

# SIGNATURE SUNSETS

## Initiatives To Advance Learning About End of Life



### **POINTS of INTEREST** **Remembrance Day**

**January 12th**

Though our absent loved ones often come to mind, maybe this designated day for recollection can serve as impetus for a relevant action of some sort. How about making the person's favorite recipe? Or calling, emailing, or sending a card to a friend with whom he/she had a close relationship? Or engaging in a characteristic activity? Or even simply lighting a candle for a few moments of personal reflection amid silence, allowing your heart to speak?



### **UPCOMING ONLINE OPPORTUNITIES**

**Thursday, Jan. 16th, 7:00-8:00 pm**

**Rethinking Deathcare:  
Honoring Our Loved Ones,  
Honoring the Earth**

Ecologically conscious, community-based  
deathcare options shared through a  
personal story...

Viennia Lopes Booth is an educator, advocate, and earth tender dedicated to exploring the interconnectedness of life, death, and the natural world. Inspired by her father's unusual request for a home wake at the end of his life, she embarked on a journey to examine how we honor death as an essential life transition. She is fascinated by the profound ways these decisions shape individuals, communities, and the Earth.

## **National Storytelling Week**

**January 30 to February 6**

Consider recording your life narrative for posterity, by way of a recorded conversation.

Since 2003, StoryCorps has built the largest collection of human voices ever archived. The mission is to build connections, encourage compassion between people, and share stories, big and small.

Have an incredible story to tell? Want to have a meaningful talk with someone important in your life?

You and your partner can record a conversation either using StoryCorps' self-directed recording tools or at one of the StoryCorps recording sites.

<https://storycorps.org/participate/>

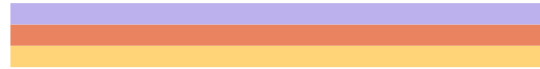


Join Zoom Meeting

<https://us02web.zoom.us/j/81790849014>

Meeting ID: 817 9084 9014

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**Sunset Cafeteria**

**Thursday, Jan. 30th, 7:00-8:15**

Like a death cafe, but with a predetermined topic to spark the conversation...

To begin the next discussion, we'll think about what it means to be widowed. What are examples of immediate adjustments, both practical and emotional, that may be necessary immediately following death? What are some likely long-term adaptations? What are the hardships, but also what may be the newfound liberties?

For this focus, if you have experienced widowhood it is hoped that you'll attend and be willing to describe your own experiences for the sake of others' enlightenment. Even if your life-altering turning point occurred years ago, chances are, you readily recall certain challenges or maybe surprising ramifications it entailed.

Contemplation of this status conferred by death is apt to help us develop insights and mindful sensitivity when interacting with individuals who are processing the physical loss of a partner and transitioning to an independent lifestyle.

Join Zoom Meeting

<https://us02web.zoom.us/j/82472812032>

Meeting ID: 824 7281 2032

In 2005, StoryCorps converted an Airstream trailer into a traveling recording studio, a “MobileBooth,” and launched its first cross-country tour. Each year, cities and towns across the country are visited to record conversations between people who live there. Partners are local public radio stations, cultural institutions, and community-based organizations that get the word out and invite participants to visit the StoryCorps Mobile Tour.

<https://storycorps.org/mobile-tour/>

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## OTHER HAPPENINGS

**Love and Grief**  
are inextricably intertwined...



**Tuesday, Jan. 7th, 7:00-8:30**

An online series of sessions to explore the needs of grieving individuals will continue for six consecutive Tuesdays, from 7:00-8:30 pm.

The underlying structure for this experience will be the principles espoused by grief expert, David Kessler, as a framework for understanding and navigating personal bereavement.

To register for this series, send a text message to Karen Tucker: 585-705-9125.

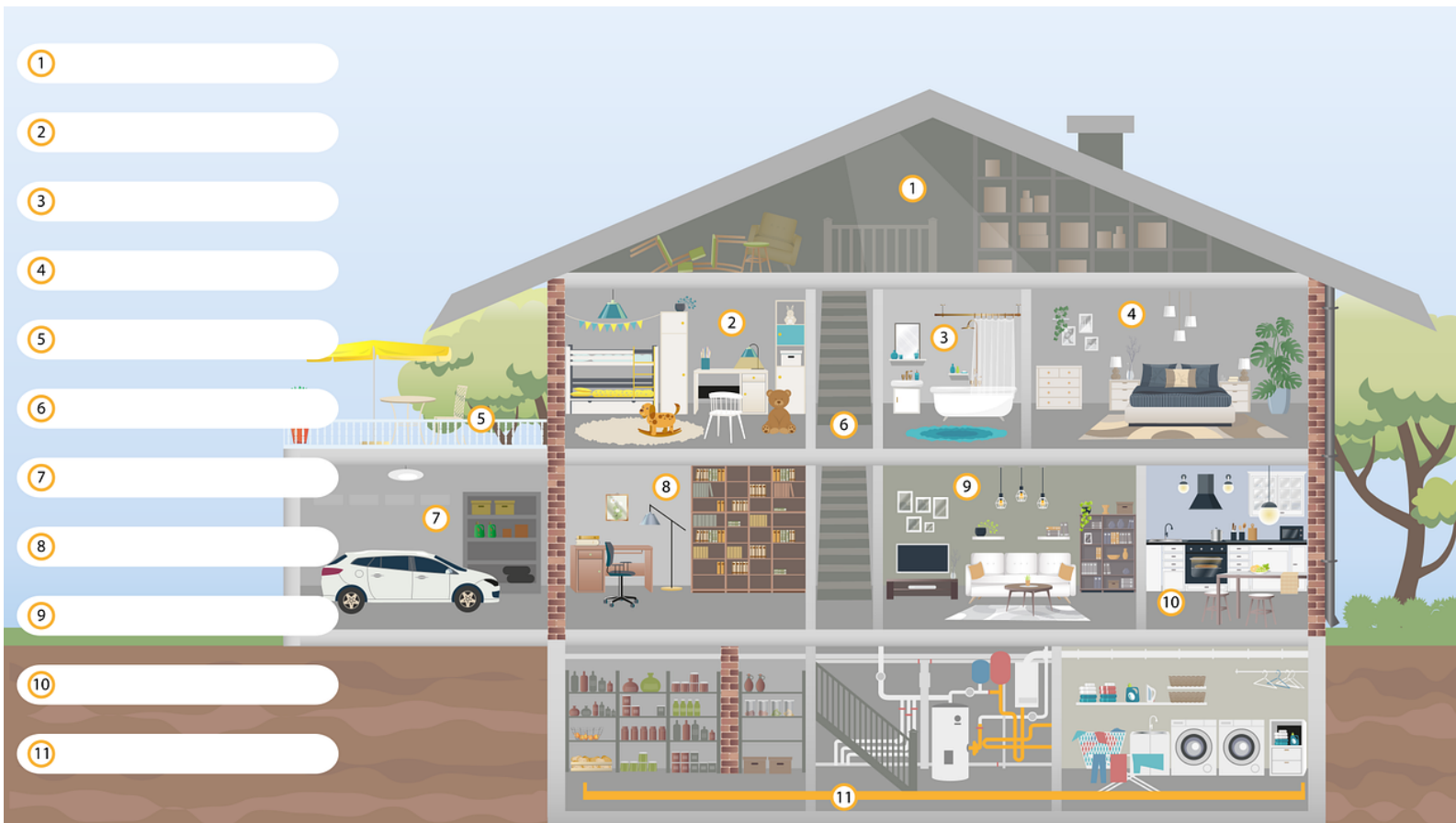
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# Words of Wisdom As A New Year Evolves

“WE SPEND JANUARY 1ST WALKING  
THROUGH OUR LIVES, ROOM BY ROOM,  
DRAWING UP A LIST OF WORK TO BE DONE,  
CRACKS TO BE PATCHED.

MAYBE THIS YEAR...WE OUGHT TO WALK  
THROUGH THE ROOMS OF OUR LIVES...NOT  
LOOKING FOR FLAWS, BUT FOR  
POTENTIAL.”

~ Ellen Goodman ~





"In the New Year, never forget to thank your past years because they enabled you to reach today! Without the stairs of the past, you cannot arrive at the future."

~ Mehmet Murat İldan ~

"Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending."

~ Carl Bard ~

"The priceless lesson in the New Year is that endings birth beginnings and beginnings birth endings."

~ Craig D. Lounsborough ~

"As long as I am breathing, in my eyes, I am just beginning."

~ Criss Jami ~

"Be like a tree. Stay grounded. Connect with your roots. Turn over a new leaf. Bend before you break. Enjoy your unique natural beauty. Keep growing."

~ Joanne Raptis ~





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*Signature Sunsets*

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