

Demystifying Death

*Welcome Home welcomes you to our
2023 Conference!*

October 20, 2023

8:30-4:30

First Baptist Church 402 Gateway



WelcomeHome
of Chattanooga



After a three year absence, we are happy to bring back our all day conference. We are very honored to partner this year with the UTC School of Nursing. We have three very special Keynote Presenters and wonderful Breakout Session Presenters, many who have volunteered their time today. A BIG thank you for all of our sponsors, presenters, volunteers and to YOU for spending the day with us.

Conference Schedule

8:00-8:30 Registration, networking and light breakfast

8:30-9:45 Welcome Sherry Campbell
Judith Pedersen Benn
Keynote Address Gloria Thomas Anderson

10:00-11:00 Morning Session I

11:10-12:10 Morning Session II

12:10-1:30 Lunch Provided by Melissa Krell
Presenting David Turner, CEO of Heart N' Soul

1:30-2:30 Afternoon Session

2:40-3:50 Closing Keynote Speaker Rose Gordon

4:00-4:30pm Discussion, Evaluation, Door Prizes
Music by Keith Bobo

We welcome you today and hope that this will be a meaningful experience for everyone. We believe that talking about death, dying and grief will help lessen the fear by shining a light on the subject. Making peace with death- a natural part of life- can be healing and help us live with intention on what really is important.

We invite you to make yourself at home today, to make friends and connections, to be able to express yourself without judgement.

Let's Live and shine our Lights! Thank you for being here today.

Many blessings,

Sherry Campbell, LMSW

Director, Welcome Home of Chattanooga

Judith Pedersen-Benn

Director of Education, Welcome Home of Chattanooga

Chattanooga Times Free Press

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*and other worthwhile causes
throughout our community
for 150 years.*

DR. GLORIA



We are honored to welcome Dr. Gloria Thomas Anderson, Ph. D, LMSW and Founder of Heart Tones, Author of *The African-American Spiritual and Ethical Guide to End-of-Life Care: What Y'all Gon' Do with Me?* as our Keynote Presenter this morning.

“Getting to the Heart of the Matter: A Divine Understanding of Life and Death”

When Dr. Anderson experienced a misdiagnosis due to physician bias, it nearly cost her life. She attributes her miraculous recovery to Divine intervention and for the past 17 years, shares her story to encourage others. Getting to the heart of the matter involves recognizing that the cycle of life and its counterpart—death—exist as one. All of humanity share three universal commonalities: we are all born; we all live; and we all die. Many people do not understand the “whys” that often come to mind when mortality shows up in our lives or in the lives of those we love. Some may have questions that seem to lack logical answers or reason. Dr. Anderson will share what she has learned as it relates to beliefs that we hold and how those beliefs may greatly impact our responses to life, love and loss.

Morning Session I 10-11am

A. “Real World Problems, You Can’t Make This Stuff Up” Amy Boulware, LAP, LMSW

In this session, Amy will explore common estate planning mistakes that can leave family members confused and anxious. Attendees will leave with a better knowledge of why everyone needs an estate plan even if you aren’t part of the “rich and famous”.

B. “Ethical Considerations: End of Life” Bob Zylstra, Ed.D, LCSW

In order to make reasoned decisions, patients and their families need to be familiar with concepts and terminology related to end of life concerns. This presentation will use case examples as teaching tools to explore the moral, legal, ethical and religious implications related to end of life issues with the goal of appreciating (if not necessarily agreeing with) varied beliefs and viewpoints.

C. “The Role of a Death Doula” Carol Noon and Laurel Rhyne, Death Doulas

While Death Doulas don't provide medical care, they do provide many additional important services. This can include emotional, physical, and spiritual support – in addition to much-needed caregiver respite and logistical assistance. Attend this session to learn more about this very important role from two local doulas. The short film “New Rules for End of Life Care” by Barbara Karnes will be shown.

Morning Session II 11:10-12:10

A. The Five Wishes Sherry Campbell, LMSW

Have you thought about your healthcare wishes? Do you have them in writing? In this session, we will watch the short documentary, *Extremis*, and have a discussion about the Five Wishes. Attendees will receive a copy of the Five Wishes to complete for themselves and support as needed in completing them. This is an important session if you haven’t put your wishes in writing, come join us!

B. Alternative Burials, Home Funerals and Death Rituals Barry Koch

Barry Koch will lead us in an interesting discussion about alternatives to traditional final arrangements. Did you know in the state of Tennessee you can have a home funeral? Did you know our area has two conservation burial sites within a two hour drive? He is also the co-founder of TGBeyond, the goal for this project is to “deeducate, deadutain, and create an open, intimate, and interactive conversation around end-of-life issues that affect us all”

C. Mind-Mapping Your Death Judith Pedesen-Benn

Just as we need help in the birthing process, we often need assistance to make our final transition. Consciously engaging with our own death requires physical, mental, emotional, and spiritual preparations. It also calls on us to imaginatively explore whom we would like to be present at the time of our deaths and even what we would like our environment to be like. This workshop will provide a place where you can imagine and draw a “mind-map” of what your most ideal last moments on earth would be like.

Lunch 12:10-1:30

Keynote Presentation by David Turner, Heart N’ Soul Hospice

We are very honored to have Mr. David Turner, CEO of Heart N’ Soul Hospice as our Keynote Speaker. Enjoy lunch by Melissa Krell of Sweet Melissa’s Catering.

Presenting David Turner Founder, Heart’N Soul Hospice

”Why Don’t More Black People Use the Hospice Benefit?!”

We are incredibly honored that David Turner has joined us this year. He is a self-described “hospice guy” having been involved in hospice business development and operations since 2008. A native of Detroit, David started and ran a Michigan based hospice program from 2014-2021. David made the decision to take his business model, end of life care focused on traditionally underserved segments of the population. He now runs a Hospice in Nashville, TN and continues to look for opportunities to expand his vision in other select US markets in the coming years. Most recently Heart n Soul was granted a Certificate of Need in King County, Washington (Seattle). The mission of Heart n Soul Hospice, is to increase information, access and utilization of quality end of life care, while simultaneously expanding the presence of people of color in ownership and senior leadership in the hospice industry. David and his wife Ann, currently split time between Detroit and Nashville.



We do significant ‘in-reach’ by being active in local events and supporting black media. It’s vitally important that hospice providers don’t just look to take Medicare dollars out of Black communities but are also interested in putting money back into them.

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SPECIAL PROJECTS – ST. CROIX HOSPICE
FOUNDER – HEART’N SOUL HOSPICE



Afternoon Session 1:30pm-2:30pm

A. The Black Experience and Death

Dr. Gloria Thomas Anderson

Dr. Anderson shares about her own personal experience and what she has learned over the years as an Advanced Care Planning Expert, thought leader, educator, speaker and minister.

B. Organ Donation

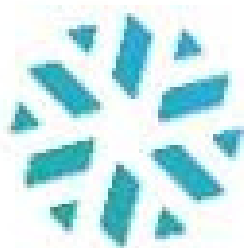
Dawn Benjamin, Tennessee Donor Services

Twenty people die every day waiting for a life saving transplant. It's important that we talk about this. Dawn Benjamin will guide us in a discussion on organ donation and answer any questions you may have. She will be covering the facts about organ and issue donation; the need for transplants; and how to register one's decision to pass on the gift of life.

C. The Life of a Funeral Home Director

Barry Miller, Lane Funeral Home

What is the day to day life of a local funeral home director? What is like to be a mortician? Local Funeral Director and Embalmer Barry Miller will join us to share about his work and answer questions you might have. Bring your thoughts and experiences!

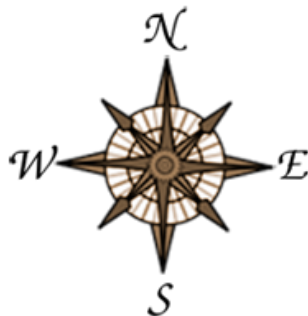


**Hospice of
Chattanooga**
ALLEO HEALTH SYSTEM

Presenting Rose Gordon
Founder of Circle of Compassionate Care
“Being Present: Diversity and End of Life Care”

2:40pm-3:50pm

It is important to keep a mind’s eye to a cultural perspective, that we all may have the same needs at the end of life- death, dying and grief look different through all cultures. In this very special Closing Keynote Workshop, we are grateful for our longtime friend of Welcome Home, Rose Gordon. Rose helps us explore culture and diversity. She will lead us in exploring curiosity, interest and appreciation and how they affect the professional/personal relationship. Participants will learn to identify the difference between fixing, helping and serving and how each attitude impacts the autonomy and dignity of those they serve. We will also discuss the four ways of doing no harm in interactions with others.



Rose Gordon has been the Spiritual Counselor and Bereavement Care provider for Mountain Home Health Hospice since 2012 and has been a popular presenter for Welcome Home’s Demystifying Death program for years. She offers private end of life support services through Circle of Compassionate Care. She was the Director and a faculty member of the Being With the Dying Project at Upaya Zen Center from 1997-2002. She leads retreats on Dreamwork, has trained people in end of life care in New Mexico, Colorado, New Year and Dubai and volunteered at a hospice in Rishikesh, India. She is a frequent speaker at Unity Taos. Her essay, Grief and the Depth of Your Love, was published in the Fall 2019 issue of Minding Nature magazine. Silver Talkies, a digital magazine in India, published her article, Caregiver: Finding Lost Time Together, in October 2022.

Closing 4:00-4:30pm

We are SO glad you have joined us and hope that you have had a great day.

Door Prizes

Music provided by Keith Bobo

Surveys

NASW Certificates Provided

Join us for our series in November!

November 2 4-7pm All Souls and Saints Day

Open House Event

November 14 5:30-7pm “Grief and the Holidays”

Hybrid Event

Join us for our Demystifying Death 8 Week Course Spring 2024

Find out about our events at welcomehomeofchattanooga.org



Here's to those providing the final gift of love.

We're honored to be a part of the Demystifying Death Conference presented by Welcome Home of Chattanooga. Thank you for offering shelter and end-of-life care to those in need.

Learn more about our mission at [bcbst.com](https://www.bcbst.com).



Speaker Highlights

Dawn Benjamin, Tennessee Donor Services/Donate Life Tennessee External Affairs Coordinator. Based in the Chattanooga office, she joined TDS in 2006. Her primary job is that of advancing the message of organ and tissue donation through developing relationships with key stakeholders, advancing partnerships with community members, organizations and businesses and maximizing opportunities with traditional and social media. Dawn works in 20 surrounding counties handling the public relations, marketing, and educational outreach. Prior to coming to Tennessee Donor Services, she worked in television as a producer and host for 19 years primarily focusing on health, public affairs, and documentary programming. Dawn is a graduate of the University of Tennessee at Knoxville with a BS in Communications.

Amy B. Boulware, LAP MSW: Amy Boulware is a geriatric and special needs Licensed Advance Practice MSW with the Elder Law and Special Needs team at Chambliss Law. Amy has worked in the field for the last 32 years and her goal is to help her clients remain independent and active as they age because she understands the complex systems they are dealing with and will advocate for them with empathy, honesty and compassion.

Sherry Campbell, LMSW, Sherry is the Founder and Director of Welcome Home of Chattanooga. She has been a social worker in the Chattanooga area for over 30 years, mostly in medical care.

Barry Koch is the co-founder of TGBeyond a company that is focused on helping people navigate the physical, emotional and unavoidable administrative aspects of dying. He is a long-term volunteer with Hospice Atlanta, a member of the Green Burial Council's speakers Bureau and he holds a certificate of Thanatology from the Association for Death Education and Counseling. He is the co-chair of ADEC (association for Death Education and Counseling) communications committee. Prior to working full time in the end-of-life space, he spent 30 plus years in media, and was for 20 years the general manager of Cartoon Network in Latin America.

Speaker Highlights

Judith Pedersen-Benn, MS, CADC, CHT, Works with individuals, groups and organizations as they explore how to make positive changes, overcome self-defeating patterns, and integrate practices that encourage balance and wellness. For the past twenty-five years she has worked as a counselor, trauma professional, teacher, and organizational consultant. She incorporates her understanding of the reciprocal and relational nature of life into her professional practice and her work for peace and justice. She is a senior faculty member at the Center for Mind-Body Medicine and a certified Sage-ing: Ageing with Wisdom and Vitality Facilitator.

Dr. Bob Zylstra, EdD, LCSW, is Professor and Director of Behavioral Medicine at the UT College of Medicine Campus in Chattanooga and Adjunct Instructor for the University of Tennessee at Chattanooga Bachelor of Social work program. He obtained much of his practical experience with medical ethics by serving on the medical ethics committees of Erlanger and Siskin Hospital. In addition to his involvement with family medicine he has worked as a home health social worker and supervisor of a community hospital's social work department



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Thank you for joining us!



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