

## Plum Creek Presbyterian Church Outreach Educational Programs

Submitted by [mjnesbit](#) on September 23, 2011 - 7:58am.

### Plum Creek Presbyterian Church Outreach Educational Programs

Plum Creek Presbyterian Church is hosting several educational seminars about a variety of topics, from hospice to grief to addictions. Each seminar will begin at approximately 6:15PM and end at 7:30PM, with an optional question and answer portion extending beyond 7:30 at the speaker's discretion. There is no charge for the seminar. In addition to the seminar, a fellowship dinner is offered at 5:30PM for each event, with an optional love offering collected to cover the cost of the dinner. A toddler nursery and older childcare is available from 5:30-7:30PM.

If you are interested in joining any of the seminars, please call the church office at 412-793-4525 to reserve your place. Please also let the church secretary know if you will be attending the fellowship dinner and if your children will require either nursery childcare or elementary-aged activities. We hope that you will join us for one of these special educational seminars!

#### Hospice 101 – Wednesday, October 26

Are you or a loved one facing a hospice setting or caregiving situation? It can be challenging to know what steps to take, particularly if you are rushed to make decisions. Learn about your options during this informational seminar about the benefit of hospice care and how it can be accessed, end-of-life planning, and more:

- Who is eligible for hospice
- Services available to hospice patients and their loved ones
- Hospice facts vs. hospice myths
- When is it the right time for hospice
- Plus, your questions are welcome!

Led by Lillian S. Sweeney, RN, BSN; Educational Coordinator of [Family Hospice and Palliative Care](#) and Lorraine Udanis, RN; Liaison for Family Hospice and Palliative Care

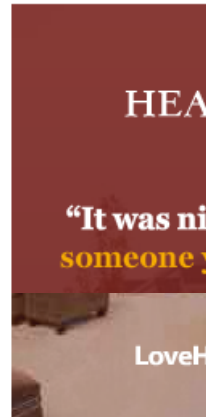
#### Dealing with Grief During the Holidays – Wednesday, November 16

If you or someone you know is coping with the loss of a loved one, holidays and special events can be especially difficult to face. A support group setting where information is presented about grief with discussion time for participants' questions and concerns:

- Tips on taking care of yourself
- How to be realistic in your expectations
- The natural grieving process
- Special ways to remember your loved one
- Carrying on with meaningful holiday traditions
- Ways to heal

Led by Erin O'Donnell, LPC, NCC, MS; Bereavement Specialist at [Family Hospice and Palliative Care](#) and Lorraine Udanis, RN; Liaison for Family Hospice and Palliative Care

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