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**FOR IMMEDIATE RELEASE**

**Clare Kushma**  
**Dir. Marketing & Public Relations**  
**412-456-6967/ [ckushma@ccpgh.org](mailto:ckushma@ccpgh.org)**

**CATHOLIC CHARITIES PRESENTS 16<sup>th</sup> ANNUAL AGING CONFERENCE:  
BISHOP ZUBIK TO CELEBRATE MASS**

**(Pittsburgh, PA)** --- Catholic Charities of the Diocese of Pittsburgh will present the 16<sup>th</sup> Annual Wisdom, Age and Grace Conference at the Four Points by Pittsburgh Sheraton North on Friday, May 8, 2009. Bishop David A. Zubik will celebrate Mass at the event, which has as its theme, *All Wisdom Comes from the Lord*.

The conference offers speakers and workshops of special interest to older adults, professionals in aging ministry, family caregivers, and anyone interested in growth in the later years.

The Reverend Terrence P. O'Connor, Pastor of Good Samaritan and St. John the Baptist Parishes in Beaver County will deliver the keynote address in the morning. He is the son of Judy and the late Mayor Bob O'Connor. Mass with Bishop Zubik will follow.

Afternoon workshop speakers and their presentations include:

**Very Reverend Donald P. Brier**, Pastor – St. Paul Cathedral, Oakland, *The Power of Attitude Over Illness*. Twice Father Brier has been seriously ill with life-threatening conditions. He'll share how he coped.

**William F. Kraft, PhD** – Professor Emeritus of Psychology, Carlow University, *Being Better than Ever in the Elderly Years*. Attendees will learn how to use spiritual and psychological ways to decrease stress and improve health.

**Sister Catherine Fedewa, CSFN** – Certified T'ai Chi Chih Instructor, *Joy Through Movement*. In a few easy movements, participants will learn how to relax and balance their energy.

**-More-**

## **2-2-Catholic Charities Aging Conference (cont.)**

**Reverend Joseph R. McCaffrey** – Pastor SS John and Paul Parish, Wexford; Chaplain with FBI Advanced Crisis Intervention Team, *Attitude Determines Altitude*. In this workshop, attendees will learn how to become a “first responder” and not a casualty in time of crisis.

In addition to Catholic Charities, co-sponsors of Wisdom, Age and Grace include the Secretariat for Social Concerns, Diocese of Pittsburgh, Catholic Cemeteries Association, UPMC Mercy, and Vincentian Collaborative System.

Registration is \$35 which includes breakfast, lunch, vendor booths and blood pressure screenings.

Certificates for Clock Hours for diocesan personnel will also be available.

For more information, call Catholic Charities at 412-456-6975, or online at [www.ccpgh.org](http://www.ccpgh.org).

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*Rooted in the Gospel and Catholic Social Teaching, Catholic Charities of the Diocese of Pittsburgh has been serving the people of southwestern Pennsylvania since 1910, regardless of religious affiliation. With offices in Allegheny, Beaver, Butler, Greene, Lawrence and Washington counties, Catholic Charities provides programs and services that help individuals and families in their time of greatest need.*