

SIGNATURE SUNSETS

Initiatives To Advance Learning About End of Life



National Hospice and Palliative Care Month

This period of appreciation was established in 1978 by President Jimmy Carter to raise awareness of the hospice movement and to recognize the efforts of those who provide end-of-life care.

Hospices and other organizations engage with the media, conduct outreach in communities, and recognize staff and volunteers.

What is hospice care?

It is an option for patients with a terminal illness who have a life expectancy of six months or less. Treatment aimed at effecting a cure is suspended. Instead, support and comfort are primary objectives.

UPCOMING ONLINE OPPORTUNITY

Death Education Q&A

Tuesday, Nov. 12th, 7:00-8:00 pm EST

(additional time if desired)

A
Potluck
Buffet



**FOOD
FOR
THOUGHT**

Instead of listening to end-of-life specialists presenting information about particular topics, here's an opportunity for you to convey whatever is on your mind.

Think of anything or everything you've always wanted to know about matters of death.... maybe related to the dying process, death care, funerals, bereavement, etc. We'll either provide insights or direct you to resources for the answers.

Hospice care is directed toward promoting relief of symptoms, dignity, and autonomy as people approach the end of their lives.

"It's about how you live"



What is palliative care?

Palliative care helps individuals with serious illnesses manage symptoms and sources of stress while aiming to render comfort and improve quality of life. It can be provided in various facilities or in home environments. The team of providers may include physicians, nurses, pharmacists, chaplains, and social workers.

Many family caregivers of adults with serious chronic illness are unaware of palliative care. Among those who had heard of it, the majority don't realize it is not synonymous with hospice care and death.

All Souls' Day
Day of the Dead
(Día de los Muertos)

November 2nd



Additionally, you can contribute requests and ideas for future programming. Tell us what you'd like to know about or what aspects of death education you think would be enlivening for people in general.

For example:

Do you have a burning urge to learn more about cremation?

Are organ and tissue or whole-body donation channels too far off your radar screen to make informed decisions?

Do you wonder what goes on behind the scenes in a funeral home?

Would you like to debate the pros and cons of alkaline hydrolysis or human composting?

Come and share your questions, viewpoints, and wishes to clear the cobwebs from your mind and to promote development of relevant presentations.

Join Zoom Meeting

<https://us02web.zoom.us/j/84506942881>

Meeting ID: 845 0694 2881

OTHER HAPPENINGS

Advanced Directives: Health Care Proxies and Beyond

Thursday, Nov. 7th, 7:00 pm EST, online

How to choose a health care agent, what to discuss, what should be expected, and how to prepare



Presented by Virginia Morris, author of *How to Care for Aging Parents* and *Talking About Death Won't Kill You*

Based on a belief that it is important to maintain a relationship with the dead, this holiday emanating from Mexico encompasses ancient indigenous traditions along with Catholic recognition of All Souls' Day. Ancestors are revered as guests of honor at celebratory affairs.



Altars are adorned with a decedent's favorite foods, drinks, and other items. Meals are shared. Gifts are given, particularly candy sugar skulls.



Families visit cemeteries, clean grave sites and decorate them, especially with bright orange marigolds to light the way for ancestors to return. Gifts from altars are offered to the decedents.



The underlying message is that death is a part of life's journey and although loved ones are no longer among us, we can remember them through the return of their spirits during this joyful occasion.

She has been a guest on Oprah, The Today Show, Good Morning America, CBS This Morning, Primetime, ABC World News with Diane Sawyer, Katie, The Diane Rehm Show, and a host of other national media. She testified as an expert on these issues before the US Congressional Joint Economic Committee at the invitation of Sen. Amy Klobuchar. Currently, a clinical instructor at Dartmouth's Geisel School of Medicine, and an ethics consultant at Dartmouth-Hitchcock Medical Center. She is making a series of videos to prepare people to serve as health care agents.

Register: https://us06web.zoom.us/webinar/register/5017228901420/WN_uUs4jlnPTNO3gzi61PcgHA#/registration

How Faith Informs Practice in End-of-Life Issues: From Withdrawal of Life Support to Medical Aid in Dying

Tuesday, Nov. 19th 5:30-8:00 pm

In-person event: Rochester Academy of Medicine
1441 East Avenue, Rochester, NY

Discussion on faith and medical decision making moderated by Dr. Margie Shaw, University of Rochester School of Medicine and Dentistry.

Guest Speakers:

Dr. Lydia Dugdale, Professor of Medicine and Director of Center for Clinical Medical Ethics, Columbia University

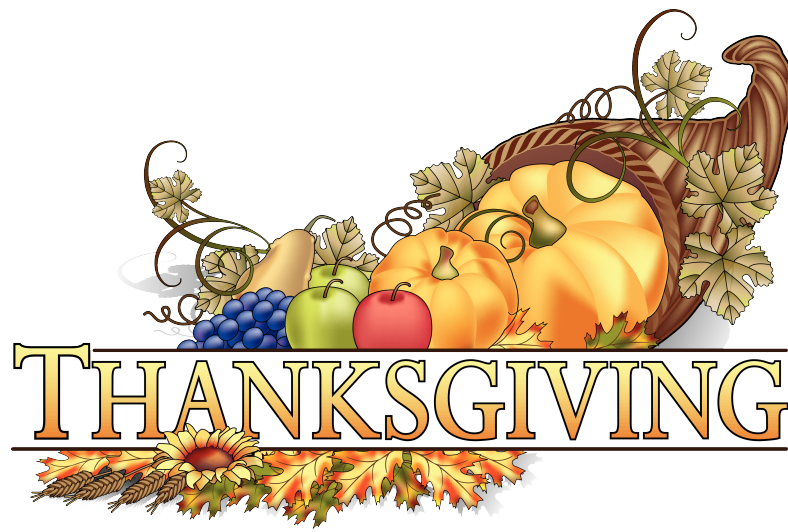
Dr. Joseph Fins, Professor of Medical Ethics and Professor of Medicine, Chief of the Division of Medical Ethics, Weill Cornell Medicine

Dr. Aasim Padela, Professor of Emergency Medicine, Bioethics and the Medical Humanities, Medical College of Wisconsin

FREE program...

Information and Registration:

<https://www.raom.org/event-5834892>



On Waking

I give thanks for arriving
Safely in a new dawn,
For the gift of eyes
To see the world,
The gift of mind
To feel at home
In my life,
The waves of possibility
Breaking on the shore of dawn,
The harvest of the past
That awaits my hunger,
And all the furtherings
This new day will bring.

~ John O'Donohue ~



I Am Thankful For

by Nancy J Carmody

I am thankful for

.....the mess to clean up after a party because it means I have been surrounded by friends.

.....the taxes that I pay
because it means that I'm employed.

.....the clothes that fit a little too snug
because it means I have enough to eat.

.....my shadow who watches me work
because it means I am out in the sunshine.

.....the spot I find at the far end of the parking lot
because it means I am capable of walking.

.....all the complaining I hear about our Government
because it means we have freedom of speech.

.....that lady behind me in church who sings offkey
because it means that I can hear.




.....lawn that needs mowing, windows that need cleaning, and
gutters that need fixing

because it means I have a home.

.....my huge heating bill
because it means that I am warm.

.....weariness and aching muscles at the end of the day
because it means that I have been productive.

.....the alarm that goes off in the early morning hours
because it means that I am alive.



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