

October 2025



Signature Sunsets

Initiatives To Advance Learning About End of Life

ONLINE OPPORTUNITIES

Tuesday, October 28, 7:00-8:30 pm EDT

“I Wish I Had Known...”

Preparing for Wrap-up of One's Digital Landscape At Life's End

How many things do you do electronically? Do you communicate via emails, text messages, and maybe WhatsApp? Do you pay bills, access investment accounts, or do banking online? Do you use Facebook, Instagram, Twitter, or LinkedIn? Do you store photos, videos, and documents online or in the cloud? Do you have a blog, website, or other intellectual property? What is stored on your cell phone – photos, email addresses, apps? Do you subscribe to online movies, TV or music streaming?

All of your online accounts and everything else stored online are known as digital assets. They are protected by usernames, passwords, and other security measures to assure your access only.

It behooves everyone to contemplate:

What will happen to my digital assets after I die?

Who will finalize my affairs?

How can I assure access and make the process manageable and free of distressing obstacles?

What can I do now?



LEARN SOME POINTERS FOR ADDRESSING THIS IMPORTANT ISSUE THAT OFTEN GETS OVERLOOKED, CAUSING TREMENDOUS TURMOIL FOR GRIEVING FAMILY MEMBERS.

A BRIEF SKIT ACCOMPANIED BY A PHOTO-SLIDESHOW WILL PRECEDE AN OVERVIEW OF SUGGESTIONS FOR ACTIONS TO BE TAKEN.

This *Signature Sunsets* program will be presented by Mary Ellen Markant. Attorney, Timothy Muck, a partner at the Barclay Damon firm in Rochester, NY will be on hand to answer your questions.

- ♦ If you plan to attend, as a courtesy, please email ponderingleaves@gmail.com, simply stating “I plan to attend.”

Join Zoom Meeting

<https://us02web.zoom.us/j/83737158824>

Meeting ID: 837 3715 8824

Tuesday, September 30th - Wednesday, October 8th

A Series of Presentations

Animal Communication, End of Life, and Holistic Healing Conference

Three interviews each day of the nine-day conference;
recordings available afterward for 48 hrs.

HOSTED BY DR. JEFF GROGNET, A VETERINARIAN

“An exploration of how to support both animals and their people through the tender threshold of dying and death.”

There will be thirty speakers to present options for holistic care at the end of a pet's life.

Examples: Reiki, acupressure, hospice, natural transition, how to deal with grief, soul contracts, how to communicate with your pet. Imagine knowing what your pet wants.

Find out what you can do when faced with this phase of your pet's life.

REGISTRATION (free):

<https://courses.newearthvet.com/conference-13-signup-sk.html?cookieUUID=039944b4-adc7-47ac-8a00-5790542889df>



Grief Education Webinars

“During *Conversations On Grief™* webinars, you'll learn how grief and mourning impacts our life physically, emotionally, cognitively, socially, and spiritually.”

Proven, practical ways to help navigate, day by day, the wilderness of grief will be presented.

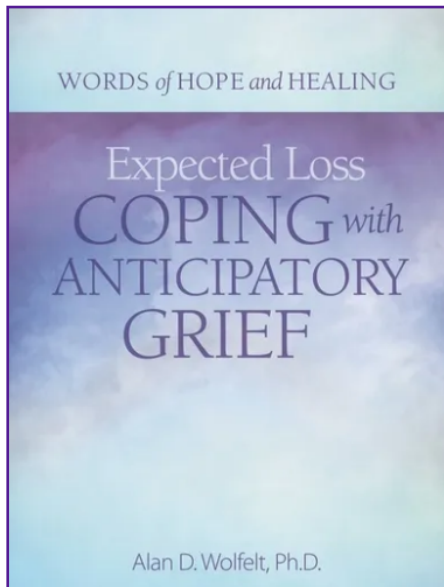
**BASED ON BOOKS AUTHORED BY DR. ALAN WOLFELT, PH.D.,
A RENOWNED PSYCHOLOGIST WHOSE WRITINGS AND
PERSONAL APPEARANCES HAVE SPANNED A BROAD SPECTRUM
OF TOPICS ABOUT BEREAVEMENT**

Thursday, October 2, 11:30 am -1:00 pm EDT

Expected Loss: Coping with Anticipatory Grief

“We don’t only experience grief after a loss—we often experience it before. If someone we love is seriously ill, or if we’re concerned about upcoming hardships of any kind, we naturally begin to grieve right now.”

Learn about the meaning and causes of anticipatory grief, how it contrasts with other grief triggers, why grief and mourning differ, and caring for someone who is dying.



REGISTRATION (free):

[https://us02web.zoom.us/meeting/register/vpj5PAhITROWaG5cs1Tu2w#/registration](https://us02web.zoom.us/join/8679111111?pwd=ZUJkdjRlYkxwZWdScDZkdzFSSURBQWpG)

Thursday, October 9, 11:30 am -1:00 pm EDT

What to Say and What NOT to Say When Someone is Grieving

“Someone you care about has suffered a loss. As a supportive friend or family member, you instinctively want to offer comfort but don’t know what to say. Then in a moment of emotional awkwardness and with the best of intentions you say:”

“He’s in a better place.”

“There is a reason for everything.”

“Aren’t you over him yet? He’s been dead for a while now”

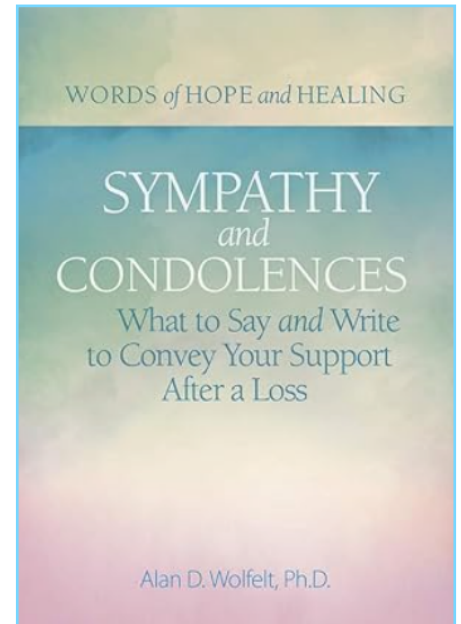
“You can still have another child”

“She was such a good person.

“God wanted her to be with him.”

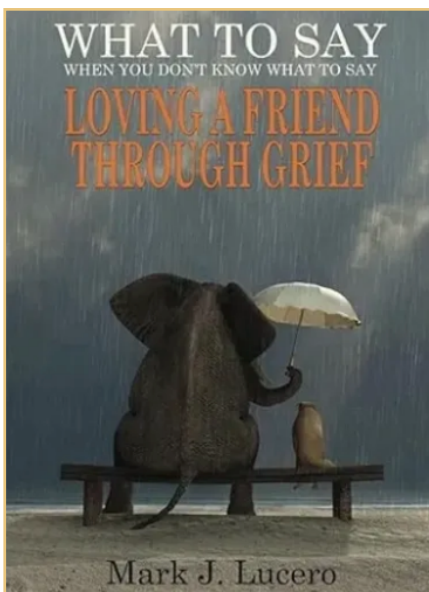
“I know how you feel.”

“Be strong.”



These sorts of remarks are not helpful or supportive.

Learn more of the worst utterances and how to avoid them in contrast to comments and ways to say them that are beneficial.



ALSO:

How to companion someone grieving, understand common emotions, how to deal with the physical symptoms that may occur, and how grief myths can prevent a grieving person from moving forward.

REGISTRATION (free):

<https://us02web.zoom.us/meeting/register/7aXeLEKwTfCjXpWgk7AYtw#/registration>

Friday, October 10, 1:00 pm EDT

Talking to Children About Illness and Death

Join counselors Chris Adrian and Natalie Crittendon for a discussion on talking to children about illness and end of life. Children can be supported around the dying process in age appropriate ways: using clear language about death, not talking in euphemisms, preparing them for changes that happen to body. We'll discuss all this and answer your questions.

A PROGRAM OFFERED BY METTLE HEALTH
([HTTPS://WWW.METTLEHEALTH.COM/](https://www.mettlehealth.com/))

REGISTRATION (free):

<https://us06web.zoom.us/webinar/register/>



Monday, October 27, 12:00-1:00 pm EDT

What is a Death Doula?

PRESENTED BY KASEY MARCH, OF DOULA CARE FOR DYING, AND LINDSEY WARREN, A DOULA, SOUND HEALER, AND REIKI HEALING ARTS LEVEL-2 PRACTITIONER, OF JOURNEY WITH COMPASSION.

They will explore the role of a death doula, also known as an end of life doula, noting the emotional, spiritual, and practical support provided to individuals facing the end of their lives, as well as their families. With this role becoming more widely recognized, the benefits of compassionate, non-medical support will be addressed.

A program of EXIT MATTERS, sponsored by Patient Choices Vermont.

REGISTRATION (free):

https://lp.constantcontactpages.com/ev/reg/nvfjdpr/lp/f09e4cfc-c23a-4e94-8625-5d2cb33285c5?source_id=8122722e-7c27-4a52-bfd2-60c4375872e4&source_type=em&c=Z6LrCwgawp6vCvmcXafkPxvrkQCJ3Zwcfw4miL9WF0me4vsj2mB8jg==

Food for Thought

**"How lucky I am to have something
that makes saying goodbye so hard."**



reddit.com/Willem20

~ A.A. Milne, *The Complete Tales of Winnie-the-Pooh* ~

FUN FUNerary Fact

A 120-year-old Japanese funeral home has added a new service to its offerings: an “into-the-coffin-cafe” experience” that lets visitors lie as long as they’d like in one of three “elaborate coffins designed by the maker, Grave Tokyo. The owner hopes the opportunity will help people feel “reborn” as they climb out of the coffin.



Kiyotaka Hirano, president of the "Kajiya honten" funeral company, demonstrates the experience of lying in a coffin that his company is offering, in the city of Futsu, Chiba Prefecture, on Oct. 9, 2024. (Mainichi/Ayano Tanaka)

The Mainichi, November 7, 2024: <https://mainichi.jp/english/articles/20241106/p2a/00m/0bu/>

Suggestion Box



Averting the “F” word (Funeral or Funerary)

Many people feel intimidated by the prospect of delving into the end-of-life domain. They’d rather run for the hills instead of addressing matters to be wisely considered in preparing for the end of their lives.

Do you have any ideas for helping to render this arena of learning opportunities more palatable?

Might there be alternative words or labels that would be perceived as less offensive? Or might the usual educational approaches be tweaked?

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Please send your suggestion/s and/or feedback to ponderingleaves@gmail.com.



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