



The Enchantment Cure:

The Healing Power of Irish Songs and Stories

Presented By
Kate Chadbourne

Singer • Storyteller • Poet • Harper • Teacher • Scholar

Wednesday, October 19, 2022 Virtual Event

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2022 Educational Forum Program

VIRTUAL EVENT—October 19, 2022

“Pre-Show”

“Main Event”

Welcome

John Mannila
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Reflection, Acknowledgments & Program Overview

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

Educational Forum Presentation

Featured Speaker— Kate Chadbourne

“The Enchantment Cure: The Healing Power of Irish Songs and Stories”

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/2022/

NOTRE DAME HEALTH CARE

2022 EDUCATIONAL FORUM

Featured Speaker—Kate Chadbourne



Kate Chadbourne is a singer, harper, and storyteller, an award-winning songwriter and poet, a scholar and teacher of Irish language and folklore with a PhD from Harvard, and a beloved performer at venues throughout New England. She has been honored as a “tradition bearer” in the Revels Salon series and in the Gaelic Roots Concert Series at Boston College, and her music has been featured on NPR’s programs, “Cartalk” and “All Songs Considered.”

She brings to her audiences the sounds of the harp, piano, tin whistle, Irish flute, and melodeon, a deep love and knowledge of traditional Irish story, a warm and welcoming presence, and a voice often described as “the voice of an angel.”

“The Enchantment Cure: The Healing Power of Irish Songs and Stories”

“The great wordsmiths of Ireland, be they singers or storytellers, possess the power to put listeners *faoi dhraíocht*, “into an enchantment.” It’s a spell we willingly fall under. While we listen, when we laugh, when we join in with the singer or echo the words of the storyteller, we open up to the possibility of feeling more vital and resilient and open to the adventure of living.

As a scholar and teacher of Irish language and folklore, and as a singer and storyteller myself, I have witnessed firsthand the healing effected by traditional songs and stories. Some of these contain wisdom about how to get better – or to put it in Irish, *teacht ar ais chugat féin*, “to come back to yourself.” Others convey an essence that lifts us up and fosters wellbeing. I am excited to share with you some of these beguiling and restorative words, to teach you *giota beag Gaeilge* – a little bit of Irish – and to engage your own participation in the enchantment cure.”

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We are grateful for the support of so many in our community who helped in countless ways as we worked to “reimagine” this year’s event after learning Brian O’Donovan would be unable to join us. We are blessed to have been connected to a wonderful speaker in Kate Chadbourne who was able to “step-in” and provide a similar message of inspiration and positivity.

Our heartfelt, powerful prayers and best wishes go out to Mr. O’Donovan and his family.

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- 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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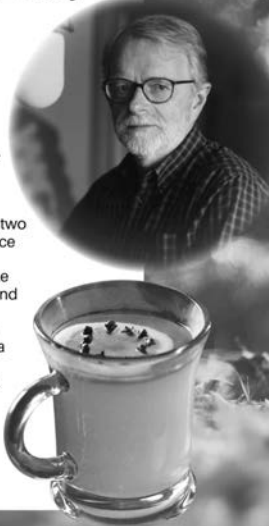
Brian O'Donovan's Hot Whiskey, (AKA) Hot Toddy

Ingredients

- 1½ fluid ounces of your favorite Irish whiskey
- 2 teaspoons demerara sugar
- 2 slices lemon
- 8 whole cloves
- 6 fluid ounces of boiling hot water plus more to warm your mug

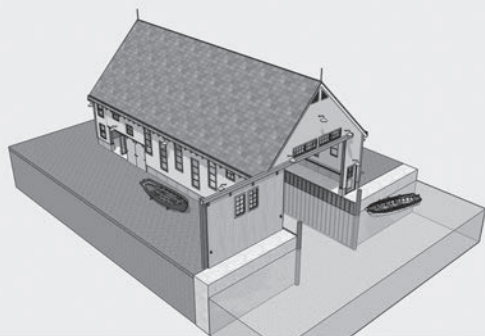
Instructions

1. Take a slice of lemon and cut it in two semi-circles. Stud each lemon piece with 4 whole cloves.
2. Pre-heat a glass mug with a handle by scalding it with boiling water and then throwing the water away.
3. Place a spoon in the glass. Add a measure of whiskey and demerara sugar into the glass.
4. Pop in the prepared lemon slices.
5. Top off with 6 ounces of boiling hot water. Stir gently to dissolve the sugar.
6. Serve immediately, taking care when holding the hot mug.



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

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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.



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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 employ-

ees 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.



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.

As the pandemic eases we have returned to our classrooms. Adult Basic Education and Citizenship tutoring are currently taking place on campus. Virtual services are also available. If a need for any of our services ever arises, please do not hesitate to contact us or visit our website (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 their care. The team also helps families and friends create lasting gifts and enduring memories.

Notre Dame Health Care's *Adult Palliative Care Program* is a consultative palliative care program aimed towards improving the quality of life for patients, and their families, who are facing issues associated with a serious illness. Our mission is to provide support to patients and their families, allowing them to live the highest quality of life possible.

Our Palliative Care program is person-centered to ensure that care aligns with each individuals' goals, and our Palliative Care Nurse Practitioner and Licensed Clinical Social Worker work closely with the patient's medical team to make certain that any suffering is relieved, whether physical, psychosocial, or spiritual.

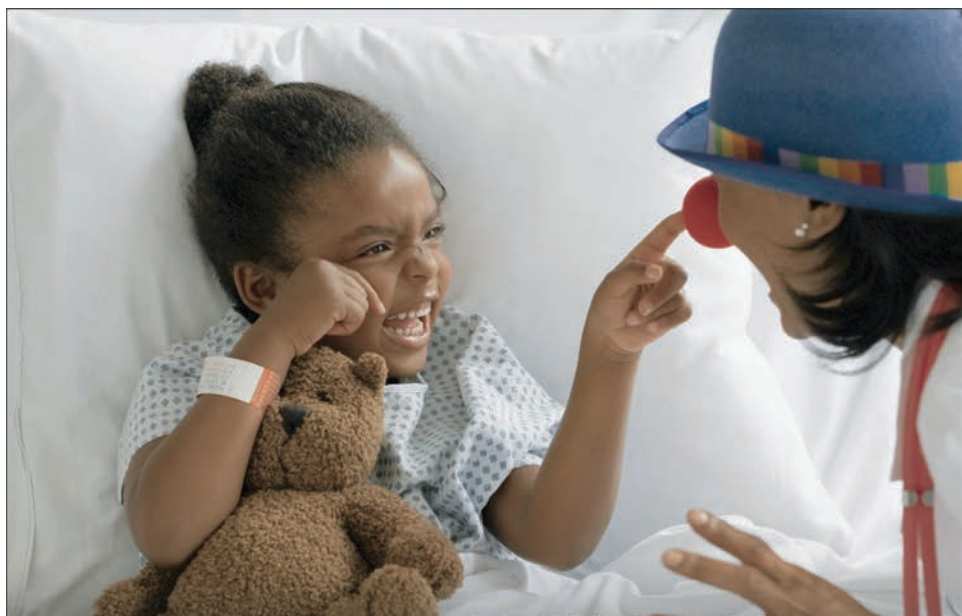
We also provide a *Pediatric Palliative Care Program* called *Pedi Pals*. We are the Commonwealth's largest palliative care program for children funded by the Department of Public Health and offer a multidisciplinary approach to improving quality of life for individuals with life-limiting illness. Our 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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