

## January 2019

**Save the Date - Wednesday, Feb. 20**

### Healthcare Hero Nominee!

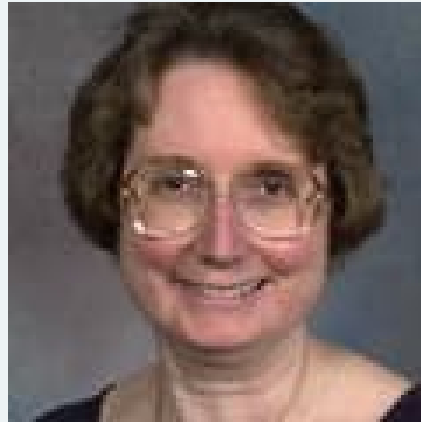
As a newer member of the CQEC team I recently sat down with Dr. Kendra Belfi to ask her how she became so passionate about talking through end-of-life issues. In her characteristically low-key manner she said, "I just fell into it! Sometimes when you are a survivor of cancer - twice - it's just easier for you to have those conversations with your patients, especially when most are elderly. I believe when you see a need - you meet it."

Kendra has quietly and compassionately been serving her community for over 4 decades now. End of life is not a popular topic, but one we must all eventually face.

I have learned so much from her life's work. I know that many of you have too.

If you would like to attend the Healthcare Heroes dinner, e-mail me at [Info@Coalitionqec.org](mailto:Info@Coalitionqec.org)

Leah Wingard  
Administrator for CQEC



**Kendra Belfi, MD - retired**

Healthcare Heroes is open to the public, if you would like to join Dr. Belfi and encourage her, the event will take place at **7:00 PM at the Fort Worth Club, 306 W. 7<sup>th</sup> St., Fort Worth, TX 76102.**

**CQEC would welcome Champions to sponsor a table in Dr. Belfi's honor. [Info@Coalitionqec.org](mailto:Info@Coalitionqec.org)**

**RSVP by February 13 to [mlester@bizpress.net](mailto:mlester@bizpress.net).**



### [First Steps Advance Care Planning](#)

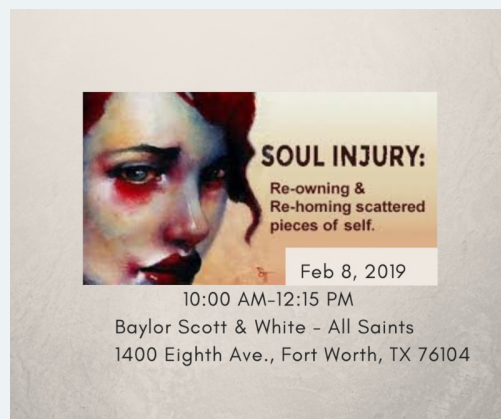
**Friday, March 22, 2019**  
8:00 am --4:30 pm  
James L. West Alzheimer's Center  
1111 Summit Avenue  
Fort Worth TX 76102

### Soul Injury

Physical trauma we attend to more quickly, yet the wounding of our souls is much more insidious and robs us of wholeness and joy.

The general public is welcome, but continuing education credit is provided. Seating is limited so please register soon. Across from Starbucks in Joan Katz Breast Center Conf. Room.

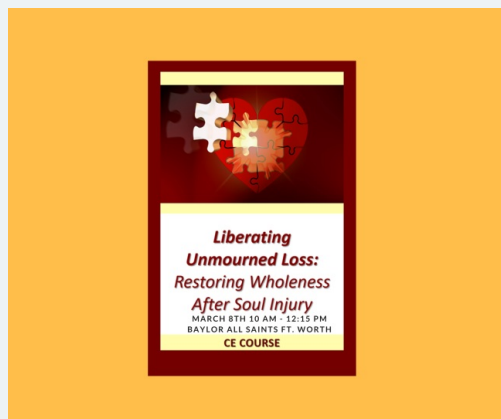
RSVP: [info@coalitionqec.org](mailto:info@coalitionqec.org)



### Liberating Unmourned Loss

This video presentation from [Opus Peace](#) provides a perspective that is sure to expand your viewpoint about how to cultivate a healthy relationship with the part of self carrying emotional pain, self-compassion, and personal intimacy. The value and role of therapeutic ceremonies and rituals to navigate difficult losses and transitions is also addressed. This is HFA's Part 2 for Soul Injury.

February 8, 2019



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