

5th GRACE Conference

Pregnancy * Infant Loss * Infertility * Adoption

"Though darkness may endure for the night... Hope will surely return in the morning."



Light on the Horizon

The GRACE Conference

Calvary Lutheran Conference Center
7520 Golden Valley Road, Golden Valley, MN 55427

Saturday, April 25, 2009

A Conference for

Families | Healthcare Professionals | Caregivers
Continuing Education Credits Available

Sponsored by Missing GRACE Foundation www.MissingGRACE.org



Missing GRACE Foundation

The Mission of Missing GRACE Foundation is to provide resources and support for families that have experienced: pregnancy loss, infant loss, infertility or adoption and to advocate for comprehensive, patient-focused prenatal care for all women. Five core areas encompass the heart of the mission: Grieve, Restore, Arise, Commemorate and Educate.

Missing GRACE was founded in 2002 by Candy and Stephen McVicar in response to experiencing the stillbirth of their firstborn daughter, Grace, due to a Velamentous cord issue. The McVicar's committed to support and educate families about stillbirth and formed Missing GRACE Foundation, a 501(c)(3) Nonprofit as of June 2006. The Foundation is based in Minnesota and provides resources nationally and globally.



Featured Speaker



Dr. Jason H. Collins

Jason H. Collins, MD, Founder and President of the *Pregnancy Institute*, which is purposed to study normal pregnancies and designed to promote the likelihood of healthier pregnancies resulting in well-monitored, full-term live births. Dr. Collins attended Tulane University as an undergraduate and received his graduate degree at Tulane University Medical Center. He completed his post-graduate and internship at Lenox Hill Hospital in New York. He did his residency at Charity Hospital in New Orleans. Dr. Collins is author to many publications and speaker for numerous medical presentations nationally and internationally.

He serves as an active Board member of Missing GRACE Foundation, which collaborates with the National Center for Stillbirth Research Project founded by Dr. Collins. He has delivered babies for more than 25 years, and offers an office visit, consultation and home fetal-monitoring program for mothers who have suffered a stillbirth. www.preginst.com



Conference Objectives

Families Will Receive Resources That Equip and Empower Them To:

- Build stronger marriages and deeper understanding between partners
- Live above and beyond the heartache of grief and infertility
- Find greater healing and wholeness for body, mind and spirit
- Pursue healthy pregnancies and lifestyles for the whole family
- Make important decisions about adoption while finding support

Professional Caregivers Will Learn:

- Best practices for care of families during and after perinatal loss
- The important role cultural heritage plays in the time of death and mourning
- How to monitor and manage pregnancies to reduce stillbirth and poor outcomes
- Umbilical cord pathology and its impact on pregnancy
- How ultrasound can visualize the human umbilical cord

Continuing Education Credits

This program is designed to meet the MN Board of Nursing for RNs and LPNs CE requirements for 6 hours (1.50/session.) Credit applications have been submitted with the MN Board of Psychology and MN licensing Board of Social Work for a total of 2.5 hours (1.25/session), the MN Board of Marriage and Family Therapy and the MN Department of Health, Mortuary Science for a total of 3 hours (1.5/session), Doulas of North America International (DONA International) for a total of 5 hours (1.25/session), and the Society of Diagnostic Medical Sonography for a total of 3 hours (1.5/session.) This educational event also provides 3 hours of continuing education that can be applied to the educational hours required by the Association of Professional Chaplains (APC).

Who Should Attend.?

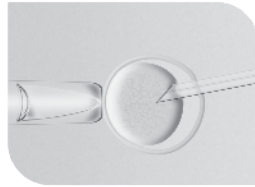
Professional Caregivers: This conference is created for nurses, physicians, sonographers, doulas, midwives, social workers, psychologists, marriage and family therapists, clergy, chaplains, funeral home service personnel, and holistic practitioners; for those who provide care and services for bereaved, infertile and adoptive families and who assist women with family planning and prenatal care.

Families: Individuals, couples and their families will find support, encouragement and applicable resources to help on their journey.

Conference Overview

6 Tracks with 20 Concurrent Educational Sessions

Tracks include: Grief and Loss, Subsequent Pregnancy, Infertility, Adoption, Health and Wellness, and Professional.



Ask the Professional

Experts provide 15 to 30 minute private consultations: OB/GYNs, therapists, social workers, naturopathic doctors, and other holistic practitioners. Sign up in advance online or at registration the day of the conference.

Resource Tables

Connect and receive valuable resources from: adoption agencies, specialty and holistic health providers, counseling services, bereavement and infertility support organizations and more.

GRACE Spa Services

Attendees will be able to treat themselves to some "R & R" with complimentary chair massages and facials in the "Restore Room."

Dinner Program

Saturday Evening: Relax with friends and family during the uplifting dinner program, and enjoy the live music provided by Maud Hixson, Robert Bell, and Patrick Harison. Following the dinner there will be a beautiful rose and candlelight memorial service.

"Perfect and Beautiful"

Finding perfect and beautiful things in the most difficult labors of life.
Breakfast with Keynote Address by Judy Howard Peterson



Judy Howard Peterson

Judy is campus pastor at North Park University and a well-known conference speaker who travels around the country encouraging people that life is a journey worth traveling. In 1999 Judy walked across the United States as part of her internship for her MDiv program but has since been on another kind of journey. During the past five years Judy and her husband Jeff have conceived and grieved the loss of nine babies. Along the way they have learned valuable lessons about how to keep on walking this journey of faith.

Conference Schedule Saturday, April 25, 2009

8:00am to 9:00am	Registration
8:45am to 9:45am	Welcome, Breakfast & Keynote Address
11:15am to 6:30pm	Resource Tables
11:15am to 6:30pm	Ask the Professional
10:00am to 11:15am	Session 1 (A1, B1, C1, E1, P1)
11:45am to 1:00pm	Session 2 (A2, B2, C2, E2, P2)
1:00pm to 2:15pm	Networking Lunch
2:45pm to 4:00pm	Session 3 (A3, D1, E3, P3)
2:45pm to 4:00pm	Friends and Family (FF)
4:30pm to 5:45pm	Session 4 (A4, D2, E4, P4)
5:45pm to 6:30pm	Ask the Doctor with Dr. Collins (A5)
5:45pm to 6:30pm	Appetizer Social
6:45pm to 8:15pm	GRACE Dinner Program, Candle Light Memorial and Rose Ceremony

GRACE Spa offered from 11:15am to 6:30pm during lunch and break times. Visit www.MissingGRACE.org for more information about speakers, sessions and activities.

Grief and Loss Track

A1 *Staying Afloat in Deep Grief. Will Mourning Ever End?* Managing the deep sadness and depression of a pregnancy or infant loss. Grieving drains those who are bereaved. Mind, body, and spirit are highly stressed and tomorrow may not look any better. Learn how to live in the moment, even when it is painful. Open yourself to the possibility of healing after tragic loss. **Holly Hedlund, bereaved mom of eight babies and Deborah Simmons, PhD, LMFT**

A2 *Death of an Equation:* Christian teaching and preaching is full of quick equations and verses quoted out of context. Join us as we let go of easy answers and find a faith that can live even after the equation dies. **Judy Howard Peterson**

A3 *The Great Divide - Choosing Life After Recurring Loss:* Learning to live above and beyond the grief, rising above our emotional defaults so that we don't just survive, but truly learn to live. **Judy Howard Peterson**

A4 *Keeping Your Marriage Strong in the Wake of Grief's Storm:* Tim will discuss ways that men and women often grieve differently and can grow stronger together rather than apart. **Tim Nelson**

A5 *Ask the Doctor:* Insight is provided to parents who have experienced a stillbirth, multiple losses or have had a baby with cord or placenta related complications. Information is based on over 20 years of research. **Jason H. Collins, MD, OB/GYN**

Subsequent Pregnancy Track (Pregnancy following loss)

B1 *Overcoming the Grip of Fear and Anxiety:* Discuss what tests, monitoring and care is available while receiving encouragement and support for the anxieties that naturally surface in subsequent pregnancies. **Jodi Regan, MD, OB/GYN**

B2 *Protecting Your Pregnancy:* Obtain the best care and advocate for yourself and baby. Learn to partner with care providers, listen to instincts, watch for signs of fetal stress, and learn about home fetal heart rate monitoring. **Melissa Gemmell**

Infertility Track

C1 *Surviving the Infertility Emotional Roller Coaster:* Addressing the deep emotional ups, downs and disappointments of infertility while opening the door to paths for support, comfort, and resolution. **Tom & Ashley Jensen**

C2 *Medical Treatment Options and Answers that Address Infertility:* Reproductive Endocrinologist, OB/GYN and Genetic Counselor panel describe causes of infertility and offer the latest technologies and approaches available for treating infertility and achieving pregnancy. **Bruce Campbell, MD, Jodi Regan, MD, OB/GYN, and Shari Baldinger, MS CGC(ABMG/ABGC)**

Adoption Track

D1 *Opening the Door to Adoption:* "Are we ready to adopt?" Adoption agency panel representatives will help supply the questions to consider when exploring adoption as an option for your family. Find out what steps to take to begin the process. Panel facilitated by **Vivian Medeck**

D2 *Domestic Vs. International Adoption - Explore Which Option is Best for You:* Panel of parents who have adopted will share their perspective and experience of domestic and international adoptions. Panel facilitated by **Rick Gibson, MSW, LGSW**

Health and Wellness Track

E1 *Find Peace in Mind, Body, Spirit During Infertility or After Loss:* Learn the 5 steps to creating peace within during infertility or after loss. Discover how your body holds onto painful memories and thoughts even when you're ready to release them. **Jennifer R. Bloome**

E2 *Extreme Makeover for a Healthy Home Life:* Get started making and maintaining the changes necessary to have a healthy home life for yourself and your family. Aspects addressed: nutrition, household dangers and alternatives for cleaning products, drinking water, air purification, personal care products and obtaining work/life balance. Speaker TBD

E3 *Raising Kids Holistically and Creating a Foundation of Wellbeing:* Parents will be provided with tools for implementing holistic health changes for their babies and children even on tight budgets. Nutrition, vitamins, vaccines, ways to treat common illness (cold, flu, earache, pink eye) and ideas for creative family activities will be addressed. **Nichole Hirsch Kuechle**

E4 *A Holistic Approach to Achieving Pregnancy:* Variety of approaches are presented to help achieve pregnancy including nutrition, supplements, exercise, acupuncture and positive thinking from a licensed acupuncturist and herbalist. **Nicole Lange Lic.Ac. MA.OM**

Professional Track with CEs (Caregivers)

P1 *Best Practices for the Patient at the Time of a Perinatal Loss: Go beyond the basics, giving compassionate care from hospital to home for bereaved parents and learn to match your care to the individual needs of each family. Parents experiencing a loss also appreciate videos and pictures that last a lifetime. Candy will demonstrate techniques and show footage from assisting with hundreds of perinatal losses in hospitals. **Candy McVicar, Founder and Executive Director, Missing GRACE Foundation**

P2 *The Culturally Diverse Grief Kaleidoscope: Discover truths about the cultural profiles of the African-American, Native American, Latino, Hmong and Somali populations, and receive an overall appreciation of their cosmology. Learn how different cultural and belief systems affect the way the families deal with end of life issues and grief, specifically, grief related to pregnancy and infant loss. **Sandra Hager Eliason, MD, Director of Medical Programs, Center for Cross Cultural Health**

P3 *The Human Umbilical Cord - Update 2009: Increase your awareness of umbilical cord pathology and its impact on pregnancy, and learn how umbilical cord pathology can be identified and managed during pregnancy. **Jason H. Collins, MD, OB/GYN, President of the Pregnancy Institute**

**** P4 *Ultrasound Umbilical Cord Review:*** Learn to evaluate the differences between black and white and color in visualizing the umbilical cord and structure with live demonstration ultrasounds on third trimester patients. **Jason H. Collins, MD, OB/GYN**

*All attendees are invited to attend. **Only OB Healthcare Professionals permitted in this class.

Friends and Family

FF *Friends and Family:* As a friend or family member of a grieving or infertile couple it can be difficult to know how best to support and walk along side your loved one in their journey. Find support and encouragement for your own sense of loss, disappointment and fears, while learning ways to talk about it and be helpful and present to their needs too. Open yourself to compassion and reality, loss and hope as you learn how best to help a bereaved loved one. **Deborah Simmons, PhD, LMFT** and panel representing the friends and family of grieving/infertile couples.

GRACE Kids Program

This program is provided for children of attendees and is available onsite at the conference. Babies and toddlers, ages 8 weeks to 2 years, will be in the nursery receiving lots of love, attention and interactive play. For kids ages 3 years to 12 years, the day is a full and fun schedule created by Katie Kaszubski, a Childhood Education Specialist. The children will enjoy age-appropriate crafts, music, games, gym and rest time, and snack and meal times. The program is offered from 7:30am to 8:30pm. Parents are welcome to stop in at anytime and see their kids. All meals and snacks are provided, however, if a child has specific nutrition needs or allergies, the parents must provide the child's meals and snacks. The childcare areas are "peanut free."



Especially for the children who are grieving the loss of a sibling: Often, grieving children do not have outlets and resources available to address their own unique sense of loss. Diane Dingley, Certified Child Life Specialist at Children's Hospitals and Clinics of MN and Laura Merrill Certified Child Life Specialist will provide 3 lessons on Saturday morning that specifically address the emotions children may have in their own grieving, to help them better process their feelings. Groups are offered to children ages 3-5 years, 6-8 years, and 9-12 years at the following times: 9-9:30am, 10-10:30am, and 11-11:30am.



Conference Location



Calvary Lutheran Conference Center
7520 Golden Valley Rd Golden Valley, MN 55427
Phone: (763) 545.5659 | Web: www.calvary.org

Hotel Information

Hotel room reservations can be made by directly calling the following hotels. Please reference the Missing GRACE Foundation and the GRACE Conference in order to receive the discounted rates. Special rates are guaranteed until April 3rd, 2009. Room rates do not reflect local taxes.



Hampton Inn
10420 Wayzata Boulevard
Minnetonka, MN 55305
(952) 541.1094
\$74 for 1 King or 2 Doubles for \$89
Free shuttle to and from the event.



Marriott Minneapolis West
9960 Wayzata Boulevard
Minneapolis, MN 55426
(800) 228.9290
\$89 for a Standard room
of 1 King or 2 Queens.
Free shuttle to and from the event.



Missing GRACE Foundation | Phone: (763) 497.0709
P.O. Box 1625 Maple Grove, MN 55311 | Email: info@missingGRACE.org

Registration Options

1. Online at www.MissingGRACE.org
2. By mail: Missing GRACE Foundation **P.O. Box 1625 Maple Grove, MN 55311**
3. On-site the day of the event (walk-ins will be accepted, however, meals are not guaranteed)

Join Missing GRACE Foundation & save \$10 off your registration fee!

- I would like to join I would like to renew my membership

Please send my GRACE newsletter to my:

- Email address Mailing address
 I prefer to view the newsletters on the GRACE website

Attendee Information

- Please print clearly and use one form per household / per couple.
- Print exactly as you want your name tag to appear, include profession and a max of 3 credentials

First Attendee Name Profession

Second Attendee Name Profession

Relationship: Spouse/Significant Other Relative Friend

Agency, Company or Hospital Name

Street Address/Apt # Home Work

City State Zip Code

() ()

Home Phone Cell Phone

Email

()

Second Attendee Phone Email

How did you here about this conference

- Check if you would like to receive updates and info about Missing GRACE by email.

Payment Options

- Cash Money Order Check (make payable to Missing GRACE Foundation)

Credit Card *"Billed by Missing GRACE"*

- VISA Master Card Type of Card: Credit Debit

Card Number (Confidential) Expiration Date Credit Verification Code

Print name as it appears on card Signature

Cancellation Policy: Written cancellations postmarked by 4/15/09 receive full refund less a \$35 processing fee. No refunds will be issued after 4/16/09. Substitutions can be made without penalty or charge if Missing GRACE is notified of the individual's name and registration information.

Cut along line

Session Selections

Please select a first and second choice for each session. Assignments are made in the order received.

1 st Attendee Choices	2 nd Attendee Choices	10:00-11:15am
_____	_____	A1 <i>Staying Afloat in Deep Grief. Will Mourning Ever End?</i>
_____	_____	B1 <i>Overcoming the Grip of Fear and Anxiety</i>
_____	_____	C1 <i>Surviving the Infertility Emotional Rollercoaster</i>
_____	_____	E1 <i>Find Peace in Mind, Body, Spirit During Infertility or After Loss</i>
_____	_____	P1 <i>Best Practices for the Patient at the Time of a Perinatal Loss</i>
11:45-1:00pm		
_____	_____	A2 <i>Death of an Equation</i>
_____	_____	B2 <i>Protecting Your Pregnancy</i>
_____	_____	C2 <i>Medical Treatment Options & Answers to Infertility</i>
_____	_____	E2 <i>Extreme Makeover for a Healthy Home Life</i>
_____	_____	P2 <i>Culturally Diverse Grief Kaleidoscope</i>
2:45-4:00pm		
_____	_____	A3 <i>The Great Divide: Choosing Life After Recurring Loss</i>
_____	_____	D1 <i>Opening the Door to Adoption: Panel with Agencies</i>
_____	_____	E3 <i>Raising Kids Holistically and Creating a Foundation of Wellbeing</i>
_____	_____	P3 <i>The Human Umbilical Cord: Update 2009</i>
_____	_____	FF <i>Friends and Family *** (FF "Class ONLY" option is \$25 per person)</i>
4:30-5:45pm		
_____	_____	A4 <i>Keeping Your Marriage Strong in the Wake of Grief's Storm</i>
_____	_____	D2 <i>Domestic Vs. International Adoption: Explore What's Right for You</i>
_____	_____	E4 <i>A Holistic Approach to Achieving Pregnancy</i>
_____	_____	P4 <i>Ultrasound Umbilical Cord Review</i>
5:45-6:30pm		
_____	_____	A5 <i>Ask the Doctor with Dr. Collins</i>

Registration Details

*Please visit the GRACE Kids Program pages at: www.MissingGRACE.org to complete the registration process for your children. Program schedule and list of items to bring are noted on the website. Full Day Admission is from 7:30am to 8:30pm and Half Day Admission options are from 7:30am to 2:30pm or 12:30pm to 8:30pm.

**If you are in need of financial assistance for attending the conference, please contact Missing GRACE Foundation for a scholarship application.

***Attendees wanting to participate in the "Friends and Family" class may select from: Afternoon Half Day Admission, Full Day Admission or Friends and Family class ONLY option, which is \$25 per person.

Cut along line

Registration Options	Attendance	Registration Before 4/11/09	Registration After 4/12/09	Total Amount
Individual	Full Day	\$75	\$85	
Morning Admission	Half Day/Person	\$40	\$50	
Afternoon Admission	Half Day/Person	\$55	\$65	
Couple	Full Day	\$140	\$155	
Professional CEs	Full Day	\$99	\$125	
Professional-Morning Admission CEs	Half Day	\$65	\$80	
Professional-Afternoon Admission CEs	Half Day	\$75	\$90	
Dinner Program-Only	N/A	\$35	\$40	
Place a check for each meal you will be attending				
1st Attendee Check if Vegetarian <input type="checkbox"/>	Continental Breakfast <input type="checkbox"/>	Boxed Lunch <input type="checkbox"/>	Dinner Buffet <input type="checkbox"/>	
2nd Attendee Check if Vegetarian <input type="checkbox"/>	Continental Breakfast <input type="checkbox"/>	Boxed Lunch <input type="checkbox"/>	Dinner Buffet <input type="checkbox"/>	
*GRACE Kids Program (See Registration Details)				
		Full Day	Half Day	Total Amount
Enrollment 1 child/infant		\$36	\$18	
Enrollment 2nd child/infant		\$30	\$15	
Enrollment 3rd child/infant		\$24	\$12	
Meals (per child)		\$10	\$5	
**Scholarships (Donations are tax-deductible, receipt will be provided)				
Many families need scholarship assistance to attend the conference.				Total Amount
			Please note the Sponsor amount	
Sponsored in Memory of:		Date of Birth:	Date of Death:	
Baby Memorial				
Purchase baby feet cut-outs in memory of a baby. Baby feet will be displayed at the Conference. Each pair cost \$2.				Total Amount
	# of Pink feet	# of Blue feet	# of Purple feet	
				Subtotal
Join or renew membership \$40 and Subtract \$10 from the total				
Total Amount Due				

All Inclusive Full Day Registration Includes: choice of 20 classes within 6 tracks, CEs for Professional Track, access to Resource Tables, GRACE Spa, "Ask the Professional" appointments, GRACE Tote, breakfast, refreshment breaks, networking lunch, appetizer social, and Dinner Program with Candlelight Memorial.

Morning Half Day Registration: 8:00am to 2:15pm, includes breakfast and lunch.

Afternoon Half Day Registration: 1:00pm to 8:15pm, includes lunch and dinner program.



GRACE

Conference

Saturday, April 25, 2009

Register Today!

Continuing Education Credits For Professional Caregivers

- Best practices for care of families during and after perinatal loss
- The important role cultural heritage plays in a time of death and mourning
- How to monitor and manage pregnancies to reduce stillbirth and poor outcomes
- Umbilical cord pathology and its impact on pregnancy
- How ultrasound can visualize the human umbilical cord

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