



*The power of presence:
your call to show up and be a light in
the world around you.*

Presented By:
Hannah Brencher
Speaker • Author • Blogger

Wednesday, October 27, 2021 Virtual Event

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Acknowledgments & Program Overview

Karen M. Laganelli, MHA
Chief Executive Officer, Notre Dame Health Care

Educational Forum Presentation

Featured Speaker— Hannah Brencher

“The power of presence: your call to show up and be a light in the world around you”

Closing

Karen M. Laganelli, MHA
Chief Executive Officer, Notre Dame Health Care

Find the link to our event recording at
www.notredamehealthcare.org/annual-educational-forum/

NOTRE DAME HEALTH CARE
2021 EDUCATIONAL FORUM

Featured Speaker—Hannah Brencher



Hannah Brencher is a writer, TED Speaker, and mental health advocate with a heart for building leaders. She is the author of three best-selling books: "Fighting Forward," "If You Find This Letter," and "Come Matter Here." She is the founder of **More Love Letters**—a global organization using the power behind social media to write and mail letters to strangers in need across the world. Named as one of the White House's "Women Working to Do Good," Hannah and her work have been featured in publications such as CNN World News, the Wall Street Journal, Oprah.com, and Glamour among dozens of others. Hannah lives in Atlanta, Georgia with her husband Lane and daughter Novalee.

***"The power of presence:
your call to show up and be a light in the
world around you."***



We spend a lot of time chasing significance but often that chase means we miss out on the needs right in front of us. The most unexpected and beautiful things can happen when our eyes are wide open to the world around us. Learn to be present right where you are and to realize life is happening in the here and now. Being present in a digital age is so important because there are people and causes who desperately need us in this moment.

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Our Mission

Notre Dame Health Care, rooted in the heritage of Saint Julie Billiart and sponsored by the Sisters of Notre Dame de Namur, is dedicated to the healing ministry proclaimed in the Gospel and by the Catholic Church.

- We demonstrate concern for the whole person in caring for the spiritual, social, physical, and psychological well-being of our residents, patients, clients, their families, and the community we serve.
- We honor the personal dignity of all individuals with compassion and without distinction of gender, age, ethnicity, sexual orientation, race, or creed.
- We strive to create a work environment where each person is valued, respected, and given an opportunity for personal, educational, and professional growth.
- We use our resources with a particular concern for the elderly, the poor, and the vulnerable.
- We make known God's goodness to the entire community.





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A black and white photograph of two individuals walking outdoors. On the left, a person with short, light-colored hair is seen from the side, wearing a dark jacket and dark pants. On the right, another person wearing a baseball cap and a dark jacket is walking towards them. They are in a sunlit area with trees in the background.

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Hannah Brencher.



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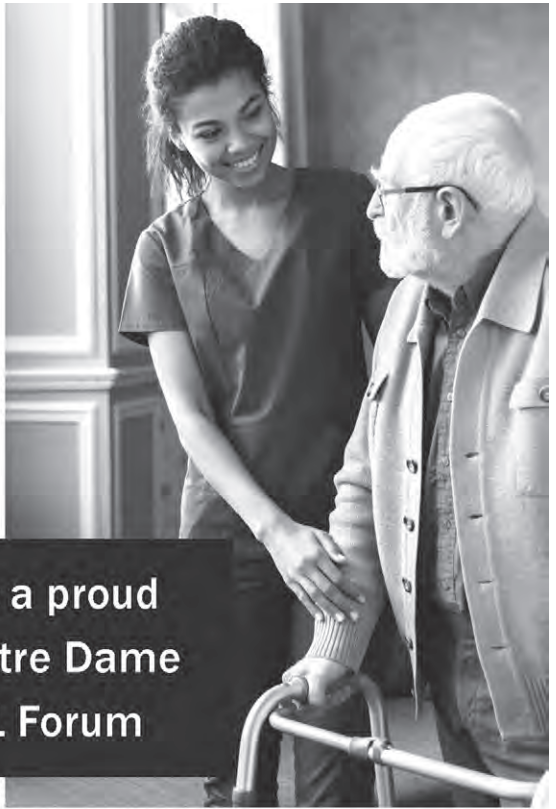


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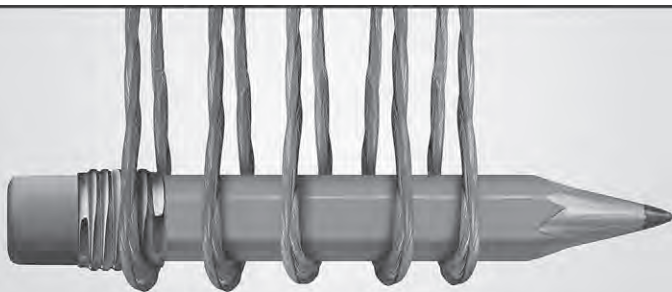
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Together, and with great respect, love, and compassion, we help people thrive at every stage of their lives.

Thank you for joining us in support of our mission. We are happy to have you as a member of our Notre Dame Health Care Family

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and to support Notre Dame Health Care
in our work to provide quality programs and
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We are especially grateful for the support of
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Gratefully,

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Notre Dame Health Care serves the needs of our community through our du Lac Assisted Living Residence, Long Term Care and Rehabilitation Center, our Educational Bridge Center and our At Home Division providing hospice and palliative care.

Notre Dame Health Care helps individuals realize their own best definition of wellness and helps them realize their greatest potential cognitively, physically, psychosocially, and spiritually.



Notre Dame du Lac Assisted Living Residence

is a warm and welcoming community that provides assisted living and a memory care unit for seniors. Notre Dame du Lac focuses on a resident's individual needs including mind, body and spirit. Our home-like setting provides a place where residents

can receive the care they need with the safety, dignity and quality of life they deserve. Notre Dame du Lac's Harmony Program is no exception. Our Harmony program is designed to meet the unique needs of those with memory loss, Alzheimer's disease and other forms of dementia. Notre Dame du Lac's community and its programs embrace residents and families alike. Our recently renovated resident apartments and Harmony unit also provide residents and their families with inviting spaces to live and visit.



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provides long-term skilled nursing care and short-term rehabilitation in a compassionate, welcoming setting with all the necessary services to help individuals achieve their maximum quality of life and well-being. In addition to customized and comprehensive skilled therapy 7 days a week, and skilled nursing 24 hours a day under the direction of an expert medical team, we also provide for your spiritual needs. Notre Dame Long Term Care Center's Harmony Memory Care team provides support and compassion for residents suffering from Alzheimer's disease and other dementias. We provide a caring and secure environment, with specialized personal care, spiritual support, and meaningful, failure-free activities. We give special consideration to create a comfortable, homelike atmosphere for these residents and their families.



The Educational Bridge Center at Notre Dame Health Care promotes the educational mission of the Sisters of Notre Dame de Namur to educate for life.

Since 2004, the Notre Dame Educational Bridge Center has assisted well over 4,500 individuals (Notre Dame Health Care employees and many from the community) to advance along their career paths and attain personal goals. Our curriculum includes: high school equivalency test preparation, English lessons for speakers of other languages, professional training for health care workers, scholarship application assistance, career counseling, and much more.

We are particularly pleased to be the home of the *Sister Helen Wright Citizenship Program* which has helped more than 200 individuals from 24 countries achieve U.S. Citizenship. Students on a healthcare career track utilize our “Learning Center” services (e.g. Wi-Fi., computer lab) to complete college assignments and do research.



For many, the Notre Dame Educational Bridge Center is a lifeline supporting them psychologically and financially, helping them to overcome challenges, and evening out the odds. This education and the additional services such as customized career and life counseling, and personalized tutoring, have enabled individuals to obtain family-sustaining wages and earn certifications and degrees, empowering them to flourish.

Throughout the pandemic we have maintained a connection with our students by offering Adult Basic Education classes and citizenship tutoring virtually. If a need for any of our services ever arises, please do not hesitate to contact us or visit our website at notredamehealthcare.org. It would be our pleasure and privilege to assist you in any way that we can.



Notre Dame At Home reaches out into the community and brings the Notre Dame Health Care experience to you through our unique programs: Adult and Pediatric Hospice and Palliative Care.

Notre Dame Hospice offers personal holistic end-of-life care, enriching individuals and their families in a

variety of locations and settings throughout the region. We recognize the end of life as one of the most sacred times in a person's life, and provide comfort and self-determination, enabling patients to participate in decisions about care. The team also helps families and friends create lasting gifts and enduring memories.

Notre Dame Health Care's *Adult Palliative Care Program* allows continuation of care from other Medicare providers for your condition. When the choice is made to seek more treatment, it is considered life prolonging care. These are interventions of treatments that provide an option for more time and possible management of the disease. It is not a cure of the disease.

We also provide a *Pediatric Palliative Care Program* called *Pedi Pals*. We are the Commonwealth's largest palliative care program for children funded by the Department of Public Health and offer a multidisciplinary approach to improving quality of life for individuals with life-limiting illness. Our teams focus on the physical, psychosocial, or spiritual needs of the patient and family. The program provides critical health and supportive services, including consultation for pain and symptom management, social services, respite care, complementary therapies, and volunteer support.

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