

SIGNATURE SUNSETS

Initiatives To Advance Learning About End of Life



POINTS of INTEREST

Celebrate Your Name Week

Names can pose inspiration for themes at commemorative affairs. Think of the possibilities for decedents with these names:

Rose, Fern, Dahlia, Lily, Heather, Myrtle, Daisy, Laurel, Violet, Holly; Herb; April, June; Jay, Robin, Fawn, Colt, Tiger; Melody, Allegra; Terry, Lacy, Velvet, Paisley; Candy, Graham, Ginger, Chip, Colby, Honey, Mac, Sugar, Stew; Sandy, Rocky, Heath, Misty, Reed, Brook, Sky, Star, Storm, Stone, Dawn, Ray, Sunny; Penny, Teddy, Noah, Shepherd, Angel, Art, Bill, Jack, Oscar, Wade, Ziggy; Opal, Ruby, Pearl, Crystal.

UPCOMING ONLINE OPPORTUNITIES

The Switzerland Option for Assisted Dying

Tuesday, March 11, 7:00-8:15 pm EST

Conversation with Michael Collins, whose wife chose to go to Switzerland for an assisted death.

Michael will tell us about his family, his wife and her diagnosis, and the research and information that led them to travel abroad for assisted dying with Dignitas. We'll learn about all aspects of this decision, including: the application process, costs, travel details, medical intervention at the site, family support for the decision, and potential obstacles to utilizing this option.

Imagine a service and/or reception for someone with the name CRYSTAL

Actual pieces of crystal or crystal-like replicas could be utilized in different ways...

VASES to hold flowers,
DISHES to pass around candy,

CANDLE HOLDERS on an altar,

a crystal CHALICE for a wine communion,

crystals of SUGAR, SALT, OR ICE used as visual accompaniments to verbal presentations.

Small crystal or crystal-like pieces of JEWELRY or ORNAMENTAL PIECES might be given to guests as mementos.



Guests will surely leave with an enduring memory of the occasion.

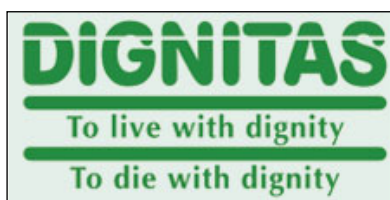
Michael Collins is Executive Director of American Climate Partners, a non-profit organization working in Appalachia and the South. He has two children and three grandchildren involved in holistic health care and regenerative farming in the mid-Atlantic region. His hobbies include farming and adventures in the great outdoors.



Join Zoom Meeting

<https://us02web.zoom.us/j/81552218993>

Meeting ID: 815 5221 8993



Dignitas is a Swiss non-profit organization providing physician-assisted dying to members with terminal illness or severe physical or mental illness, supported by independent Swiss doctors. Individuals are assisted at home within Switzerland and at the Dignitas' house/flat near Zurich. Advisory work is provided on palliative care, health care advance directives, suicide attempt prevention, and legislation for right-to-die laws around the world.

Members who wish to end their life must be able to prove they are of sound mind, as determined by the organization, and be themselves able to bring about death. The must submit a formal request including a letter explaining their wish to die along with medical reports showing diagnosis and attempted treatment. For people with severe psychiatric illness, an in-depth medical report prepared by a psychiatrist is additionally required per a Swiss Supreme Court decision.

[https://en.wikipedia.org/wiki/Dignitas_\(non-profit_organisation\)](https://en.wikipedia.org/wiki/Dignitas_(non-profit_organisation))

National Pig Day

March 1

Pig roasts, the barbecuing of a whole pig, are traditional aspects of celebrations in many countries. For a funeral, they may be imbued with symbolic reverence for the decedent and what lies beyond life.



“The standard dishes for Chinese funerals in Malaysia include cooked meats: a roasted pig symbolizes eternity and good luck, a boiled chicken represents the spirit’s flight to the beyond and a roast duck symbolizes protection for the spirit as it crosses the three rivers (Gold River, Silver River and the Life-Death River) that are synonymous in Chinese-Buddhist belief with giving and supporting life. Everything is served with rice, which represents family and respect.”

<https://www.aljazeera.com/features/2024/3/30/communing-with-spirits-food-that-helps-cultures-deal-with-death>

Deathcaring Community Chat: Q & A Forum

Thursday, March 20, 7:00-8:00 pm EST



OPPORTUNITY is knocking...

...to **ask questions** about dying, bereavement, funerary care and options, or any aspects of death care

Think of anything or everything you’ve always wanted to know about matters of death, including: the dying process, holistic/hospice care, post-death care of the body in conventional mortuary settings or home/family/community settings, disposition options, celebrations of life or funeral and memorial services, or grief and bereavement.

We’ll provide insights and direct you to further resources.

...to **share requests** for future Community Death Education programs

What topics in the realm of death education spark your curiosity?

...to **convey feedback**

Join Zoom Meeting

<https://us02web.zoom.us/j/82214649982>

Meeting ID: 822 1464 9982

Dentist's Day

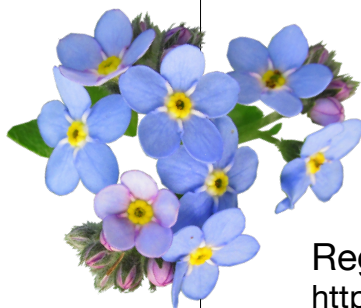
March 6

Have you ever wondered if your gold crowns could be part of your estate planning if you choose cremation?



It might be tempting to envision a way to reclaim some of the money you spent for this dental additive during your lifetime. But a gold crown is only a gold veneer over a tooth, not a substantial piece of the precious metal. Unlike other metals that may be embedded in the body, it cannot withstand the high temperatures of cremation. Instead, it melts and fuses with other bits of remains, especially bones, rendering it unrecoverable in contrast to steel and titanium parts that can be removed by way of strong magnets.

The gold would have to be retrieved prior to cremation, but the cost for doing so would outweigh the value of the metal.



OTHER HAPPENINGS

Advance Care Planning for Everyone

Saturday, March 1, 11:00-1:00 pm

*In person

at Irondequoit Public Library, Room 114

sponsored by Funeral Consumers Alliance of Greater Rochester (FCAGR)

Presenter: Jean Oswald,

Hospice RN, Author, End-of-Life Consultant

This interactive presentation will help you chart your own path of medical care when nearing the end of your life. We'll simplify medical language and think about what matters most if you have a serious illness. You'll learn how to choose a Health Care Proxy and see some role-playing to help you start a conversation with family. Come join us to reduce anxiety and feel a stronger sense of control in your future.

Jean's nursing career spans more than three decades in the hospital and community settings, but it is end-of-life work that is most aligned with her Soul's purpose. As a Hospice Nurse and Consultant, Jean is a valuable resource for our aging population, sharing a wealth of knowledge as she advocates for clients, empowering them to navigate the complexities of our healthcare system. Learn more at www.CompassionateConsulting.com.

Comfort and Connection:

A Circle of Support and Remembrance

Monday, March 3, 11:00-12:00 pm EST

Online, monthly

In this sacred circle, your memories, photographs, & mementos tell stories of love that live on. Join our gentle community where grief is honored & hearts find a connection. Together, we remember.

Registration:

<https://letsreimagine.org/76768/comfort-connection-a-circle-of-support-and-remembrance>

The month when
spring marches in...



REBIRTH

There will be moments when you will bloom fully and then wilt, only to bloom again. If we can learn anything from flowers it is that resilience is born even when we feel like we are dying.

~ Alex Elle ~



March 10

**International Find a
Pay Phone Booth**

Resting Right

Tuesday, March 4, 6:00-7:30 pm EST

Online

A candid conversation about everything you would like to know about being a funeral and cemetery consumer. Bob tells it like it is, with good humor. Get practical information about cemetery selection, monuments, and other funeral arrangements.

With Bob Sweeney & Grace Sweeney of Carroll-Lewellen Funeral Home & Foothills Gardens of Memory Cemetery

Registration:

Funeral Consumers Society of Colorado

funeralsocietycolorado@gmail.com@send.eocampaign1.com

Free to attend, \$5.00 suggested donation

Facing Change:

Life's Transitions and Transformations

Wednesday, March 19, 4:00-5:15 pm EST

Online monthly

Losing a job. Moving. Ending a relationship. Having a baby. Getting married. Losing a loved one. Going back to school. Becoming ill... There are so many forms change can take.

Hosted by rites of passage, LLC

Registration:

<https://letsreimagine.org/76768/facing-change-lifes-transitions-and-transformations-36>

Perfectionism in Illness and Death

Friday, March 21, 1:00 pm EST

Webinar

Phrases like a "good death" can lead us to think that this is another area we need to control and manage. But then, how does it feel to those who did not achieve this "good" experience? Have they failed? Illness and dying are unpredictable, messy, beautiful, and hard (just to name a few). Trying to perfect the experience isn't always possible, and we ask: is perfect really the goal?

Registration:

https://us06web.zoom.us/webinar/register/WN_q6NIF4ltS2C3ROngEL1VsA#/registration

Powerful, gusty winds are commonly experienced during the month of March.



With spring on the horizon, the cold air of winter meeting warmer air causes differences in pressure that drive the strong winds. In the northern hemisphere, from the Plains to the East Coast, March is recognized as the windiest month, with velocity stronger than at other times of the year.

“Absence is to love what wind is to fire;
it extinguishes the small, it enkindles the great.”

~ Roger de Rabutin ~

Might you have a message for an absent companion whose life on earth has ended? Let the wind carry your words to wherever you envision that person's spirit to be sustained.

**Opportunities are growing for use of a “wind phone”
to initiate this type of communication.**

Since funerary wind phones are unconnected, it is the wind that conveys words to a deceased loved one. Increasingly, they are being established in cemeteries, parks, or along walking trails. They may be inside replicas of old phone booths or mounted on trees, or in small cabinets.

The concept was first introduced in 2010 by Itaru Sasaki, a garden designer in Otsuchi, Japan following the death of a relative. His phone booth became available to the public in 2011 following an earthquake and tsunami. Since then, these channels for spiritual connection have materialized in many countries around the world.

For locations and photos:

My Wind Phone

<https://www.mywindphone.com/>

<https://www.mywindphone.com/united-states-windphones>



In Rochester, New York, phones of this nature can be found in the Memory Garden of the Unitarian Church, the Fairport Arboretum off of Black Watch Trail, a new center park in Holley, near the green house at the Gandhi Institute, and at Sarah's Garden Center in Brockport. Two hours away in Newfield, New York, one was installed on a tree trunk at Greensprings Natural Cemetery Preserve.



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