

Living Chronic Faith presents...

The 4th Annual Hope Unlimited
Virtual Conference

“In His Image”

“So, God created mankind in his own image...”

--Genesis 1:27, NIV

Saturday, December 2, 2023

11am-2pm EST



From the Founder



Greetings, LCF Family!

It gives me great pleasure to welcome you to the 4th Annual Hope Unlimited Virtual Conference, presented by Living Chronic Faith, Inc. This year's theme is "In His Image," and it points us back to Genesis 1:26-27. At this time in Scripture, God had already made animals that walk, animals that swim, animals that fly, and animals that crawl. But He wasn't finished creating. None of the animals were suited to care for the others or to tend the Garden, but God envisioned a creation that was equipped to manage and care for everything else He had made--mankind. In order to be an effective steward, however, Man would need some features that the animals didn't have, so God made mankind in His image, with characteristics that resembled His own.

Just like the first human, God has equipped each of us for a special purpose, too. Sometimes, however, our physical challenges can make us believe otherwise. The truth is challenges, diagnoses, and mistakes do not detract from the beauty that God sees in us, and they are powerless to diminish our value. I pray that as our speakers present, you will be reminded of your identity as an image bearer of God Himself. Enjoy the conference!

Expect Great Things,
Allison Hampton

Our Mission

Living Chronic Faith is a faith-first community of people living with chronic medical conditions and those who care for them in order to provide encouragement, support, and resources to help them maximize their quality of life so that they will live towards their God-given purpose.

Living with chronic medical conditions can be difficult. Living Chronic Faith is here to make the journey more meaningful by:

- connecting members with others with experiences that are similar to their own and encouraging them to interact with people who can genuinely relate to their challenges and victories
- presenting content designed to motivate and uplift, and to inspire members to live fully and not merely exist
- providing lifestyle optimization strategies that, when put into practice, will help make daily tasks easier, conserve physical energy, and minimize frustration and unnecessary stress
- furnishing a wealth of resources that exist to help members become as healthy as possible (physically, spiritually, mentally, and emotionally)
- helping members identify and pursue their personal goals
- introducing (adaptive and assistive) products and services that will support their independence and overall well-being
- Creating a safe space where people can embrace hope and dare to dream again

Registered members of Living Chronic Faith will receive:

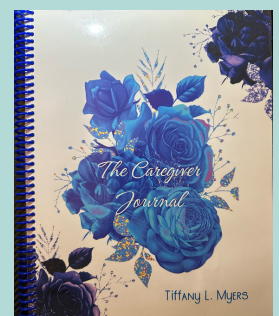
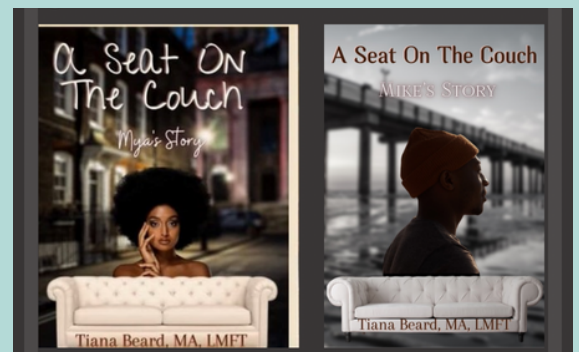
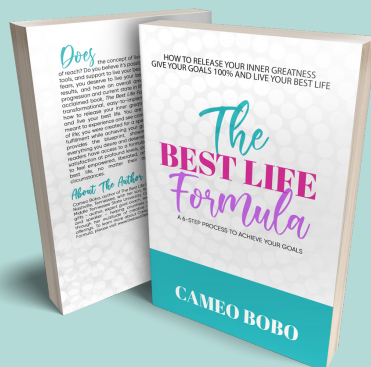
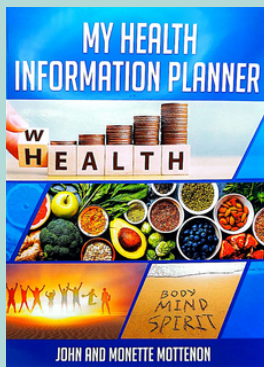
- A quarterly newsletter
- Access to a monthly group Zoom with the founder
- Priority invitations to LCF events and webinars
- Periodic discounts on merchandise



Be sure to visit our Virtual Vendors Hall!



Shop this collection of brands, thoughtfully curated with you in mind. Each of these businesses is owned and operated by people of faith who are committed to excellence. Just visit www.livingchronicfaith.com and click on the Virtual Vendors Hall.



The Virtual Vendors Hall will be accessible until December 31st so that you can complete all of your holiday shopping!

OUR SPEAKERS



Medgine Mathurin

Award-winning, Haitian-born spoken word artist and patient advocate, Medgine is a person for whom the love of language and the alchemy of words is second nature. Her multi-lingual upbringing (French, Creole, English) not only prompted her to begin experimenting with the potential and magic of language, but naturally compelled her into a deep love of poetry. Her work has been featured in CBC, Global TV, and various festivals across Canada. Over the years, Medgine has been diagnosed with Lupus (SLE), CIDP, Polymyositis and Raynaud's, all of which has fueled her desire to merge her storytelling into patient advocacy, especially those living with chronic illnesses.

Medgine is passionate about providing tools and resources to equip discouraged dreamers living with chronic health conditions, so that they can live their most fulfilling lives. Currently, Medgine is the Chair of the Patient and Family Advisory Committee of the Health Quality Council of Alberta, a provincial committee that promotes patient-centered care to health initiatives across the province. She is the author of *Waiting in the Land of the Living / Attendre dans le monde des vivants*, a multilingual poetry collection, that touches on navigating chronic illness, inter-generational healing and the wrestle of waiting for answered prayers.

You can follow her at [@medginespeaks](#) and [medgine.ca](#)



Rev. Dr. Milton Keys

Three words adequately describe Reverend Doctor Milton Keys: Preacher, Teacher and Producer. Keys uses these three gifts to change the world. Although he was born with cerebral palsy, and given a bleak diagnosis, Milton has let nothing stop him from achieving his goals. Despite being given a two-year life expectancy and presumed to have severe cognitive disabilities, Milton has earned 3 degrees. He has produced and released 13 musical albums, 4 plays, 1 ballet, held 8 youth summits, and completed numerous small projects in the last decade. Milton's passion for education is realized through his work developing young artists as Chief Technical Officer and Instructional coach at Indy Urban Youth Music Academy. He has also lectured students of all ages through motivational speaking and poetry.

More importantly, Reverend Keys is a child of God and a preacher of the Gospel and has been in ministry for 24 years. He became an ordained minister in 2007, and received his Master of Divinity from Christian Theological Seminary in May 2017. In May 2023, Milton received his Doctorate in Ministry from Christian Theological Seminary. He has delivered sermons to congregations at services, conferences and national conventions throughout the Midwest.

Caregivers Panelists



Tika Larsosa is a wife and mother and the owner of Envision Home Care, LLC, a non-medical home care agency serving the needs of seniors throughout Metro Detroit. Tika has over 25 years of healthcare experience with emphasis in Dementia and Alzheimer's care. She believes in the importance of proper physical and mental health and is passionate about providing the best quality of life possible for her clients. Envision Home Care employs caregivers that have training, experience and compassion similar to that of her own.

Deborah Quarles is a lifetime resident of Indianapolis, Indiana. She attended Tech High School in the city then went to Ball State University and Indiana Wesleyan University. She practiced nursing for 36 years. She is now a travel agent and network marketing specialist. Her work and ministry are one; it is her desire to help people grow to know Jesus more and live in the fullness that God intended. She does ministry and nonprofit fundraising through travel, and helps college students fund their education through travel business development. She is a serial entrepreneur, hosts a Women's Bible study group, and spends her free time helping share the love of Jesus through various ministries.



As a Caregiver Coach and advocate, with an emphasis on honesty and accountability, Tiffany helps caregivers maintain a healthy mind and body while providing compassionate care for a loved one. Her caregiver journey began when her husband's autoimmune lung disease plateaued after over 15 years when he acquired a bacterial lung infection. He was treated aggressively over three years but the damage to his lungs necessitated a double lung transplant. She became his caregiver while still managing multiple roles. Being among other potential transplant caregivers revealed a missing piece—a liaison and advocate to support the caregiver. Tiffany is committed to closing that gap for caregivers.. Being among other potential transplant caregivers revealed a missing piece—a liaison and advocate to support the caregiver. Tiffany is committed to closing that gap for caregivers.

Monette Mottenon is committed to her husband and to taking every step to maximizing their health. Living with chronic illnesses, they both needed a way to track their health information. They created a planner to manage all of their health care information, to keep their appointments, prescriptions, and medical history information organized, and they soon realized that many people could benefit from this planner. The My Health Information Planner helps them and others maintain accurate records of their health. They are excited to be able to share this and help others improve their quality of life. Monette and her husband, John, live in Montgomery, Alabama, and have a large blended family that they enjoy.





Lisa Jones

Lisa Jones is the fourth child of four children born to the union of Matthew and Nancy Jones on October 15, 1970. One of Lisa's lifetime dreams as a child was to become a professional gospel recording artist. The Lord has been quite gracious to Lisa and he allowed that dream to become a reality. Lisa has shared the stage with various renowned gospel artists, and while all of that was fine and good, there came a time in Lisa's life as a young adult when she became tremendously complacent and bored, for lack of a better description. Lisa began to think, "There has got to be more to life than this!"

On February 14th 2007 the Lord spared a life that could have easily been taken. Lisa's vehicle hit black ice on the road on that that cold in wintry day, spun out of control and flipped over. From that point on the Lord began to reveal to Lisa that there is definitely more in store for her life; the life that he spared!

Today Lisa's greatest pride is the fact that she has fallen back in love with Jesus and has been redeemed , and given yet another chance to spread the love of Jesus throughout the land. Whether it be by song or her smile, or her witness to God's restoring power, she has purposed and determined in her mind to be a yielded vessel for the master's use.



WAITING IN THE
LAND OF THE
LIVING

Attendre dans le monde des vivants



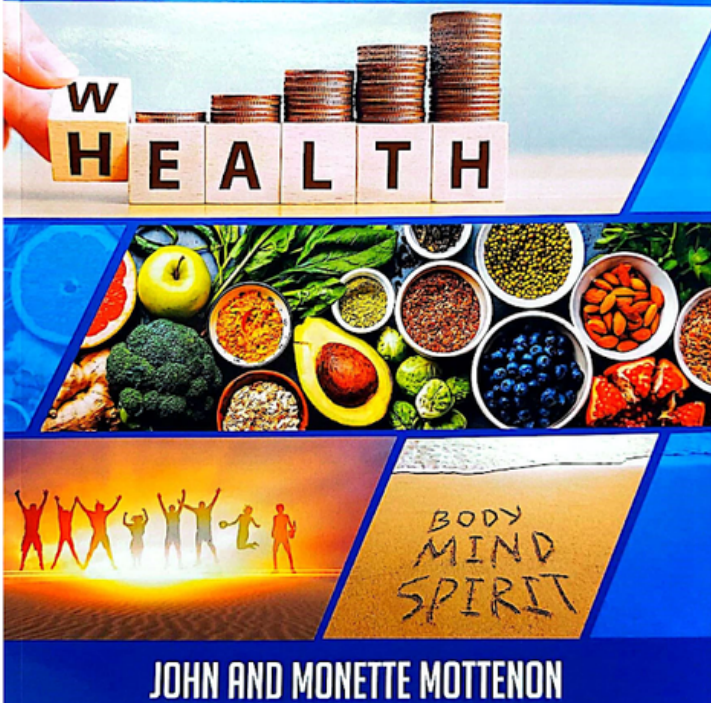
MEDGINE MATHURIN

Physical Copy: \$ 12 CAD
Digital Copy: \$ 10 CAD

*Visit our Virtual Vendors Hall at
www.livingchronicfaith.com to purchase
these books by our Conference speakers!*



MY HEALTH
INFORMATION PLANNER



JOHN AND MONETTE MOTTENON

*The Caregiver
Journal*

Tiffany L. Myers

SCHEDULE

Prayer and Welcome
Stephanie Fields

A Moment in Worship
Lisa Jones

Conference Theme
Allison Hampton

Session 1
Medgine Mathurin

Break (10 minutes)

Session 2
Caregivers Panel

Break (10 minutes)

"Let's Move!"
Ladana Miles, licensed physical therapist

Session 3
Dr. Milton Keys

Prizes and Announcements

Closing/Blessing

Special Thanks to:

Our Incredible Speakers:

Medgine Mathurin

Dr. Milton Keys

Our Panelists

Deborah Quarles

Shatika Larsosa

Tiffany Myers

Monette Mottenon

The Worship Artistry of Lisa Jones



Our Board Members

Stephanie Fields

Alicia Sims

Dorothea Thatch

Our Supporters

Ladana Miles

Steve Lester

Erin Manning

All of our vendors

And a very special thank you to all of our LCF members and conference attendees. May the blessings of the Lord pursue and overtake you today and every day.

Find something for everyone on your gift list
(and a little something for yourself)

Shop with Living Chronic Faith!

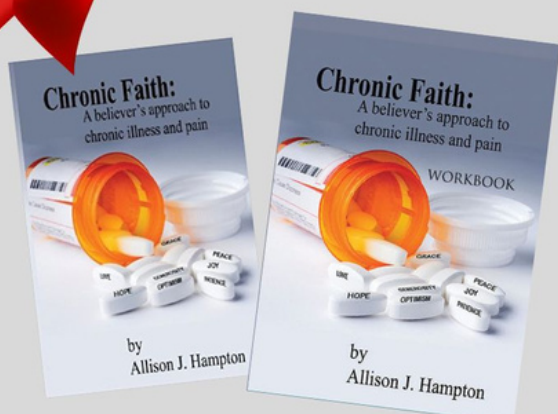


Check out our tees, pillows, hoodies and other products on our LCF TeeSpring Page!!

 **Teespring**



Use promo code **"HOPE23"** at our Teespring store for **free shipping** on LCF merch when you order by December 31, 2023



Purchase the book that started it all and the NEW workbook! Available now at www.livingchronicfaith.com



God is going
to send you places
you won't feel
qualified to go.

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it!

Contact: Deborah Quarles

317-331-3766

QMDQUARLES@gmail.com



JOHNNA'S LEGACY MEMORIAL SCHOLARSHIP

For many people living with chronic medical conditions, the cost of earning higher education creates a financial barrier. Furthering their education can help empower them to pursue purposeful and fulfilling lives. Therefore, Johnna's Legacy Memorial Scholarship will support students impacted by a chronic condition, helping give them the opportunity to pursue their educational goals. This scholarship will help deserving and qualified students thrive through their educational journey.

Congratulations to our
2023 Johnna's Legacy
Scholars



Lia Ottinot



Ravyn-Nicole Travers

In memory of Johnna Elaine Hampton



"This scholarship means the most to me! I will be able to further my education and I will be one step closer to helping children with disabilities in the future! I cannot wait to continue this journey and this scholarship has just made it even more possible! Thank you so much! I hope more students continue to apply to get closer to achieving their goals and aspirations in higher education."

--Ravyn-Nicole Travers, 2023 Johnna's Legacy Scholar

"Thank you for allowing me to share how sickle cell disease has impacted my life. I attempt to use my chronic condition to motivate my educational pursuits by living in faith every day. Being selected as the recipient of this scholarship means I will have financial support for my future endeavors. Thank you for believing in me."

--Lia Ottinot, 2023 Johnna's Legacy Scholar

Scan the QR code to contribute or visit
<https://bold.org/funds/johnnas-legacy-fund/>



Finishing 2023 Strong

HOPE for the Holidays

Celebrating the
greatest gift ever
given



Premiering on [YouTube.com/livingchronicfaith](https://www.youtube.com/livingchronicfaith)
Saturday, December 16th at 7pm EST



Pray with Me LIVE
on New Year's Eve!

Sunday, December 31st
at 5pm EST
(More details to follow)

Upcoming Events

Coming in 2024!

Mark your calendars so you don't miss Living Chronic Faith's programming in the new year!

The Living Chronic Faith Podcast

First Friday of Each Month at 12pm EST

Monthly Chair Exercise Session: "Faith & Fitness"

w/ Ladana Miles, licensed physical therapist

Third Saturday of Each Month from 1pm-1:30pm EST

LCF Members-Only Zoom Meetings

2nd Thursday of Each Month at 6pm EST

Workshop: Chronic Illness & Mental Health

with Dr. Karen Douglass

Saturday, February 10th at 1pm EST

Virtual Easter Production (YouTube Premiere)

Saturday, March 30th at 7pm EST

Purple Party

Thursday, April 11th at 6pm EST

Christmas in August: TBD

My Body, My Friend Virtual Summit

Saturday, September 14th at 11am EST

5th Annual Hope Unlimited Virtual Conference

Saturday, December 7th, 2024

Save the Dates and visit www.livingchronicfaith.com/events
for upcoming LCF events!



Connect with Living Chronic Faith!



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Living Chronic Faith

