

27th Annual “Because We Care” Workshop: Do you Remember...?

Sept. 21, 2023
8 am–3:30 pm

In-person

Ardmore Baptist Church
Winston-Salem, N.C.



Register online at northwestahec.org

Program Overview and Objectives

The 2023 Because We Care workshop will ask the questions “Do you remember why you chose healthcare; Do you remember the importance of laughter; and Do you remember what resources are available to you, your patients and their families?” Oftentimes we become so wrapped up in the daily tasks we lose sight of the reason we’re here and struggle to survive. We will discuss how important laughter is, what resources are available and how to support staff and families when loss occurs.

It is essential to have good tools, but it is also essential that the tools should be used in the right way -

Wallace D. Wattles

Upon completion of this program, participants will be able to:

- Identify traits that differentiate therapeutic humor from caustic humor.
- Describe physical and emotional benefits of laughter.
- Describe how humor impacts resiliency.
- Identify available resources to support staff and families.
- Identify ways to help families cope before, during and after a loss.
- Describe how families experienced support after a loss.

Who Should Participate

This workshop will be beneficial to nurses, social workers, child-life specialists, counselors, chaplains, and other care providers or interested professionals.

As part of its commitment to diversity and inclusion, the Northwest AHEC and Wake Forest Baptist Medical Center provides compassionate education and respectful care for all, regardless of sexual orientation, gender identify or expression.

Jointly Provided by:

The “Because We Care” Bereavement Follow-Up Program of Brenner Children’s Hospital and Northwest Area Health Education Center (AHEC), a program of Wake Forest University School of Medicine and part of the NC AHEC System.



continued ►

Faculty

Debra "Deb" Gauldin, RN, CHP

Deb Gauldin RN, PMS is a professional speaker and recording artist who grew up in Des Moines and raised her family in the Chicago area. She was a maternity nurse (and yo-yo dieter) for over twenty years, though it only took 6 months in healthcare to have enough material to take her act on the road!

She has entertained healthcare audiences for more than 20 years now, and in more than 20 countries. Deb is a bi-coastal Grandma - with 2 grandchildren in California and 3 in North Carolina.

She is an award-winning member of numerous professional organizations including the Association for Applied and Therapeutic Humor. Still, Deb insists her best credentials are her stretch marks and laugh lines.

Here to help us laugh our way through whatever lies ahead, please welcome The Artist Formerly Known As "MOM" Rounds.

Angel Mitchell, RN, MSN, CPN

Angel has been the manager for "Because We Care" program for the past 19 years. As manager, she ensures each family that experiences a loss, whether in the Birth Center or Brenner, is offered support through the bereavement program, "Because We Care." Angel teaches staff how to follow families with support, while making keepsakes for the them and supports staff as they care for bereaved families. She has coordinated the annual BWC staff workshop for the past 17 years. She cares deeply about identifying best practices for professionals and the reduction of compassion fatigue.

Community Support

Child Life, Music Therapy, Trauma Counselor, RMH, SECU, Arts for Life, Chaplaincy, Bereavement

Credits

- 0.6 CEUs from Northwest AHEC
- 6.0 Contact Hours

Nurses: This educational activity with 6.0 hours can be applied toward your continuing competence plan for maintaining your current licensure with the North Carolina Board of Nursing.

Credit will be awarded based on participant selection at time of registration. Before selecting credits, please review our general [Credit Glossary](#) but note not all programs offer all credits.

Criteria for successful completion requires attendance for at least 90% of the activity and submission of the evaluation.

Location

Ardmore Baptist Church

501 Miller Street, Winston-Salem, NC 27103

Parking: Guest parking is available in front of the sanctuary, on the corner of Miller and Elizabeth streets.



[> Click Here for Directions](#)

Directions will also be sent with your confirmation letter.

For More Information or Assistance

If you have not received your confirmation within 24 hours of the program date or have questions regarding the event, registration or fee(s), please contact Marie Simos at 336-713-7721 or email msimos@wakehealth.edu.

We want to assure that all participants can benefit from our program. If you need auxiliary aids or special services to attend this program, please call Marie Simos at least five working days prior to the program.

Registration

\$ 60—Atrium Health Employees Fee (promo code needed)

\$100—Registration fee (all others)

Register and pay online at northwestahec.org/71159 or complete and return the attached registration form. Payment by credit card (Visa, MasterCard, Discover and American Express) or Atrium Health Wake Forest Baptist internal transfer accepted online. Personal check, corporate check, or money order is accepted by mail.

Payment Policy—Payment is required on or before entrance into any Northwest AHEC activity. If a corporate payment has not been received prior to the activity start date, you will be required to provide a personal credit card or check. To avoid personal payment, you should check with the financial staff at your organization to determine status of payment. If and when the corporate payment is received, Northwest AHEC will issue a full refund based on your original form of payment.

Refund Policy—Cancellations received in our office at least two weeks (14 business days) before the activity will receive a 100% refund. Registrants cancelling between two weeks and two full business days **prior to the first day of the event** will be refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee. The registration fee will not be refunded if a cancellation is received less than two days before the activity.

Cancellations must be in writing (fax, email or mail). You may send a substitute in your place.

When planning for an educational activity, registration fees are not based on credit hours or agenda. Registration fees are based on expenses such as meeting room rentals, food, equipment, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

Note— Attendance at this activity grants permission for Northwest AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify a Northwest AHEC staff member if you have concerns.

Agenda

- 7:30 am **Registration and Breakfast**
- 8 am **Welcome**
Angel Mitchell, RN, MSN, CPN
- 8:15 am **Laughter *IS* the Best Medicine. Let's Get Serious about Humor!**
Deb Gauldin, RN, CHP
- 10:15 am **Breaks and Exhibits**
- 10:30 am **Bereaved Parent Panel**
- Noon **Lunch (provided)**
- 1 pm **Remembering your Resources**
Angel Mitchell, RN, MSN, CPN
Community Support Staff
- 3 pm **Remember to Laugh! A Comical Recap**
Deb Gauldin, RN, CHP
- 3:30 pm **Closing Remarks**
Angel Mitchell, RN, MSN, CPN

Registration Form

Register online at northwestahec.org

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Please select registration fee:

- \$60—Atrium Health Employees Fee (promo code needed)
- \$100—Registration Fee (all others)

Please check if needed:

- Vegetarian Meal
- Gluten-free Meal
- Lactation Room

Last 4 digits of Primary Phone #: * required

First Name	MI	Last	Degrees (e.g., MD)		
Profession		Job Title			
Home Address		City	State	Zip	County
Home Phone		Cell Phone			
Employer					
Employer Address		City	State	Zip	County
Employer Phone		Employer Fax			

Email Required:

- Preferred Email
- Home Email
- Work Email

By providing your fax number, email address and telephone number, you have granted permission for us to contact you via the numbers and address indicated.

Please register ONLINE at www.nwahec.org/71159 (Recommended)

OR select one of the following options:

- Make check payable** to “Wake Forest University Health Sciences” and mail, with registration form, to:
Wake Forest School of Medicine / NW AHEC
Medical Center Boulevard, Winston-Salem, NC 27157-3311
Attention: Marie Simos
- Atrium Health Internal Transfer:** _____ **Project** _____
 Comp Op Unit Cost Ctr Nat Acct Program Fund
- Employer Payment:** Supervisor completes below and faxes registration to 336-713-7701.

Supervisor’s Name (Printed)	Signature	Phone
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By signing, I am certifying that agency payment will follow. If you have a balance due and do not attend or send a substitute, you will be invoiced for the full program fee.