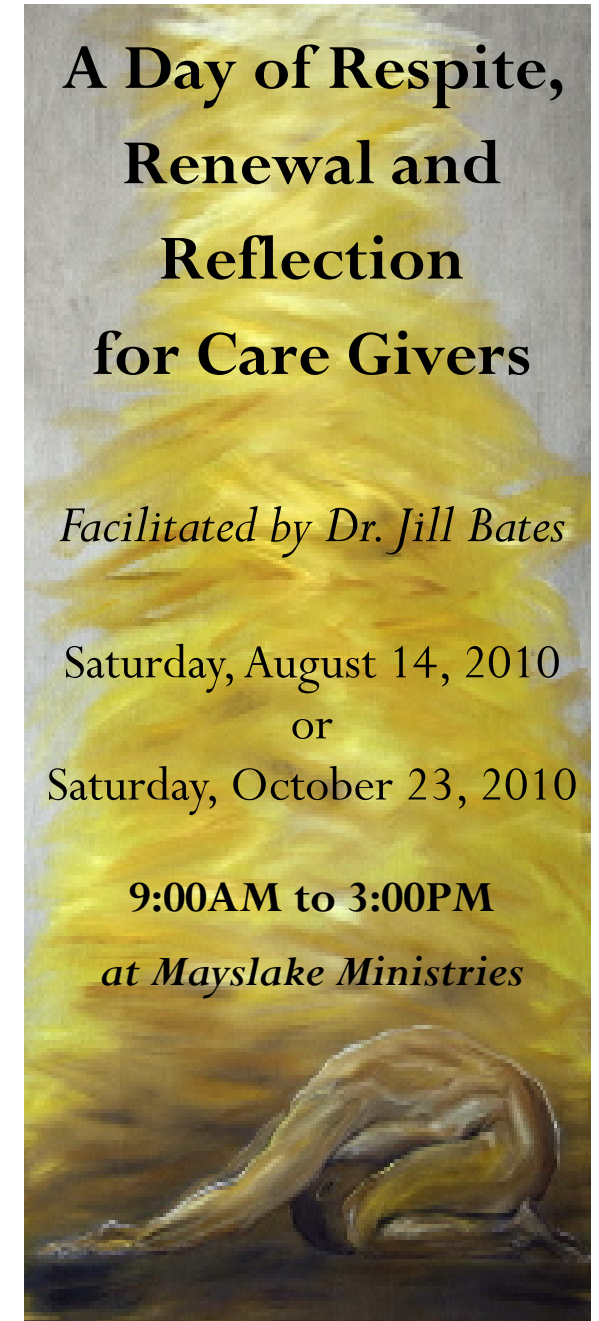
A Day of Respite, Renewal and Reflection for Care Givers

Facilitated by Dr. Jill Bates

Saturday, August 14, 2010
or
Saturday, October 23, 2010

9:00AM to 3:00PM

at Mayslake Ministries



450 E. 22nd St., Suite 170
Lombard, IL 60148
www.mayslakeministries.org

Caregivers are people who have found themselves in the role of caring for someone they love, usually a family member. Either physical or mental disabilities come along and decisions have to be made about who will be there to provide care. Sometimes caregivers are paid professionals who “live-in”; they get burned out, too!

There are 65 million unpaid caregivers in the United States and one third of them are men. Women and men have some similar concerns as caregivers...and some different ones, too.

Everyone is different. Some feel this task has been thrust upon them, but more often they have accepted the role because... “What else would I do, but care for this one whom I love?”

Anyone who is experiencing the role of caregiver is welcome.

This day of renewal explores concerns of caregivers, resources and discussions. The day is designed to be restful and informative.

The morning session includes the following topics.

- Strategies for caregivers
- Necessary conversations
- Laughter
- Prayer

The afternoon will include the following topics.

- You are not alone
- Keeping well and sane on the journey
- Relaxation and prayer
- Breathe, just breathe
- The journey’s end; a brief conversation about palliative care and hospice.



Jill Bates, D. Min. . . . is an experienced presenter in the areas of Women’s Spirituality & Lay ministry. She holds a Certificate in Spiritual Companionship from the Diocese of Joliet. Jill earned her Doctor of Ministry degree from Graduate Theological Foundation & Master of Pastoral Studies from Loyola University.

Jill is currently a Chaplain at Good Samaritan Hospital in Downers Grove, IL and is an affiliate staff member of Mayslake Ministries, providing a variety of services that include spiritual direction at our Lombard site.

**\$25.00 for the day
Light refreshment included,
bring a sack lunch.**

Handouts and resources will be provided.

**Bring a small blanket and a pillow
for our relaxation meditation.**



Program Registration

A Day of Respite, Renewal and Reflection For Caregivers

Program Date: _____ August 14 (Saturday) 2010
_____ October 23 (Saturday) 2010

Name: _____

Address: _____

City: _____

State/Zip: _____

Phone (home): _____

Phone (work): _____

email: _____

**Costs: \$25 per session/Visa/MC accepted
at time of phone registration
All sessions held at Mayslake Ministries’
Lombard location.**

Please return this panel with your check to:

Marge Blasius, Program Secretary
Mayslake Ministries
450 East 22nd Street, Suite 170
Lombard, IL 60148
630-268-9000

Checks are made out to
Mayslake Ministries.
In case of a program cancellation,
a **full** refund will be given to you.