



Signature Sunsets

Initiatives To Advance Learning About End of Life

Thursday, April 23, 7:00-8:15 pm EDT

FLATLINERS

What do you think about **Humor in the Realm of Death...**

- ... Fun or Foolish?
- ... Delightful or Disagreeable?
- ... Uplifting or Undermining?
- ... Assuaging or Aggravating?
- ... A Boon or A Bust?

Can they go together like love and marriage or a horse and carriage?
Come with an open mind and then draw your own conclusions.

A robust collection of cartoons will provide the basis for reacting and commenting, engendering opinions about appropriate or inappropriate utilization of comical accents within the context of characteristically formidable subject matter.

If you would like to seize a chance for a chuckle, an informal program of interactive entertainment and conversation just might do the trick!

It's time for a recreational excursion into end-of-life jocularity.

Even if your knee-jerk reaction to humor in the death domain is aversive, you might be surprised by what creative cartoonists have to offer.

Consider the possibility of therapeutic value.

And even if you ordinarily shun opportunities to attend programs offering informative content, this offbeat diversion from the conventional ones may be worth a brief time-out from your usual activities to feed your soul.

We could all use a laugh these days!

Join Zoom: Signature Sunsets Program

<https://us02web.zoom.us/j/83558095863>

Meeting ID: 835 5809 5863

Email request:
"I plan to attend"
ponderingleaves@gmail.com

Wednesday, April 1, 6:30-7:30 pm EDT

Dying Awake Series: The Path Towards Death Awareness

Through research-backed insights and practical exercises, you'll learn how facing mortality can change your life! We conclude with a guided Maranasati (death) meditation designed to help you embody the teachings and bring their wisdom into your daily life. Step fully into this path and discover how awareness of death can awaken the fullness of living. Being in denial of death is a form of spiritual bypassing. Learn how to Die and Live Awake!

Presented by Korona, an end-of-life doula and spiritual guide for the *Dying Awake Series*: workshops exploring the transformative power of death

Registration (free or donation):

<https://letsreimagine.org/76768/dying-awake-series-the-path-towards-death-awareness>



Tuesday, April 7, 11:30-1:00 pm EDT

Your “Peace of Mind” End-of-life Plan

End-of-life decisions can be overwhelming, but preparing your wishes in advance brings clarity and comfort to those who matter most.

This webinar guides you through organizing important documents, creating a digital estate plan, expressing how you want to be remembered, and developing a grief support plan for loved ones—offering peace of mind for everyone involved. The plan Includes Your Legacy, Must-Have Documents, and What to Do Are Do with All Your Stuff.

Getting the practical side of your affairs in order will give reassurance "that everything is taken care of" to those you care most about. By prioritizing, addressing, and sharing your end-of-life and after-death wishes and by having the necessary conversations, you will unburden your loved ones from having to make difficult and necessary decisions as they grieve and mourn.

Sponsored by AARP Texas

Registration (free):



[https://events.aarp.org/event/TX-407-PMind/regProcessStep1?
i=mKmYr970Rk23GAKrHAZTBQ&rp=b45ccb79-6212-49a1-b263-72e9e7c00c02](https://events.aarp.org/event/TX-407-PMind/regProcessStep1?i=mKmYr970Rk23GAKrHAZTBQ&rp=b45ccb79-6212-49a1-b263-72e9e7c00c02)

Tuesday, April 7, 1:00-2:30 pm EDT

What to Expect at the End of Life for Caregivers

What does every caregiver need to understand when caring for someone with a life limiting, or end of life prognosis?

What does every person who will find themselves in the exhausting position of being a caregiver to a loved one, a friend, distant family, or a client need to understand about the End of Life process?

How can you best support someone as they move from chronic or acute illness, into the last weeks and days of their life? How do you support yourself?

Caregiving is the extreme sport no one ever asked to participate in, yet millions of people around the world find themselves in this position every day.

Presented by Barbara Karnes, RN, an award-winning end-of-life educator and hospice nurse.

Sponsored by Elisabeth Kübler-Ross Foundation

Registration (free):

<https://www.eventbrite.com/e/ekrf-what-to-expect-at-the-end-of-life-for-caregivers-wbarbara-karnes-tickets-1985643256432?aff=ebdsoporgprofile>

Wednesday, April 8, 12:00-1:00 pm EDT

Do I Need An End-of-Life Doula?

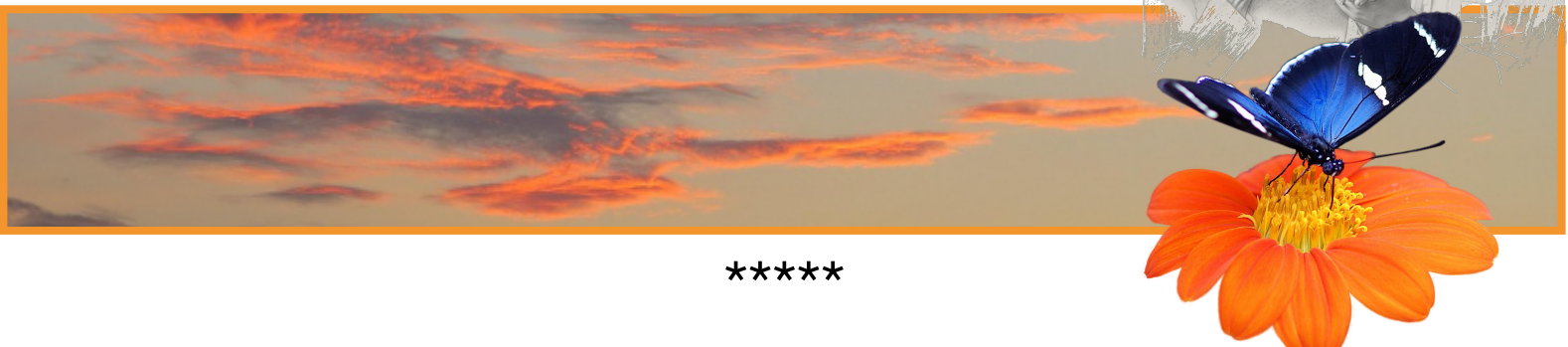
This workshop is for anyone interested in learning more about end-of-life doulas. What an end-of-life doula does, the reasons someone might enlist their support, and the positive impact we can have for you or someone you are caring for at end-of-life.

An INELDA (International End-of-Life Doula Association) Educator and doula will cover:

- An understanding of what an end-of-life doula is
- Time frame for engaging with a doula
- How doulas provide support throughout your lifespan

Registration (free):

https://inelda.memberclicks.net/needadoula_apr_8_2026#/



Thursday, April 9, 2026, 8:00-9:30 pm EDT

Anticipatory Grief: BEFORE an Expected Loss (Part 1 of 3)

Anticipatory grief is more than accepting a future death; it involves mourning small, daily losses—such as independence, shared dreams, security, and identity.

This series is designed to offer a safe place for those navigating the overwhelming and confusing emotions that naturally arise before a significant loss—whether it be a diagnosis, a changing relationship, or a life transition.

If you feel conflicted, guilty, or exhausted, know that you are not alone. You will be guided through the three distinct phases of the journey, helping you build the skills to cope with grace and presence.

In this first conversation, we will distinguish between grief (what you feel) and mourning (what you do). We will gently dismantle common myths and identify the practical coping skills you already possess to navigate daily changes. The goal is to help you navigate the "looming" anxiety and the countless micro-losses occurring before the loss.

Each session is 90 minutes, featuring 60 minutes of compassionate education followed by 30 minutes of open Q&A.

Registration (free):

<https://letsreimagine.org/76768/anticipatory-grief-before-an-expected-loss-part-1-of-3>



April 14, 12:00-1:00 pm EDT

The Dementia Dilemma: When MAID Is Not an Option

This session will focus on end-of-life planning when MAiD (medical aid in dying) is no longer possible due to impaired capacity. We will explore the benefits and limits of advance directives, the use of disease-specific dementia directives, the importance of portable medical orders (DNR/ COLST) and the role of Vermont's Ulysses Clause in an advance directive for documenting stopping eating and drinking as a means of hastening death.

This will be an interactive discussion on planning strategies for navigating the uncertainty of dementia disease progression.

Presented by Cindy Bruzzese, Executive Director and Clinical Ethicist at the Vermont Ethics Network, part-time clinical ethicist at UVM Medical Center, who directs Vermont's statewide task force on palliative care and co-chairs the ethics committee for the Academy of Aid in Dying Medicine (AADM).

Hosted by Patient Choices Vermont's EXIT MATTERS series about end-of-life issues

Most Exit Matters sessions begin with a brief presentation on Act 39 and MAID in Vermont. This month, that presentation will come at the end for anyone who wants to stay, to allow for a full discussion of the featured topic.

Registration (free):

<https://lp.constantcontactpages.com/ev/reg/6znc9ut>



April 14, 8:00-9:30 pm EDT

Death on Holidays



When death and Jewish holidays overlap, it is not obvious what priorities should be. Join David Zinner to look at texts from Tanach, Talmud and *Shulchan Aruch* to explore traditional Jewish practices when death and mourning intersect with joy and celebration. Topics will include Yizkor on *chagim*, Kaddish on Shabbat, broken glass at weddings, interrupted *shiva* and more.

Registration (free):

<https://luma.com/rkmm5zxe>

*Sponsored by the Jewish Association
for Death Education*

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April 15, 8:00 pm EDT

Bureaucracy from Beyond the Grave: Guiding the Living Through the Paperwork of the Deceased

When Becky Robison's father died of cancer, her first thought was not how to break the news to his friends or how best to honor his legacy. Her first thought was: Am I supposed to have a copy of his will or something?

Becky will guide you through the morass of death-related paperwork and red tape—from death certificates to medallion signature guarantees—and explain how lawyers and accountants fit into the picture.

Book by Becky Robison:

My Parents Are Dead: What Now?

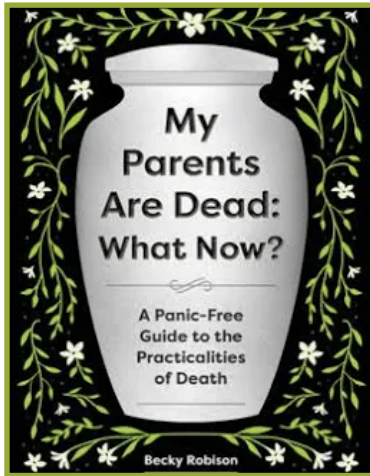
A Panic-Free Guide to the Practicalities of Death

Sponsored by the Funeral Consumers Alliance: funerals.org

Registration (free):

<https://zoom.us/meeting/register/>

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(See alternative program presented by Becky Robison on April 19th)

Saturday April 18, 1:00-2:30 pm EDT

Saturday April 25, 1:00-2:30 pm EDT

2 PART CLASS

Making Peace with End-of-Life

Elders are constantly bombarded with advertising messages and social cues that prompt us to be active, look younger, and stay healthy and vibrant. Cultural messaging neglects to tell us how to navigate the journey through the end of life.

In this interactive, experiential group workshop, you will learn how to create a more positive relationship with death and grief as you face the loss of loved ones and the reality of your own eventual

These topics and more will be explored:

- . Death and grief practices from a variety of cultural and religious perspectives
- . How death is addressed in our modern medical system
- . What is hospice, and how does it differ from palliative care?
- . Family dynamics in end-of-life and bereavement
- . The process of dying
- . Body disposition options
- . Creative rituals and ceremonies for death, dying, and grieving

Taught by Dr. Terri Daniel, end-of-life educator, inter-spiritual hospice chaplain, grief counselor, adjunct instructor in thanatology and chaplaincy, founder of The Conference on Death, Grief, and Belief, and Ask Doctor Death podcast.

Sponsored by the Center for Death Education

Registration (\$50.):

<https://www.centerfordeatheducation.org/class-details/Y2VudGVyX2VkdWNhdGlvbg%3D%3DNjg%3D>

April 19, 2:00 pm EDT

The Funeral's Over. Now What?

While you don't inherit a loved one's debts, probate and the other particulars of settling an estate can still be pricey—as well as very frustrating and confusing.

Keep post-funeral costs down. Navigate the probate/will process with ease. Maintain your sanity (mostly).

Presented by Becky Robison

Sponsored by The Funeral Consumers Alliance of Northern New Jersey

Registration (free):

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

Tuesday, April 28, 6:30-8:00pm EST

How We Love: A Family's Journey Through Medical Aid in Dying

In February 2026, New York became the latest state to offer Medical Aid in Dying (MAiD) to residents as an option for terminally-ill patients who meet eligibility criteria to hasten death. Updates about pending implementation in New York will be shared.

We will relay the story of a family whose father utilized MAiD and how this option at the end of his life made for beautiful moments together.

Presented by End of Life Choices New York

Registration (free):

*Program will not be recorded.

<https://secure.qgiv.com/.../endoflif.../event/eolcnyeolbmzc/>

IN-PERSON

Saturday, April 25, 1:00-4:00

Talking About Death Won't Kill You

... it can help you make informed decisions
about end-of-life plans for yourself and others

Many people die in ways inconsistent with their values and wishes. Planning ahead provides an opportunity to think about and communicate what you do and don't want at the end of life.

Develop the practical know-how needed to plan well for the end of life.



Staff from local organizations and beyond can help you explore:

- advance care planning: health care proxy & living will
- patient rights including medical aid in dying
- accessing palliative care & hospice care
- funeral planning
- green burial

In addition to speaking with staff at the different tables, there will be a mini-talk (10-15 minutes) on each topic, starting at 2:00.

Brought to you by On Dying Well, End of Life Choices New York, Funeral Consumers Alliance of the Finger Lakes, Greensprings Natural Cemetery Preserve, Hospicare

Location: First Unitarian Society of Ithaca, Ithaca, NY
306 N. Aurora Street, Ithaca (enter on Aurora St.
between the church and the Parish House



Suggested parking:

Seneca Street Parking Garage (one block away)

Street parking downtown (no longer free on Saturdays)

Free parking throughout Fall Creek (starts a block north of Unitarian Society)

No advance registration

The format is open, so drop by for a few minutes or stay for a few hours.



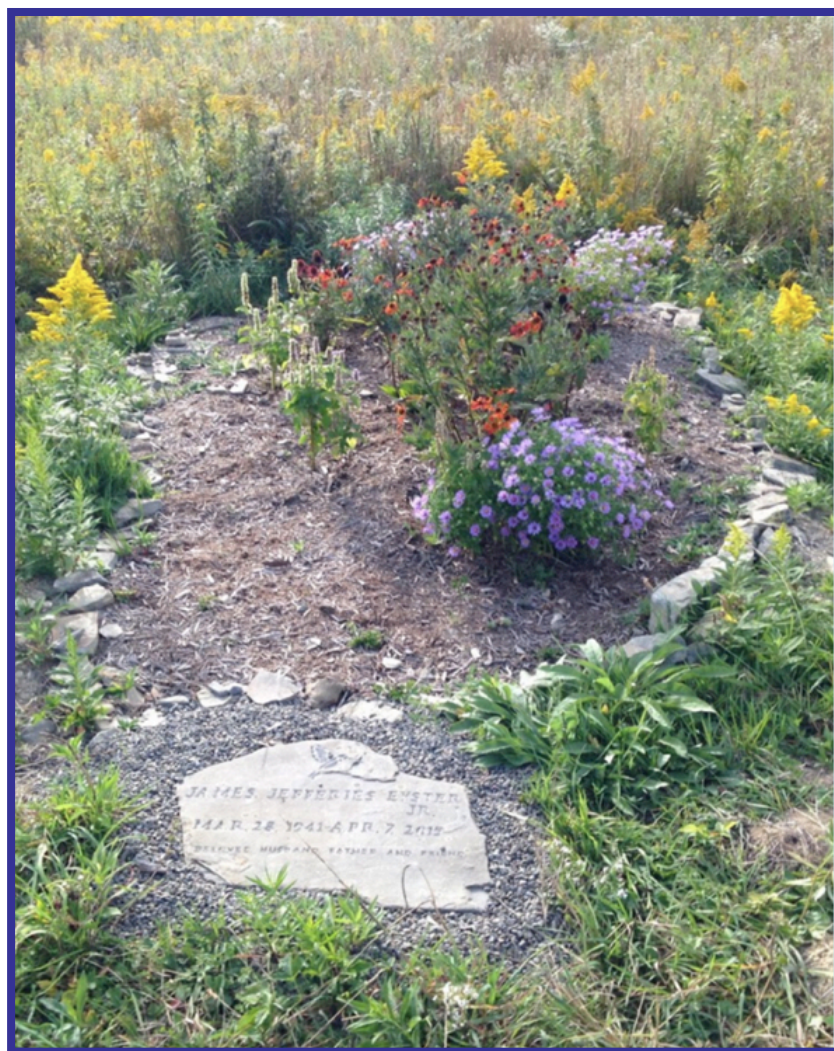
Opportunity in the Vicinity:

While in the Ithaca area, consider a walk through pastoral fields of beauty that are brimming with above-ground life!

Greensprings Natural Cemetery Preserve, 293 Irish Hill Road in Newfield, NY is 14.5 miles south, less than a half hour away and easily reachable.

Founded in 2006 as a natural burial cemetery, it covers 130 acres of serene habitat with rolling meadows and is surrounded by 8,000 acres of Cornell University's Arnot Forest and Newfield State Forest.

Though green burial is available in sections of hybrid cemeteries that also offer conventional burials, the Greensprings site is the only property in New York exclusively dedicated to this type of interment under natural conditions, using biodegradable receptacles or wraps, without embalming of bodies, and with flat stones and vegetation as grave markers rather than manufactured products.





MARY ELLEN MARKANT

Signature Sunsets

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