



# Signature Sunsets

## Initiatives To Advance Learning About End of Life

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**Tuesday, February 24, 7:00-8:15 pm EST**

### **MUST I CRY WHEN YOU DIE?**

Does One's Gender Influence Reactions to Bereavement?  
A Look at Potential Distinctions of Male Grief

An overview, with photo-slideshow,  
highlighting a practitioner's observations,  
based on the book, *The Way Men Heal*, by Tom Golden



At first glance this topic may seem superfluous, perhaps unimportant and of no use to you personally. But think of the wisdom to be gained as somewhat akin to insurance... valuable and even vital to have, just in case. The probability for “cashing in” on it is high, given the likelihood of being confronted by disturbing reverberations of life endings. Consider the possibility that this information at some point in your future could make a monumental difference, either when in the throes of bereavement or simply when relating to companions immersed in grief.

For a grieving man, such enlightenment could contribute to understanding one’s own perspectives and postures, conferring confidence that would counteract societally imposed insinuations of maladaptation when conventional reactions are circumvented.

For a woman, the information offers a key to unlock mechanics of the male psyche, promoting comprehension of psychological processes and behaviors that may be gender rather than arbitrarily determined.

The revelations to be unveiled are simple and easy to grasp, yet they have potential to direct the trajectory of attitudes and interactions following a loss. Instead of allowing misguided perceptions about normative or expected behavior to compound distress, awareness of variant outlooks and actions will likely facilitate comfort and compassion. Regardless of one’s gender, it behooves everyone to acquire these insights.

Preparing for grief is most likely not on your “to do” list. But consider the fact that personal heartache or a desire to support someone who has suffered a loss can happen in a flash, at any moment in time. By pausing now for about an hour to absorb and store this salient information in your end-of-life mental toolbox, you’ll gain useful discernment while paving the way for meaningful engagement in the future. You and your life companions are bound to benefit from your farsighted breadth of awareness.

*Presented by Signature Sunsets*

### **DONATION REQUEST:**

There is no fee to attend this program. Instead, if possible, please **bring someone of the opposite sex**.

Activate your power of persuasion to motivate attendance, either physically alongside you or independently from someone’s own computer, anywhere in the country.

This contribution can be made even if you are unable to be there yourself. Consider your initiative an altruistic gesture for long-term well-being.



If you choose to attend, as a courtesy please email [ponderingleaves@gmail.com](mailto:ponderingleaves@gmail.com), simply stating, "I plan to attend."

### **Join Zoom Meeting**

<https://us02web.zoom.us/j/86545591554>

Meeting ID: 865 4559 1554

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## **Other ONLINE Offerings**

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**Thursday, February 5, 4:00-5:00 pm EST**

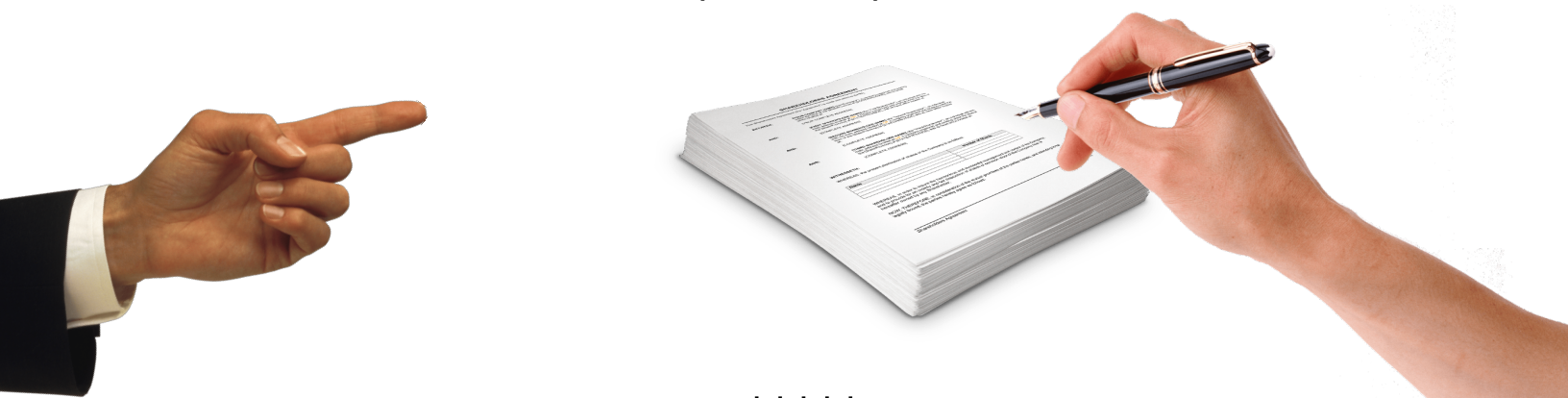
**Your Legacy, Your Plan**

Plan your legacy and protect your loved ones' future. Join our seminar on estate planning to learn how to prepare for the unexpected and ensure your wishes are carried out. We'll cover essential topics like wills, trusts, and power of attorney, giving you the tools to create a comprehensive plan that provides peace of mind.

*Sponsored by Florida Financial Advisors*

### **Registration (free):**

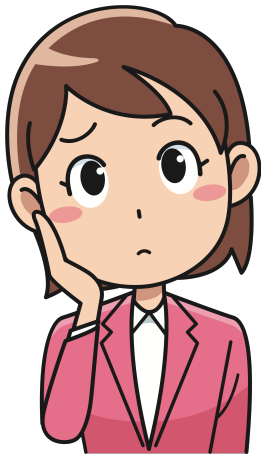
[https://www.eventbrite.ca/e/your-legacy-your-plan-tickets-1828679221779?aff=erelexpmlt&keep\\_tld=1](https://www.eventbrite.ca/e/your-legacy-your-plan-tickets-1828679221779?aff=erelexpmlt&keep_tld=1)



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**Tuesday, February 10, 7:00 pm, EST**

## Laying the Groundwork for Meaningful End-of-Life Planning



Most people know they should plan ahead, but are unsure how and where to begin. They know advance care planning requires a lot of decisions, and seek useful information and guidance from knowledgeable people and organizations to empower them to start planning.

Presented by Shari Haber, founder of My Great Goodbye (<https://www.mygreatgoodbye.com/>), launched to help people increase their death literacy so they can make informed decisions and advance plan to die better and be remembered best.

*Sponsored by Funeral Consumers Alliance of Northern New Jersey (<https://fcannj.org/>), an affiliate of the national Funeral Consumers Alliance ([www.funerals.org](http://www.funerals.org)).*

### **Registration (free):**

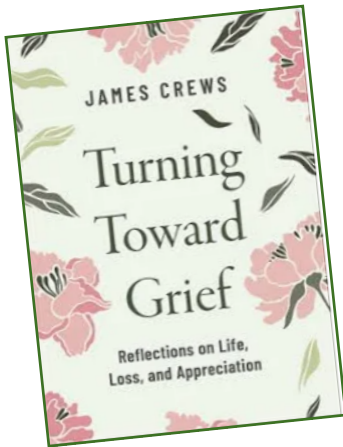
<https://fcannj.org/upcoming-events/>





**Wednesday, February 11, 7:00-8:30 pm EST**

### *Turning Toward Grief Book Launch*



More and more people are turning to poetry as a source of comfort in times of grief, loss, and uncertainty.

Join poets James Crews and Rosemerry Wahtola Trommer as they help launch James' latest book, *Turning Toward Grief*, offering outlets for wisdom, ritual, and creativity to help us all express our collective grief, both global and personal.

Rosemerry and James will share poems of both sorrow and joy, rooted in the everyday material of our lives, helping us to stay embodied and in touch with ourselves and the world.

*Sponsored by EVERMORE*

**Registration (\$15.):**

<https://secure.everyaction.com/uFSOSpPzT0aYkk4H-R5NAg2>

"Can we give ourselves the same permission to stay in grief or despair for as long as we need to, before rushing to try to fix it, before allowing others to talk us out of the pain we know we need to grow?"

*Turning Toward Grief*  
JAMES CREWS

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**Wednesday, February 18, 3:00-4:15 pm EST**

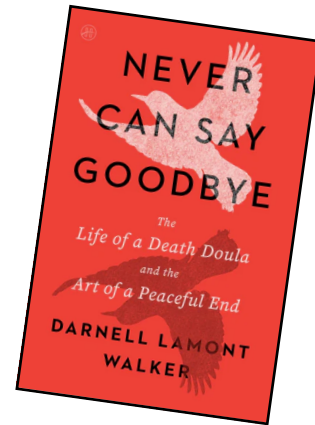
### *Never Can Say Goodbye, Part 1 of 3*

Darnell Lamont Walker and special guests explore themes from his new book, *Never Can Say Goodbye: The Life of a Death Doula and the Art of a Peaceful End*.

What's a death doula? In many ways, it's a role we all need to learn and develop: being present emotionally and spiritually at the bedside, to help our beloveds feel seen and heard, and to honor their wishes in their final days.

The first session focuses on the collective grief surrounding the deaths of public figures and celebrities, as well as ordinary individuals whose lives resonated with others after their deaths. Why is there an outpouring of grief of these individuals who we've never actually met? Are we mourning something else besides that individual? How do race and class inform who gets remembered? How are we transformed as individuals and groups when we gather for vigils and rituals, both in person and online? Can recounting the lives of luminaries and lesser-known folks inspire us to share our own stories?

From February 2 to April 17, 2026,  
registrants to the series receive a 15%  
discount on the paperback version of the  
book on [Bookshop.org](https://bookshop.org) using the code  
REIMAGINE.



### **Registration (\$0-\$30.) and additional information:**

[https://letsreimagine.org/76768/never-can-say-goodbye-part-1-of-3?utm\\_medium=paid&utm\\_source=fb&utm\\_id=120238898924640714&utm\\_content=120238898924650714&utm\\_term=120238898924630714&utm\\_campaign=120238898924640714&fbclid=IwY2xjawPnqzVleHRuA2FlbQEwAGFkaWQBqyyIPFJFKnNydGMGYXBwX2lkEDlyMjAzOTE3ODgyMDA4OTIAAR7mGZ2SCAkysNjzhn45gNrwlzdrsoFq33jgcGSfVd2ZLSuG3dIpWWZRWB8xuA\\_aem\\_SnmBKwKX\\_jiAqzHULO0o8A](https://letsreimagine.org/76768/never-can-say-goodbye-part-1-of-3?utm_medium=paid&utm_source=fb&utm_id=120238898924640714&utm_content=120238898924650714&utm_term=120238898924630714&utm_campaign=120238898924640714&fbclid=IwY2xjawPnqzVleHRuA2FlbQEwAGFkaWQBqyyIPFJFKnNydGMGYXBwX2lkEDlyMjAzOTE3ODgyMDA4OTIAAR7mGZ2SCAkysNjzhn45gNrwlzdrsoFq33jgcGSfVd2ZLSuG3dIpWWZRWB8xuA_aem_SnmBKwKX_jiAqzHULO0o8A)

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**Friday, February 20, 11:00 am-12:00 pm EST**

### **Grief After Dementia Caregiving**

A regularly scheduled support group specifically for caregivers whose care partner with dementia has died. The group provides an opportunity for you to share your own experiences, feelings and coping strategies with others going through a similar experience. Group is facilitated by trained Finger Lakes Caregiver Institute staff.

*Sponsored by Lifespan*

**Register (free):**

<https://lp.constantcontactpages.com/ev/reg/vk892x4>

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**Tuesday, February 24, 12:00-1:00 pm EST**

## **EXIT MATTERS: Spiritual Care at End-of-Life**

What role can spiritual care play at end-of-life? Nina Thompson, an interfaith Spiritual Caregiver with UVM Home Health and Hospice will talk about spiritual and religious needs and opportunities at end-of-life. She draws her passion and capacity for spiritual care work from her Zen Buddhist faith and practice. She will share ideas and stories about death, dying and life from her 18 years doing this work.

Bring your questions and curiosity to join in the exploration of this rich topic.

**Register** (free):

*Sponsored by Patient Choices Vermont*

<https://www.patientchoices.org/calendar.html>

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**Thursday, February 26, 1:00-2:00 pm EST**

## **What is an End-of-Life Doula?**

A death doula, or end-of-life doula, is a non-medical professional who provides holistic support to individuals and their families during the dying process. Their role is similar to a birth doula, but they help people navigate the end-of-life with comfort, dignity, and emotional, spiritual, and practical guidance. Services can include advance care planning, providing a calming presence, facilitating conversations about death, and offering support to grieving families after death.

The webinar will address:

- What death doulas are and the scope of death doula care
- How death doulas are trained
- Who regulates and pays for death doula care
- Why you might benefit from a death doula's care
- When to consider hiring a death doula
- Where to find and how to select a doula



**Registration** (free): requires login or creation of AARP account

Click on [Register](#)

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**Thursday, February 26, 7:00-8:30 pm EST**

## **Grief and the Music Within: Exploring Sound, Songwriting & Story**

Grief is as personal as a fingerprint, and music can help us express what words alone cannot. Guided by multi-instrumentalist Annie Wenz, this will be an immersive experience where participants explore loss through songwriting, reflective writing, sound frequencies, and guided imagery.

Through gentle writing prompts, sound exploration, and shared musical expression, this workshop offers space to explore memories, emotions, and the stories that shape our grief. Together, we'll use music and language to give voice to what lives inside us—turning sound into meaning and silence into song.

No musical background is necessary—just an open heart and a willingness to explore. Whether you're remembering a loved one or holding space for complex emotions, this workshop offers a safe, supportive environment for expression, creativity, and connection.



**Annie Wenz** ([anniewenz.com](http://anniewenz.com)) is a performing and recording artist, educator, and former registered nurse whose work spans more than 25 countries. For decades, Annie has woven together her backgrounds in wellness and music, presenting workshops in hospitals, health facilities, and therapeutic settings—using music as a grounding and expressive medium for connection and care.

*Sponsored by EVERMORE*

**Registration (\$15.):**

<https://secure.everyaction.com/PfWoRZOy8kaoktOibrkCTg2>

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# IN PERSON, Rochester, New York

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**Wednesday, February 25, 1:00-2:30 pm**

## Your Digital Afterlife

What happens to your digital estate when you die? Do you have an email account? How about a Facebook account? Bank online? Shop online? Pay your bills over the internet? Join technology instructor Daniel Jones for this informative seminar where you'll learn how to get your digital assets in order. You'll learn about:

- Tips for getting your digital estate in order
- Creating a digital assets will
- How to close online accounts upon death
- How to live forever (online)
- Valuable resources

*Presented by technology instructor, Daniel Jones*

**Location:** Perinton Community Center, 1350 Turk Hill Road, Fairport

**Registration (\$6.00):**

Call 223-5050; credit card payment via phone at time of call

*Organized by 55+ program: 223-1617*





# Valentine's Day

## After The Death of a Loved One



*by Jill S. Cohen, Family Grief Counselor*

- ♥ Try to remember some of your favorite Valentine's Day celebrations with your loved one.
- ♥ Think about how lucky you were to have had that "sweetheart" to celebrate with.
- ♥ Realize that you still have the love for your loved one, though they are not physically here. This love is integrated in your life in a different way now.
- ♥ You can choose celebration, rather than avoidance, of the holiday. Commemorate your loved one with a ritual. Light a special candle, display a heart-shaped object in your home, enjoy a food or a romantic movie that you two enjoyed together. Honor that love in ways that feel special to you.
- ♥ Start a new tradition with your friends to celebrate platonic love. Those friendships are loving relationships too.
- ♥ Practice self-love. Get a manicure, a massage or buy yourself a treat. Or gift yourself the kind of gift that your loved one may have bought for you.
- ♥ Honor your loved one by donating to a local charity that was important to him/her. That spreads love to those who need it and can benefit from your loving gesture.
- ♥ Reach out to a special friend, a relative, or a neighbor, and surprise them with a call or a note on Valentine's Day to show them some love.
- ♥ If you have a grief counselor, discuss Valentine's Day and the theme of "love" in your sessions. Share some of the ways in which you and your partner showed love, felt love, or acted with love.



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