



MENNONITE HEALTHCARE FELLOWSHIP

# **ANNUAL GATHERING 2016**

YMCA OF THE ROCKIES  
ESTES PARK, COLORADO

JUNE 17-19, 2016



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## **WELCOME TO THE ANNUAL GATHERING 2016!**

On behalf of the Board and Staff of Mennonite Healthcare Fellowship (MHF) as well as the Planning Committee led by Indigo Miller, I want to welcome you to Annual Gathering 2016! We are delighted to bring this event to the western part of the country and especially to this magnificent scenic setting at the YMCA of the Rockies in Estes Park, Colorado! I hope that both the setting and our theme, **“Wholeness and Holiness: Views from the Mountaintop,”** will inspire and encourage you on your journey as a Christian healthcare professional. We are pleased to work with the YMCA staff at the Estes Park Center to make your weekend as comfortable and enjoyable as possible. Please feel free to share your affirmations or concerns to us throughout the weekend as well as following the event at [info@mennohealth.org](mailto:info@mennohealth.org).

# INFORMATION

## ABOUT THE PLANNING COMMITTEE

The Planning Committee for this year's Annual Gathering comes from Colorado and Kansas. Please take the opportunity to thank them for all of their hard work in arranging everything from accommodations to program. Members of the Planning Committee: Indigo Miller (chairperson), Lisa Allison, Jan DeCourtney, Glenda Kauffman, Mel Stjernholm, and Erica Stoltzfus. They were assisted by Paul Leichty, Executive Director, and Deloris Rhodes, Administrative Assistant.

## SETTING

The Estes Park Center (EPC) is one of two conference settings operated by the YMCA of the Rockies. Mennonite Healthcare Fellowship is pleased to be able to host Annual Gathering 2016 in this beautiful Rocky Mountain setting! In case you need it, here is official contact information for the EPC:

Estes Park Center  
2515 Tunnel Road  
Estes Park, CO 80511  
888-612-9622  
[conferencepc@ymcarockies.org](mailto:conferencepc@ymcarockies.org)

## REGISTRATION CHECK-IN

Each registrant should check in first with the YMCA Estes Park Center at the front desk of the Administration Building in front of the flagpole for their room keys, meal tickets, and wristbands. From there, you will be directed to the Emerald Mountain Lodge where MHF will have a registration table set up. **It is important that anyone on the grounds of the YMCA property whether full-time or part-time, check in with the YMCA front desk.**

## LODGING & MEETING SPACE

The MHF Annual Gathering is using the facilities of the Emerald Mountain Lodge for both lodging and meeting space. Maps of the grounds and the configuration of the Lodge will be available at check-in. Meeting rooms are on the second floor. All floors are accessible by either stairs or an elevator.



## MEALS

All meals will be served in the Aspen Dining hall, near the Administration building and a short walk from Emerald Mountain Lodge.

## COMMUNICATION AND EMERGENCY INFORMATION

For your information, cell phone service in the mountains is described as “spotty.” If you need anything anytime during your stay at the YMCA Estes Park Conference Center, you can dial ‘0’ from any campus phone for the switchboard. Someone is on duty there 24 hours a day. **For an emergency**, dialing 222 from a YMCA phone connects you to the switchboard and then the town dispatcher. The YMCA has First Responders on the property and also a First Aid Station.

## CONTINUING EDUCATION UNITS

This year, through the cooperation of Eastern Mennonite University’s Lancaster, Pennsylvania campus, Mennonite Healthcare Fellowship is able to offer continuing education units for nurses for a limited number of sessions at a cost of \$25/person. Those who signed up for these units will receive further information in their registration packets. Erica Stoltzfus from the Planning Committee is coordinating this effort for MHF.

## OFFERING

It is the custom of MHF to collect an offering at the final plenary session for the benefit of organizations or projects that have been featured at the Annual Gathering. Since gun violence is such a big public health issue in the U.S., this year, the offering will go to RAWtools located in Colorado Springs, Colorado. RAWtools describes its overarching purpose: “Disarm Hearts. Forge Peace.” RAWtools partners with communities in an effort to repurpose weapons into hand tools for productive lifelong purpose.



## DISPLAYS

Please visit the Mennonite Healthcare Fellowship display in the East Portal Room during the Annual Gathering. A number of the plenary session and workshop presenters will also have displays which will give you more information on their organizations and ministries.



# SCHEDULE

## FRIDAY, JUNE 17

3:00–6:00 p.m. Registration—Emerald Mountain Lodge Lobby

6:00–7:00 p.m. Meal—Aspen Dining

**7:00–8:30 p.m. Worship / Plenary Session—Spirituality of Illness: Exploring the Invitation to Go Deeper**—Nancy Trottnier

8:30–10:30 p.m. Post-session Fellowship and Networking Time and fireside S'mores!

## SATURDAY, JUNE 18

7:00–8:00 a.m. Breakfast - Aspen Dining

**8:30–10:00 a.m. Worship / Plenary Session—Widening our Views: The Role of MHF**—MHF Board

10:00–10:30 a.m. Morning Break

10:30–11:45 a.m. Workshop Session 1

1-1. **End of Life Care: The Ethical Issues**—Melvin Stjernholm, Lisa Allison, Rachel Neufeld

1-2. **Stories from MVS: Volunteerism, Privilege, and Community Health**—Hilary Garmen & Stephen Graber

1-3. **Dreams: Listening to our Inner Teacher**—Nancy Trottnier

11:45 a.m. Group Photo

12:00–1:00 p.m. Lunch—Aspen Dining

1:00–2:15 p.m. Workshop Session 2

2-1. **Views from the Mountaintop: International Healthcare Panel**—Glenda Kauffman, moderator; Ernest Kandel, Sonia Graber, Murray Nickel

2-2. **Life and Death: Our Divine Romance with God**—Kim Mooney

2-3. **Best Practice vs. Reality: Maintaining Holistic Care Abroad and at Home**—Rachel Neufeld

2:30–3:45 p.m. Workshop Session 3

3-1. **Stepping Out on a Limb: Exploring the Spirit of Healing**—Nature Walk with Bud Wilson

3-2. **Death and Dying: Perspectives from Theology, Resilience and Family Systems**—Kenton Derstine

3-3. **Doing Community**—Networking with presenters and exhibitors

4:00–6:00 p.m. Free time/Outdoor activities

6:00–7:00 p.m. Dinner—Aspen Dining

**7:00–8:30 p.m. Worship / Plenary Session—Healing the Soul: Trauma, Violence, Reconciliation, Resilience**—Melissa Roth & Beth Good

9:00–10:00 p.m. Hymnsing

## SUNDAY MORNING, JUNE 19

7:00–8:00 a.m. Breakfast—Aspen Dining

8:00–10:00 a.m. Free time & Room Checkout

**10:00–11:30 a.m. Closing Plenary Session / Worship with Communion: The Renewal of Medicine and Christian Spirituality**—Abraham Nussbaum

12:00 noon–1:00 p.m. Lunch—Aspen Dining

## WORSHIP

Each plenary session during Annual Gathering 2016 begins with a time of worship that includes plenty of singing. Leading worship this year are Kim and Lauren Martin from Glenwood Springs, Colorado. Assisting them with music is Kaleem Khesghi from Pittsburgh, Pennsylvania.

### WORSHIP AND MUSIC LEADERS

#### **Kim & Lauren Martin**

Glenwood Springs, Colorado



Kim and Lauren Martin are from Glenwood Springs, Colorado. Kim earned her BS in Nursing degree at Eastern Mennonite University (EMU) and works at Valley View Hospital (VVH) in NICU and Lactation. Her hobbies include baking, hospitality and walking in the mountains. Following 22 years of pastoral ministry, Lauren is the Spiritual Care Coordinator – Chaplain at VVH. His hobbies include X-C bicycle touring, gardening, and wilderness adventures. They have two daughters; Mariah is a first year student at AMBS and Sierra is a sophomore at EMU. Lauren and Kim both grew up in Lancaster, Pennsylvania.

#### **Kaleem Khesghi**

Pittsburgh, Pennsylvania



Kaleem Khesghi grew up in Evanston, Illinois, and has been playing the flute since age 7. He completed his BA in Music at Goshen College in 2009, and was a member of the Youth Worship Band in the 2009, 2011, 2013, and 2015 Mennonite Church USA Conventions. Kaleem and his wife live in Pittsburgh, Pennsylvania, where they attend the Pittsburgh Mennonite Church. When Kaleem isn't at work as a program manager for Google, he makes time to play music, make art, go birding, and play tabletop games.

>>> **SAVE THE DATE!** <<<



MHF ANNUAL GATHERING 2017

**JUNE 23-25, 2017**

LAURELVILLE MENNONITE CHURCH CENTER  
MOUNT PLEASANT, PENNSYLVANIA

## PLENARY SESSIONS

FRIDAY EVENING, JUNE 17

Session Theme: **“Spirituality of Illness: Exploring the Invitation to Go Deeper”**

Presenter: **Nancy Trottnier**,  
Longmont, Colorado

This presentation will offer a window into the experience of what it means to be chronically/seriously ill and how this challenging time can be a profound opportunity to grow spiritually. A variety of tools will be introduced to help navigate this path. Exploring this opportunity can help discover meaning during this important aspect of life’s journey.



SATURDAY MORNING, JUNE 18

Session Theme: **“Widening our Views: The Role of Mennonite Healthcare Fellowship”**

Presenters: **Mennonite Healthcare Fellowship Board of Directors**

Mennonite Healthcare Fellowship (MHF) is an organization that exists primarily for mutual support, mobilization for service, mentoring, and education. The MHF Board will engage participants in an interactive session on how to structure MHF to meet the needs of 21<sup>st</sup> century Anabaptist healthcare professionals in order to serve the larger church and world.

SATURDAY EVENING, JUNE 18

Session Theme: **“Healing the Soul—Trauma, Violence, Reconciliation, Resilience”**

Speakers: **Beth Good**, Columbia, Pennsylvania & **Melissa Roth**, Colorado Springs, Colorado

What are the signs of trauma in ourselves and others? How can we build resilience in the face of trauma? How can ritual and storytelling play a role in the path from trauma toward a place where pain can be brought to speech in restorative space. This session will highlight two speakers who answer these questions in their own daily work. Their powerful perspectives on violence and trauma will help bring to light how we as a community of Anabaptists and healthcare providers can bring peace and healing to ourselves and our communities.

SUNDAY MORNING, JUNE 19

**Closing Worship and Communion**

Session Theme: **“The Renewal of Medicine and Christian Spirituality”**

Speaker: **Abraham Nussbaum**, Denver, Colorado

This closing worship service and plenary session will feature Dr. Abraham Nussbaum, speaking from the perspective of his new book, *The Finest Traditions of My Calling: One Physician’s Search for the Renewal of Medicine* and addressing the intersection of that theme with Christian spirituality. Worship will culminate in a communion service. An offering will be collected for RAWtools, a Colorado-based organization that repurposes weapons into tools.

**1-1. End of Life Care: The Ethical Issues**—Melvin Stjernholm, moderator; Lisa Allison; Rachel Neufeld

Panelists will share about end of life care from their professional and personal perspectives in a discussion and question session moderated by Melvin Stjernholm, MD.

**1-2. Stories from MVS: Volunteerism, Privilege, and Community Health**—Hilary Garmen & Stephen Graber

Hilary and Stephen reflect on their year of service with Mennonite Voluntary Service (MVS) and how volunteering in healthcare has influenced their perceptions of community health needs.

**1-3. Dreams: Listening to our Inner Teacher**—Nancy Trottnier

Come and learn ways to understand this mysterious nightly occurrence. Dreams are a mysterious inner teacher who provides guidance, direction, affirmation and challenge to us in our journey toward wholeness.

**2-1. Views from the Mountaintop: International Healthcare Panel**—Glenda Kauffman, moderator; Ernest Kandel, Sonia Graber, Murray Nickel

A panel of persons who have served in international settings will share from their perspectives.

**2-2. Life and Death: Our Divine Romance with God**—Kim Mooney

We can only know God if we are willing to accept God's plan for us, whether it becomes clear or remains shrouded in mystery. Looking deeply into the truth of death in all its forms, we find a path toward compassion and salvation, and a love unlike any other.

**2-3. Best Practice vs. Reality: Maintaining Holistic Care Abroad and at Home**—Rachel Neufeld

This workshop will address questions such as these: How do we maintain what is best for the patient as a whole person when it may not be "best practice"? What adjustments need to be recognized within the reality of the environments in which we work in and the individuals with which we work?

**3-1. Stepping Out on a Limb: Exploring the Spirit of Healing.** Nature Walk with Bud Wilson  
Now that you are in the mountains, use this time as an antidote to Nature Deficit Disorder. Together, we will experience Nature's Embrace. You will be gently guided on a nature-sensing journey, activating all nine perceptual fields of awareness. Enjoy natural renewal by cultivating universal energy for vitality and clarity. Let's have some fun outside!

**3-2. Death and Dying: Perspectives from Theology, Resilience and Family Systems**—Kenton Derstine

Death and loss are among the most important nodal points in the life of a family. Families vary in their ability to adjust to death and loss. Studies in resilience suggest that the quality and quantity of relationships that a person enjoys positively impacts a person's immune system and the capacity to manage losses and meet the challenges of life. However, observation suggests that more cutoffs and more reconciliation occur during the passage of death than at any other time of the life cycle. The direction of this tipping point has potential to greatly impact the family over succeeding generations. God's vision for human wholeness will be explored alongside perspectives from the sciences.

**3-3. Doing Community**—Networking with presenters and exhibitors

Join us for a casual time of connecting and networking with some of the weekend's speakers and exhibitors.

## ABOUT OUR PRESENTERS AND RESOURCE PERSONS

### **Lisa Allison**

#### **Colorado Springs, CO**



Lisa, Allison RN, OCN, works as an oncology nurse navigator at Memorial Hospital. She has functioned as a coordinator, mentor, expeditor and friend to cancer patients at Memorial's Cancer Center since starting this position in 2009. She received her BSN from Eastern Mennonite University and is currently completing her masters degree. She lives in Colorado Springs and enjoys the beauty of the Rocky Mountains with her husband and three energetic children.

### **Kenton T. Derstine**

#### **Harrisonburg, Virginia**



Kenton T. Derstine, D.Min. was born the 11th of 12 children to a farming family in southeastern Pennsylvania. After graduating from EMC and AMBS he served for over ten years as a chaplain and Clinical Pastoral Educator (CPE) in the hospital context. He has now been the Director of Eastern Mennonite Seminary's Clinical Pastoral Education program for 16 years. Kenton has engaged in post-graduate studies at the Bowen Center for the Study of the Family in Washington D.C. He is currently Past President of Mennonite Chaplains Association and a member of the Board of Directors of Mennonite Healthcare Fellowship. He is married and has three adult children and a grandson and enjoys beekeeping and vegetable gardening.

### **Hilary Garman**

#### **Mennonite Voluntary Service worker**



Hilary Garman graduated from Seattle Pacific University in 2015 with a Bachelor of Arts in Visual Communication. As a senior, she worked at PATH, a global health nonprofit, as a design intern. Hilary is now serving as a Development and Communications Assistant at Homeless Prenatal Program through Mennonite Voluntary Service (MVS) in San Francisco, California. Outside of work, she enjoys attending yoga classes, exploring San Francisco, coloring in her Harry Potter coloring book, and staying in touch with friends and family. Hilary hopes to pursue a career in information design and design systems thinking.

### **Beth Good**

#### **Columbia, Pennsylvania**



Beth Good, PhD, APHN-BC, RN, CNS, is from Columbia, Pennsylvania, and is President of the Board of Mennonite Healthcare Fellowship. She currently works as Health Coordinator for Mennonite Central Committee (MCC) in the area of Public Health including awareness of HIV/AIDS, sexual and gender-based violence, and community health. She and her husband, Clair Good, lived and worked in Kenya from 1989 to 2001 doing church planting and community development. They currently serve as co-pastors of the Vision Columbia congregation where she also established a primary care clinic in the church building to serve uninsured, low income patients. She completed her PhD in 2014 on "Conflict-related Sexual Gender-based Violence in Eastern Democratic Republic of Congo." She and Clair have four married daughters and four grandchildren.

## ABOUT OUR PRESENTERS AND RESOURCE PERSONS

### **Sonia Graber**

#### **Denver, Colorado**



Sonia Graber is originally from Central Illinois and received her BSN from Goshen College in 2000. She continued on to receive a Masters degree from the University of Arizona to become a Family Nurse Practitioner. She currently works in Denver with Salud Family Health Centers in Family Practice Medicine. She brings an international perspective from working with Doctors Without Borders.

### **Stephen Graber**

#### **Mennonite Voluntary Service worker**



Stephen Graber graduated from Goshen College in 2015 with a degree in biochemistry. He is currently volunteering as a Medical Quality Improvement Program Associate at St. Elizabeth's Health Center in Tucson, Arizona through Mennonite Voluntary Service (MVS). In his free time, he enjoys reading, running, making music, drinking coffee, and playing board games. In the coming year, Stephen will attend Indiana University School of Medicine.

### **Ernest Kandel**

#### **Denver, Colorado**



Ernest Kandel, MD, served under Mennonite Central Committee (MCC) at Hopital Albert Schweitzer in Haiti as a laboratory technologist, 1976-1978. He went to medical school and did an OB/GYN residency at the University of Iowa from 1981-1989. Most of his career was as a general OB/GYN physician with Kaiser Permanente in Denver from 1989 to 2011. In addition, he worked a total of five months as an OB/GYN consultant at Shirati KMT Hospital in Tanzania in 2007, 2009 and 2011. Ernest has also participated in four mission trips from September 2012 through February 2014, for a total of six months field time with Doctors without Borders (MSF) in South Sudan.

### **Kim Mooney**

#### **Boulder, Colorado**



Kim Mooney is a Certified Thanatologist from Boulder, Colorado. She has worked with issues of end-of-life and death for 23 years and has found that the chance to honor life and death as part of the same gift has helped her live every day with more gratitude, passion and joy. Kim worked for more than two decades in community and hospice care first as Director of Grief Services, and then as the Director of Community Education. In 2014, she founded Practically Dying to offer educational, consultative, and support services. To Kim, nature is the language of the Divine so she and her husband, Kevin, spend as much time hiking and being in the mountains as possible!

### **Rachel Neufeld**

#### **Kelowna, British Columbia**



Rachel Neufeld, RN, BScN, has been a nurse for fifteen years, working mostly overseas, both in developed and developing countries. She has worked in many fields of nursing such as public health, community nursing, and acute care, but is especially passionate about her specialty, palliative care. Rachel enjoys incorporating her work with her love to travel. She also delights in being outdoors and enjoys being creative in any capacity, including theater, music, and photography.

## ABOUT OUR PRESENTERS AND RESOURCE PERSONS

### **Murray Nickel**

#### **Abbotsford, British Columbia**



Murray Nickel, MD, is President of International Mennonite Health Association (IMHA) and an emergency physician living in Abbotsford, British Columbia, just outside of Vancouver. He spent six years in Congo in association with Mennonite Brethren Mission and now travels back and forth between Congo and Canada two or three times a year. He has a special interest in human development and transformation in the context of the poverty.

### **Abraham Nussbaum**

#### **Denver, Colorado**



Abraham M. Nussbaum, MD, MTS, directs the adult inpatient psychiatry unit at Denver Health, where he trains medical students and residents. He is Assistant Professor, Department of Psychiatry, University of Colorado School of Medicine, and author of the best-selling *The Pocket Guide to the DSM-5 Diagnostic Exam*, and *DSM-5 Pocket Guide to Child and Adolescent Mental Health*. He studied theology at Duke Divinity School, was a Faculty Scholar in the University of Chicago Program on Medicine and Religion, and recently authored the memoir, *The Finest Traditions of My Calling: One Physician's Search for the Renewal of Medicine*. His research interests include the history of psychiatry, medical professionalism, psychiatric diagnosis, and the treatment of people with schizophrenia. He co-organized a conference in 2014 entitled "Walking Together: Christian Communities & Faithful Responses to Mental Illness" at which he presented a paper, "The Mennonite Mental Health Movement: Discipleship, Nonresistance, and the Communal Care of Persons with Mental Illness in Late 20th-Century America." Dr. Nussbaum describes himself as a lifelong Catholic who was raised on *More-With-Less Cookbook*. He studied theology with the neo-Anabaptist theologian Stanley Hauerwas. He lives with his wife (a family physician) and three children in Denver, Colorado.

### **Melissa S. Roth**

#### **Colorado Springs, Colorado**



Melissa S. Roth is ordained itinerant pastor in Mountain States Mennonite Conference. She serves on the Board of RAWtools, a Colorado Springs organization started by Mike Martin in 2013, which has a goal to offer pathways to nonviolence through the transformation of guns into garden tools. Melissa has worked with Mennonite churches in six states since 1996 as staff and as pastor. She and her husband live in Colorado Springs, offering hospitality and spiritual companionship to all God brings their way.

### **Melvin Stjernholm**

#### **Breckinridge, Colorado**



Dr. Melvin Stjernholm received his M.D. degree at the University of Colorado School of Medicine and is board certified in Internal Medicine, Endocrinology, and Metabolism. He is a Fellow of the American College of Endocrinology and a member of the American Association of Clinical Endocrinologists. Dr. Stjernholm is Past President and Medical Director of the Boulder County Individual Practice Association. He is also Past President of the Boulder County Medical Society and has served on the Quality and Discharge Planning Committee for Boulder Community Hospital. He practiced primary care and endocrinology in Boulder County for over 30 years. During this time, he was involved in the care of terminally ill patients, cardiac resuscitation, and helping patients and

## ABOUT OUR PRESENTERS AND RESOURCE PERSONS

their families make decisions regarding end-of-life issues. He was also involved in planning an 8-week seminar on “Death and Dying” at First Mennonite Church in Denver.

### **Nancy Trottnner** **Longmont, Colorado**



Nancy Trottnner, RN, MA, Longmont, Colorado speaks frequently on the “Spirituality of Illness.” Her passion for this topic began early in her young adult life, during her many years with an unexplained illness. She became a nurse and a nun, a member of a Franciscan community, for about 18 years. Beginning with psychiatric nursing, she became increasingly interested in the spiritual dimensions of illness and its impact on one’s life journey. She completed a Masters in Spirituality and training to be a certified spiritual director. Later, she returned to nursing as a hospice nurse. Most recently, she has focused on her private practice of psychotherapy and spiritual direction, specializing in areas related to meaning and illness, major transitions, and one’s spiritual path.

### **Glenda Kauffman** **Denver, Colorado**



Glenda Kauffman, RN, attended Hesston College for 2 years, and then graduated from Goshen College with her BSN in 1985. She worked as a nurse in Children’s Hospital in Denver, Colorado for almost 20 years. She currently works as a school nurse at a middle school in the Cherry Creek School District. She enjoys school nursing because school nurses typically practice independently and are called upon to assess student health, develop and execute plans for care management, act as first responders, and engage in public health functions such as disease surveillance, immunization compliance, and health promotion. She is married and has two young adult sons.

### **Bud Wilson**



Bud Wilson holds an interdisciplinary degree from Harvard University. He is a social and environmental entrepreneur engaged in systemic change, leadership, consciousness and the transformation of self and society. For more than 30 years he has worked to raise awareness regarding the need to achieve ecological balance and harmony with nature. He has worked with John Denver’s Windstar Foundation and attended the Global Forum of Parliamentary and Spiritual Leaders in Rio during the Earth Summit. Bud is the founder of Deep Nature Journeys and is a Qi Gong Instructor and Wilderness Guide. He is the father of two young adult children and has a brand new grandson.

**Please contact the MHF office at any time with your ideas, comments, questions, and concerns:**



**Menonite  
Healthcare  
Fellowship**

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