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News & Updates from 

Ursuline Senior Services

Fall 2012

Grief Conference to Feature Stellar Line-up of Keynote Speakers

City Councilman Corey O'Connor

is a native Pittsburgher and life-long resident of the 5th Council



Corey O'Connor

District. In 2006, he earned his bachelor's degree in elementary education from Duquesne University, with a minor in political science. Upon graduation from Duquesne, Mr. O'Connor began his career working for U.S. Representative Mike Doyle in his Pittsburgh District Office. In the Pittsburgh City Council race of 2011, Mr. O'Connor won over 75 percent of the General Election vote. He is the third child of Pittsburgh's late Mayor Bob O'Connor and Judy O'Connor.

Judith Johnson and Laurie Schwartz are co-founders of Having It Your Way, a creative



Rev. Judith Johnson

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Good Grief Center Conference to Offer Grief and Bereavement Skills, Strategies for Those Working with Grieving Individuals

The Good Grief Center for Bereavement Support (GGC), a new division of Ursuline Senior Services, is offering a one-day conference, "Business of Bereavement: Insights on Grief," from 7:30 a.m. to 3:30 p.m., Tuesday, Oct. 23, 2012, at the Twentieth Century Club, 4201 Bigelow Boulevard in Pittsburgh's Oakland section.

"This conference will help professionals and others build skills and gain a better understanding of grief and loss so they can have more meaningful conversations, provide greater support and a compassionate response to the needs of the dying and grieving among their patients, clients, employees, families and communities," said Executive Director Anthony Turo. "It will help to promote the special awareness, needs and communications of the grieving and bereaved."

The Good Grief Center has attracted a stellar roster of speakers and facilitators who will help attendees explore numerous

facets of grief. Emceed by WTAE-TV news anchor and honorary GGC council member Sally Wiggin, the conference's roster of speakers includes City Councilman Corey O'Connor, nationally recognized experts Judith Johnson and Laurie Schwartz and award-winning author Lee Gutkind, along with a panel of local professionals.



LuLu Orr, founder of the Good Grief Center

The conference will also include a special presentation during lunch to Lulu Orr, founder of the Good Grief Center to mark 10 years of service and recognizing Mrs. Orr for a "Decade of Caring."

Major supporting partner for the conference is UPMC Health Plan. Additional partners include TIAA CREF, Dollar Bank, AseraCare Hospice and Smith Barney Morgan Stanley.

This program has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through joint

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Speakers cont. from Page 1

collaboration designed to educate and motivate individuals and organizations to live and evolve from a place of profound authenticity. The dynamic educational programs and individual and organizational coaching empower clients to live with conscious purpose rooted in a deep sense of self. Their keynote address is titled, *Transforming Our Culture of Death: From Anxiety to Compassion*.

Rev. Johnson was ordained as an ecumenical minister in 1985. Her formal education includes a master's degree in business administration and doctorates in social psychology and spiritual science. She is a published author and reporter for the Huffington Post and writes extensively on grief and loss.

Ms. Schwartz co-founded Having It Your Way and Circle of Friends for the Dying, Inc.: a nonprofit organization in the development phase of overseeing a home in Ulster County, NY for people in their last three months of life. She has a B.A. degree in education from Brooklyn College and a master's in humanistic education from the State University of New York at New Paltz.




Laurie Schwartz

Lee Gutkind is the author of "At the End of Life: True stories about how we die" and founder and editor of the literary magazine Creative Nonfiction. Mr. Gutkind


has written and edited books about baseball, health care, travel and technology. He is currently Distinguished Writer in Residence at the Consortium for Science, Policy and Outcomes and Professor in the Hugh Downs School of Human Communication, both at Arizona State University. Mr. Gutkind will share the process of writing and editing this poignant picture of how we face death and be available to sign copies of his book.

Additionally, a number of workshops facilitated by distinguished professionals will be offered during the day, including:

- Active Listening
- Psychological First Aid
- Because THEY Don't Know – Finding the Courage to Make Real Conversations Happen in Bereavement
- The Evolving Concept of Complicated Grief: A Clinical Perspective and Insights from the Heal Study
- Estate Planning: Beyond the Basics
- Understanding Normal Grief
- Grief in the Workplace
- Being an Agent of Change: At Home, At Work, and in the Community 

Conference cont. from Page 1

sponsorship of Allegheny General Hospital and the Good Grief Center. Allegheny General Hospital is also approved by the American Psychological Association to sponsor continuing education for psychologists. Continuing education credits will also be available for human resources, legal, and social work professions and student scholarships are available for those meeting certain criteria. Information may be obtained by calling the Good Grief Center at 412-224-4700 or visit www.goodgriefcenter.com.

The Good Grief Center for Bereavement Support of Ursuline Senior Services is the region's first and only comprehensive center dedicated exclusively to bereavement support of all ages. Its service area spans Western Pennsylvania—as well as any part of the English-speaking world over the phone and through its website, www.goodgriefcenter.com. Its mission is to be a comprehensive bereavement resource and referral center that builds a more compassionate community through grief awareness, education, support and hope; creating a safe place where all who have experienced the pain of death may come to work through loss and learn to manage grief. 

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New & Updated from
Ursuline Senior Services
Fall 2012



Mission Statement—
Helping older adults age with dignity.

<p>Administrative Staff</p> <p>Anthony J. Turo, MPA <i>Executive Director</i></p> <p>John Daub, BA, Cert in Acctg. <i>Business Office Manager</i></p> <p>Elaine Resetar <i>Executive Assistant</i></p>	<p>Division Directors</p> <p>Diana Hardy, MSCP, NCC, LPC <i>Good Grief Center</i></p> <p>Judy McClelland, MHA <i>Guardianship Services</i></p>	<p>Michelle Smart, MS, NPM <i>Protective & Supportive Services</i></p> <p>Karen Miller Tobin, MEd <i>Volunteer Programs</i></p>
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Seeding the Future...

by Tony Turo
Executive Director

Maybe it's the time of the year or maybe it's the times we find ourselves living in, but for many of us who work for organizations delivering social services to the most vulnerable members of our society, these are times of deep reflection.

For those who search for meaning to human existence, autumn seems to be the particular season for kindling deep thoughts and insights. It's a time of both harvest and assessment. It's a time for preparation for the more challenging times of winter and the stark coldness that season brings. It's a time to take stock as to whether or not our efforts are worth it and whether our lives have meaning.

This season, our country, as well as much of the world, also finds itself searching not just for meaning but for answers to so many issues and concerns that test even our most basic beliefs. Scarcity of resources and uncertainty about the future cause many of us to focus on security for ourselves and our families first and only; in these tough times, even the most charitable among us may now turn our backs on the needs of others, sometimes out of

necessity, sometimes out of fear of what the future holds.

At Ursuline Senior Services, we see this daily. Our mission has always been to be there for many of the most vulnerable members of society, such as elderly citizens struggling to age with dignity, facing the last years of life physically frail, financially struggling and emotionally drained. This mission recently was accentuated when Ursuline merged with the Good Grief Center for Bereavement Support, which for ten years has offered much needed support for those burdened by grief.

*Ursuline Senior
Services is
committed to
remaining a
place of hope for
those we serve.*

Indeed, those we serve are among the most vulnerable. Yet one could argue they are often among the least attractive in terms of garnering public interest and support. When most people think of the elderly, they are reminded perhaps of their own grandparents or those fortunate senior citizens depicted on the advertisements for retirement communities: still healthy, attractive and financially secure. They seldom dwell on the plight of so many seniors

living in squalor, or fighting health issues for which they do not have adequate coverage or living an existence devoid of real human companionship.

As for those enveloped by grief, life is equally difficult. Few afflictions face such a wall of ignorance. Even the most good hearted among us often find it hard to help someone who is grieving or to understand why grief can grip someone with such ferocity.

Ursuline Senior Services is committed to remaining a place of hope for those we serve. More importantly, we also intend to continue to seek innovative ways to educate the public about our work and to encourage wider understanding and support. In this newsletter, you will read about our most recent effort toward this end, an important conference on grief in the workplace and other professional settings offered through the Good Grief Center for Bereavement Support. I hope you will share this information with everyone you know who might benefit from it.

In the meantime, I ask that you continue to support the work of Ursuline Senior Services, through your supportive thoughts, your volunteering and your financial support. On behalf of those we serve who often do not have the means to voice their own gratitude, I say thank you and God bless.

-Tony Turo

Ursuline

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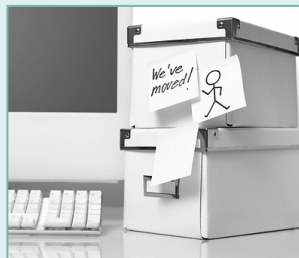
In This Issue

 **Good Grief Center:**
Bereavement Conference
is October 23. Read
about details and speakers
on the front cover.

 **Seeding the Future:**
Looking ahead and
embracing the future.

Ursuline on the Move(s)

In the advent of many pivotal programmatic changes throughout the Ursuline Senior Services family of programs and services, we have been on the move(s) over these past several months!




The administrative offices of Ursuline Senior Services (Executive Director Anthony Turo; Executive Assistant Elaine Resetar; Business Office Manager John Daub; and Volunteer Programs Division Director Karen Tobin) have relocated to our Good Grief Center at 2717 Murray Avenue, Pittsburgh PA, 15217 as of Wednesday, August 22, 2012.

Emails will not change, but these individuals can now be reached by phone (along with any Good Grief Center personnel, including GGC Division Director Diana Hardy) at 412-224-4700.

The fax number at our new Administrative Center is 412-224-4717.

The remainder of our Programs & Services (Protective Services, Guardianship and Service Coordination) moved to our new East Liberty office at 204 North Highland Avenue, Pittsburgh PA, 15206 on September 20, 2012. Administrators-on-site at this location are Protective & Supportive Services Division Director Michelle Smart, along with Guardianship Services Division Director Judy McClelland. Likewise, these staff emails have not changed in the move, but the staff can be reached by phone at 412-345-0144. The fax number at the new location is 412-345-0199.

Ursuline welcomes you to visit us at either of our new locations at your convenience! Thank you in advance for your continued support during this exciting time in our agency's history!! 



www.ursulineseniorservices.org

United Way Donor Designation Code: 281
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Ursuline Senior Services was awarded this Seal of Excellence by the Pennsylvania Association of Nonprofit Organizations (PANO), under the Standards for Excellence.