

# SIGNATURE SUNSETS

## Initiatives To Advance Learning About End of Life



### POINTS of INTEREST

#### Canned Food Month

This may seem like an irrelevant focal point, but it can spark inspiration for a commemorative accent.

Has someone in your family volunteered to work in a food pantry, collecting, organizing, and providing non-perishable items for needy folks?



### UPCOMING ONLINE OPPORTUNITIES

#### Death Cafe

**Tuesday, Feb. 11th, 7:00-8:00 pm EST**  
(with up to an additional 15 min. as desired)

Hosted by Heather Massey from Falmouth, MA and conducted in accordance with established guidelines, per <https://deathcafe.com/>

Conversation will proceed spontaneously according to whatever is on the minds of participants, who are requested to engage as mortals rather than as end-of-life specialists.

Participation is active, not passive, so it is expected that all cameras will be turned on for face-to-face contact.

Consider highlighting that contribution as a commemorative earmark when the person dies. Beyond noting this laudable activity in an obituary, imagine the significance of a request for guests at a memorial event to bring canned goods to collect for donation as a meaningful gesture that celebrates personage.

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**Send A Card  
To A Friend Day**

**February 7th**

In an interview with NPR's Anderson Cooper about personal perspectives of loss and grief, David Sedaris noted that it's never too late to convey compassion to someone who has suffered a loss, even if it was a long time ago. His sister, Amy, routinely notates death dates of others' beloved companions, which enables her to send a "How are you doing?" message to individuals on the anniversaries of their loved ones' deaths. She opines that we should always assume that individuals with whom we have contact are grieving,

**Death Cafe: Join Zoom Meeting**

<https://us02web.zoom.us/j/86353039888>

Meeting ID: 863 5303 9888

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**Final Exit Network & Choice in Dying  
Thursday, Feb. 27th, 7:00-8:00 pm EST**

with an extra half-hour allotted (until 8:30)  
for anyone who wants to stay  
for Q&A and further discussion



Presented by Lowrey Brown, an exploration of options for hastening one's death in the face of intractable suffering, with consideration of strengths, weaknesses, and challenges along with a focus on how you can position yourself to have choices for potential utilization when the time comes.

Since 2019 Lowrey Brown has served as the Exit Guide Program Director for the Final Exit Network, having previously worked as a volunteer. Prior to these roles, she had been a consumer and environmental advocate, fighting to protect individuals and the planet in utility regulatory proceedings. With an academic background in engineering, she advocates for the right to die from a practical perspective.



So using this designated day in this manner presents an opportunity to surprise someone with a kind gesture, even if it's an email rather than a snail-mailed Hallmark version. By doing so, you acknowledge that grieving can be a long-term process that warrants recognition and regard.

[youtube.com/watch?v=YQBZCMKyyKk](https://www.youtube.com/watch?v=YQBZCMKyyKk)

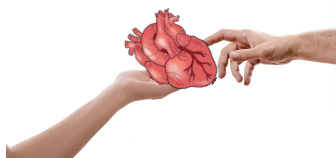


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### **National Organ Donation Day**

**February 14th**

What better day than this one to go to the Donate Life website and register to make your physical leftovers available for recvclina?



Though there's no guarantee your body parts will be utilized, by registering you declare availability, thereby augmenting the potential for a contribution of extraordinary value.

This year marks the 20th anniversary of Final Exit Network, a national organization which grew out of the Hemlock Society. Education and support are provided for individuals who want to hasten death, but don't necessarily qualify for Medical Aid in Dying.



### **Join Zoom Meeting**

<https://us02web.zoom.us/j/87089826680>

Meeting ID: 870 8982 6680

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## **OTHER HAPPENINGS**

### **Preparing for Unexpected Life Transitions**

**Thursday, Feb. 6th, 10:00-11:30 am EST**

This live, virtual event will feature a conversation between Marc Séguin, author of *Advocacy in Aging*, and Charles Barrett, Compassionate Ottawa Board member. Together, they will discuss the challenges and opportunities of planning for unexpected life transitions, from aging and reduced abilities to health events and illness. Drawing on real-life stories, Marc will share insights from his book, which outlines five essential pillars of planning: financial preparedness, powers of attorney, downsizing, living wills, and gradual transitions. The conversation will explore how to build a strong support team, ensure continuity in managing your affairs, and make certain that your values and wishes are respected as you age. There will be 3 time for questions after the conversation.

## Sign-up OPTIONS:

- 1) <https://www.organdonor.gov/sign-up>
- 2) health app on iPhone
- 3) in person at local Department of Motor Vehicles



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## **Valentine's Day**

**February 14th**

It's a day for gifting gestures and expressions of affection and devotion... a day that can be a "grief trigger."

Does the opportunity vanish once the subject of one's affection is gone from earthly existence?



Though traditional practices are no longer possible, alternative measures to sustain a connection can be adopted...

Presented by Compassion Ottawa.

Limited to 500 registrants.

A recording will be posted on their YouTube channel following the broadcast.

To Register:

<https://mail.google.com/mail/u/1/?pli=1#inbox/FMfcgzQZSsJkqVVZSfVQfpFBvhtfRfTm>

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## **Surviving A Sibling**

**Wednesday, Feb. 12th, 4:00 pm EST**

Shedding light on the grief of "forgotten mourners" – bereaved brothers and sisters who navigate a unique and often overlooked form of grief. This series is not only a space to feel seen and receive support as a surviving sibling, but also a learning opportunity for family, friends, and colleagues to discover how we can show up for individuals whose grief experiences are frequently stifled and minimized.

Scroll down to blue boxes ("Next Month's Theme")

**for information and to register:**

<https://mail.google.com/mail/u/1/#inbox/FMfcgzQZSjdFvrfnCnmNVqBBPNCXXBSB>

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## **Crucial Decisions: Picking and Preparing Your Healthcare Proxy**

**Monday, Feb. 24th, 4:00 pm EST**

Compassion & Choices will host a webinar about healthcare surrogacy. A focus will be on choosing an agent or proxy who can advocate for you when you are unable to speak for yourself, based on your values and wishes that are preemptively communicated.

Sign-up for Webinar:

<https://shorturl.at/xtHOx>





Pause for a few minutes to write a letter to “your valentine,” perhaps reflecting on memorable moments spent together.

Purchase a bouquet of flowers to display in your environment, maybe a variety the absent individual favored.

Address your sorrow of loss by doing something restorative for yourself: a special outing or activity, time out for relaxation, perhaps reading a novel or listening to music with a candle burning in your midst, a spa treatment, or engaging with someone who nurtures you... possibly a companion who is similarly bereft of a beloved life comrade.

# Death Is Nothing At All

Death is nothing at all.  
I have only slipped away  
into the next room.

I am I, and you are you.  
Whatever we were to each other,  
that we still are.

Call me by my old familiar name,  
Speak to me in the easy way you always used.  
Put no difference in your tone,  
wear no forced air of solemnity or sorrow.

Laugh as we always laughed  
at the little jokes we shared together.  
Let my name be ever  
the household word it always was.  
Let it be spoken without effort,  
without a trace of a shadow on it.  
Life means all that it ever meant,  
It is the same as it ever was.  
There is unbroken continuity.

Why should I be out of mind  
because I am out of sight?

I am but waiting for you for an interval,  
somewhere very near, just around a corner.

All is well.

~ *Henry Scott Holland* (1847-1918) ~

<https://allpoetry.com/poem/13601954-Death-Is-Nothing-At-All-by-Henry-Scott->





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