

Coming this Fall
Rachael Freed

Legacies: The Footprints We Leave Behind

For caregivers, social workers, nurses, therapeutic recreation, chaplains, clergy, gerontologists & professional aging services providers.

9:00am—12:00 p.m.

Legacies are the evidence that we existed: we mattered; we made a difference. They are gifts to ourselves today, and to those who come after us in our families and in our secular and sacred communities. Reflecting on, clarifying, and documenting your legacy is an important part of a life well lived.

After being introduced to traditional and contemporary legacy documents, we'll break the task into do-able steps, translating your life lessons, stories and values into wisdom that can inform & transform future generations. Join us to begin harvesting your legacy—no writing experience necessary! (Nursing CEUs available / Social Work CEUs pending)

Three locations to choose from:

Tuesday, October 27, 2009

Grace Lutheran Church
174 Cazenovia St., Buffalo

Thursday, October 29, 2009

St. John's Home
150 Highland Ave, Rochester

Friday, October 30, 2009

Luther Memorial Church
435 S. Main St., N. Syracuse

Harvesting Our Legacies: Celebrating the Seasons of Our Lives

6:30-9:00 p.m.

Three locations to choose from:

As we experience autumn on the calendar, we'll harvest our wisdom and love to communicate it to generations to come. We leave tangible legacies like children, artwork, crafts, poetry, heirlooms, and perennial gardens. Other legacies are financial, but most legacies are the fruits of a life well lived.

This special program promises to enrich the lives of your loved ones, link you to your history, and translate your hard-earned wisdom into blessings for future seasons. We'll commemorate family and community life events and values—seasonal, secular and spiritual.

Join us to begin harvesting your legacy—no writing experience necessary!

Tuesday, October 27, 2009

Grace Lutheran church
174 Cazenovia St., Buffalo

Wednesday, Oct. 28, 2009

St. John's Meadow
1 Johnsarbor Dr., Rochester

Thursday, October 29, 2009

Luther Memorial Church
435 S. Main St., N. Syracuse

For more information and to register for these workshops visit www.nefosa.org or contact Rev. Brian McCaffrey at (315) 235-7125.

Rachael Freed, founder of Life-Legacies, a Senior Fellow at the University of Minnesota's Center for Spirituality & Healing, is a Licensed Clinical Social Worker and Marriage & Family Therapist. She provides legacy programs for religious, philanthropic, and healthcare organizations, for public & non-profit corporations, and for diverse groups of individuals experiencing life transitions. (www.life-legacies.com)

