



Signature Sunsets

Initiatives To Advance Learning About End of Life

Tuesday, September 29, 7:00-8:15 pm, EDT



The Generative Potential of a Lifeless Body:

How to be transformed into fertile soil
that supports vegetative growth

The amazing metamorphosis that is attainable regardless of state residency will be explained by Mandy Stafford, a funeral director affiliated with the company, Return Home (<https://returnhome.com/>).

The concept of natural organic reduction (human composting) has been gaining momentum since its operational inception in 2020. Instead of having one's body or reduced pieces of it relegated to an underground environment, its substance can be above ground doing something useful.

Receptivity has been growing, with legislative processes going on in different states. Currently, it is legally permitted in fourteen states. Washington was the first to legalize the practice in 2019, as a precursor to companies establishing roots there.

Even if an establishment offering the service is not available in one's state, this conversion process is a realistic option if willing to pay an additional fee for bodily transport to a facility.

Transformation of a body into a substantial amount of nutrient-rich soil yields usage potential. That is, family members can choose to use either a portion or all of it for cultivating new life in flower pots, gardens, fields, or forests.

While considering potentially meaningful opportunities this ecologically friendly opportunity offers, you will learn details about the process, where it is legal, and what families can expect when this disposition method is chosen. Common questions, misconceptions, and emotional considerations will be addressed, as well as how to adopt a course of action that is exciting pre-planners and has become an increasingly desired end-of-life option.

Based in Minnesota on her family's farm, Mandy has had sixteen years of experience as a licensed funeral director in Minnesota, Wisconsin, and Iowa. Her journey into natural death care began with developing natural burial offerings and grew into a passion for sustainable practices. This passion ultimately led her to Return Home, where she now serves as the PreNeed and National Partnership Manager. She also works as a trade director and embalmer for many local firms.

Join Zoom Meeting

<https://us02web.zoom.us/j/87620083304>

If you plan to attend, please email ponderingleaves@gmail.com, simply stating your intention.

Meeting ID: 876 2008 3304



Other ONLINE Offerings

Thursday, Sep 3, 2026, 11:30-1:00 pm EDT



Understanding the Guilt of Grief

Guilt, regret, and anger are common feelings in grief. The finality of death allows no more time for apologizing or making amends. There's no longer room for second chances.

And so, for many griever, it's normal to ponder "if-onlys" and experience the pain of mistakes made and opportunities squandered. Yet shining the healing light of understanding and forgiveness on the guilt, regret, and anger in grief is within your power.

If you befriend and find restorative ways to express these natural feelings, they will soften. This webinar offers the compassionate insights and tools you need to embrace and restoratively express guilt, regret, and anger after a loss.

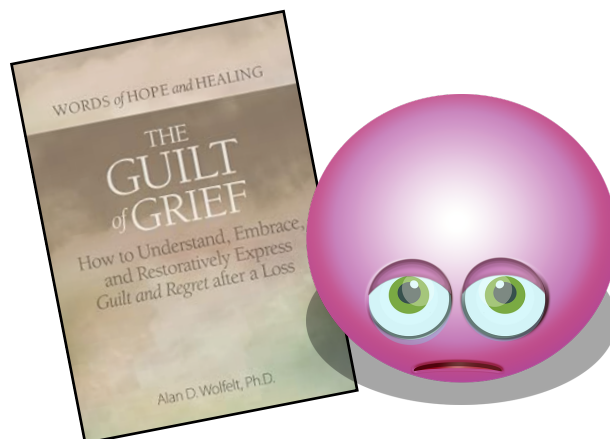
This webinar is based on *The Guilt of Grief: How to Understand, Embrace and Restoratively Express Guilt and Regret After Loss* by Alan D Wolfelt, PH.D.

Sponsored by AARP Texas

Registration (free):

<https://events.aarp.org/event/TX-903-Grief/register?eventId=afe17222-0f57-4c05-a843-dc2039375b64&i=hIKibVij6E2gzIf7ILu-kA&rp=56100c7a-1cb6-4ff7-9404-d8486c7d4843>

Sign in to your AARP.org account or create a free non-member account to register for events. AARP membership is not required.



Tuesday, Sept. 8, 8:00-9:30 EDT



The Art of Talking about Dying

What do you say when a loved one needs to talk about death? How do you navigate your own discomfort with mortality while supporting theirs? Death and dying come up constantly, yet most of us don't feel prepared for these conversations.

Join us for an engaging workshop on the art of end-of-life discussions. You'll learn to master the dance between honesty and hope, help your loved ones make informed choices about their own care, and how to work on your own personal legacy.

With Tova Jussim, who has spent 20 years helping people to age-in-place, guiding them towards advanced care planning and long-term and short-term care planning. She has facilitated family meetings, caregiver support, and counseling for grief and bereavement. She is a recognized expert in her field, regularly teaching classes to other professionals about how to help people in medical crises. She is a coach who uses a holistic approach to provide clients and families help with physical, emotional and spiritual support. Tova is an Aging Life Care Manager.

Sponsored by the Jewish Association for Death Education

Registration (free):

<https://luma.com/k17bh6bc>



Tuesday, September 8, 3:00 pm EDT



Helping with Grief

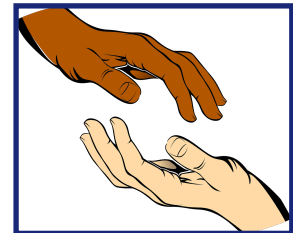
An opportunity to learn how to:

- Support someone in grief without rushing to fix or make it better
- Use grounded, real-world language that brings comfort, not clichés
- Recognize the most common mistakes well-meaning helpers make (and how to avoid them)
- Offer presence even when you feel unsure, emotional, or triggered yourself
- Understand how grief and trauma show up differently and why it matters
- Find your place in the grief support landscape, even if you're not a therapist
- Begin integrating what you've lived through into meaningful, relational support for others

Presented by David Kessler, a grief specialist, speaker, and author of seven books. He facilitates a new model of online grief groups that are attended by people worldwide and he leads one of the most respected online grief certificate programs.

Registration (free):

<https://www.davidkesslertraining.com/help-with-grief>



Thursday, Sept 10, 11:30-1:00 pm EDT



Nature Heals: Grief and the Natural World

When we're grieving, we need relief from our pain. Today, we often turn to technology for distraction when what we really need is the opposite: generous doses of nature.

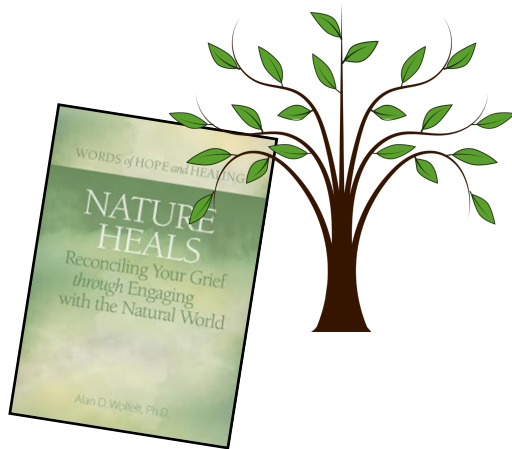
Studies show that time spent outdoors lowers blood pressure, eases depression and anxiety, bolsters the immune system, lessens stress, and even makes us more compassionate.

When you attend this webinar, you'll learn:

- Why engaging with the natural world is so effective at helping reconcile grief
- Tips for bringing short bursts of nature time (indoors and outdoors) into your everyday life
- How to actively mourn in nature

Based on *Nature Heals: Reconciling Your Grief Through Engaging with the Natural World* by Alan D Wolfelt, PH.D.

Sponsored by AARP Texas



Registration (free):

secure.aarp.org/applications/user/auth?promo=eventgenvirtual&state=NTR2aWRleFkzSnZZZVdWVFNXcVkyNmNYZGIGZmlSWs8zZmhQT1J5RjRZSEs3bXdWbW5weHFScmRDOFZ4d0V4Uw&client_id=0oadrhbt3z7P70uo02p7&redirect_uri=https%3A%2F%2Fsso.cvent.com%2Foauth2%2Fv1%2Fauthorize%2Fcallback&response_type=code&display=page&scope=bui

Sign in to your AARP.org account or create a free non-member account to register for events. AARP

Tuesday, September 15, 5:00 am EDT

*UNUSUAL TIME

LIKELY RELATES TO SPEAKER'S LOCATION IN AUSTRALIA



Death literacy as Community Practice

What if caring for people at the end of life was understood not only as a health service responsibility, but as a shared community practice?

Drawing on more than three decades of research, innovation and community development, Dr Noonan will examine how death literacy is built through everyday relationships, lived experience and collective action. Positioned in a public health framework, she will share insights from the development of the Death Literacy Index and the growing international Death Literacy movement, exploring how communities can become active partners in supporting people through end-of-life experiences.

This session invites audiences to reimagine death literacy not simply as individual knowledge, but as a community resource that strengthens social connection, reduces fear and isolation, and enhances our collective capacity to care, grieve and support one another through life's most challenging transitions.

Dr Kerrie Noonan, a clinical psychologist, social researcher, founder and innovator, has been working to create a more death literate society, one where people and communities have the practical know-how needed to plan well and respond to dying death and grief. Kerrie has a long-standing interest in community capacity-building approaches to death, dying, and bereavement, as well as palliative care, and how people can develop their grief and death literacy.

Sponsored by the Order of the Good Death

Registration (free):

[https://us02web.zoom.us/meeting/register/ohntRd9cQ7a9d9khCUPn-Q#/registration](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/ohntRd9cQ7a9d9khCUPn-Q#/registration)



Tuesday, September 15, 7:00-8:00pm EDT



EXIT MATTERS: Water Cremation

Most people have heard of burial and flame cremation—but few know about water cremation, an emerging option that is changing the conversation about end-of-life care. Also known as alkaline hydrolysis, water cremation is a gentle, environmentally responsible process that a growing number of families, hospitals, and universities across North America have embraced.

This presentation will explain how water cremation works, how it compares with traditional burial and flame cremation, and why it is gaining attention as a more sustainable choice. Participants will learn about the science behind the process, its environmental benefits, common misconceptions, legal status, and the questions families often ask when planning for themselves or a loved one.



Whether you're planning ahead, caring for aging parents, interested in environmental issues, or simply curious about emerging trends in funeral care, this informative session will provide a thoughtful, balanced introduction to one of the most significant innovations in end-of-life care in more than a century.

Candis Best, JD, MBA, CFP®, RICP®, AEP® is the Founder of Leaf & Water, the Northeast's first dedicated water cremation provider. An attorney, Financial Advisor, and Accredited Estate Planner®, she combines expertise in end-of-life planning, estate planning, and sustainable funeral practices to help families make informed decisions while advancing innovation in compassionate, environmentally responsible death care.

Sponsored by Patient Choices Vermont

Registration (free):

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

Wednesday, September 16, 7:30 pm EDT



**Grounded Again:
Feeling unmoored after losing a parent?
Gentle support for grief that lives in the body**

A workshop created for women navigating the loss of a parent

Grief can leave us feeling unmoored—foggy, unsettled, emotionally activated, and disconnected from the steadiness we once knew.

We'll explore how to:

- recognize triggers before they take over
- use simple tools to calm and support the nervous system
- create small daily anchors that bring moments of steadiness
- move through grief without letting go of love

Registration (free):

https://info.theembodiedgriefjourney.com/grounded-again-grief-workshop-1a?utm_source=meta&utm_medium=paid_social&utm_campaign=grounded_again_workshop&utm_content=unmoored&utm_id=120250964789470304&utm_term=120251133128030304&fbclid=IwY2xjawT5cbRwZG9mAWV4dG4DYWVtATAAYWRpZAGrN8S7MXxgc3J0YwZhchBfaWQQMjlyMDM5MTc4ODlwMDg5MgABHhtl_6gMr2aVi5nfo8mRdZDM7e-fkAr1305oBeG5wUPa6GormNRI1o8YCng_aem_NAgsLWI2XYO57Ux2jZTOQA#section-4FL9YAAefW

A replay will be available if you can't join live.



Wednesday September 16, 8:00-9:15pm EDT

Reimagine Stories:

How We Turned Pain and Grief into Growth



Come witness powerful stories of people transforming pain into purpose, grief into growth, and life's challenges into creativity. This is not about numbing the hard parts of life, but about engaging them and seeing what becomes possible. Discover what can grow when you reimagine your own journey.

Participants from Reimagine's Turning Pain & Grief into Growth program will share the Reimagine Project they created through their own healing and growth journey. A Reimagine Project is a personal project inspired by a significant challenge or transition, built one small, sweet step at a time. Some are big, some are small, all of them are meaningful. Projects can take almost any form, anything from digitizing old family footage into memory pieces to relearning to cook a loved one's favorite meals to hand painting bookmarks.

Over 10 weeks, each of the speakers channeled one of life's hardest experiences into something entirely their own. What they did is deeply human, inspiring, and offers a real glimpse into a different way of responding to life's hardest moments.

What matters isn't the size or the outcome, it's what the process reveals along the way.

Registration (free):

<https://letsreimagine.org/76768/reimagine-stories-how-we-turned-pain-and-grief-into-growth>

Monday, September 28, 7:00 pm EDT

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**Glass Bones:
Art, Mortality, and the Human Mind,
with Artist and writer Quinn Jacobson**



Glass Bones is an interdisciplinary exploration of mortality awareness, rupture, creativity, and the fragile structures humans build to live with the knowledge of death. Drawing from Ernest Becker, Terror Management Theory, existential philosophy, and decades of studio practice using 19th-century photographic processes, visual artist and doctoral researcher Quinn Jacobson examines how creative work can function as a site of metabolization rather than defense.

Moving between psychology, philosophy, photography, painting, and memoir, the lecture explores the idea that art is not merely expressive but *epistemological*: a way of knowing that emerges when inherited structures of meaning begin to fracture. Wet collodion plates, tintypes, mixed media paintings, and material processes become both metaphor and method for examining the instability of consciousness, memory, identity, and culture itself.

At the center of the inquiry is the metaphor of “glass bones”: the paradox of being conscious and mortal at the same time. Fragile creatures living inside fragile stories, trying to create meaning despite the knowledge that everything breaks. Rather than offering solutions or transcendence, *Glass Bones* asks what becomes possible when we remain near rupture long enough for new forms of meaning to emerge.

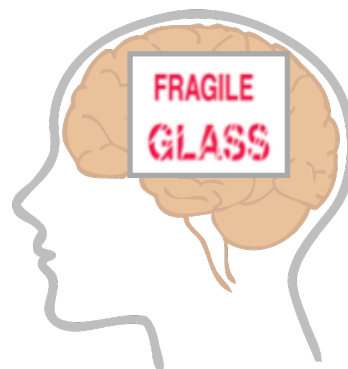
Quinn Jacobson is a visual artist, writer, and researcher whose work explores the intersection of creativity, mortality, and meaning-making. Working across photography, painting, mixed media, and critical theory, he investigates how artists confront death anxiety, rupture, and existential uncertainty through creative practice.

His recent book, *Glass Bones*, combines philosophy, psychology, memoir, and visual art into an exploration of rupture, fragility, and the role of creative practice in metabolizing existential anxiety. Jacobson's work has been exhibited internationally in the United States, Europe, and China.

Hosted by the Order of the Good Death

Registration (free):

https://www.morbidanatomy.org/events-tickets/p/free-online-talk-glass-bones-art-mortality-and-the-human-mind?ss_source=sscampaigns&ss_campaign_id=6a839e0ed5cad2cb365caea&ss_email_id=6a85b7c210dc3c3e850b67d0&ss_campaign_name=Funerary+Monuments%2C+Drawing+t



A Zoom invite is sent out two hours before the event to the email used at checkout. Please check your spam folder and if not received, email hello@morbidanatomy.org.

PLEASE NOTE: Video playback of free events is only available to Patreon members. Become a Member [HERE](#).

VIRTUAL and IN-PERSON OPPORTUNITY

Friday, September 18, 12:00-5:00 pm



Dying (to) Talk Symposium:

A Conversation About Medical Aid in Dying (MAiD)

First Unitarian Church of Rochester, 220 Winton Road South

We'll explore not only New York's Medical Aid in Dying law and its local implementation, but also the human experience surrounding it... the questions it raises about autonomy, compassion, caregiving, and what it means to accompany one another through life's final chapter.

Through local clinical perspectives, keynote presentations by experienced Vermont death doulas who have accompanied individuals choosing MAiD, and facilitated small-group dialogue, we'll create space to learn, reflect, ask questions, and engage in thoughtful conversation together.

Intended for:

Anyone who would like to acquire information about the option, for general familiarity or to retain as a resource for future consideration, either pertaining to oneself or for life companions.

Those who walk alongside others through serious illness, dying, and loss, such as end-of-life doulas, hospice and palliative care professionals, volunteers, caregivers, counselors, social workers, chaplains, nursing or medical students, and others drawn to this work.

Presenters:

Kasey March is a Vermont-based end-of-life doula who has supported more than two dozen individuals and families navigating Medical Aid in Dying. Kasey is the founder of the Northeast Death Doula Network, a regional community of practice supporting aspiring and experienced death doulas across the Northeast, and volunteers with Center for Solace, Vermont's non-medical community-based hospice.

Lindsey Warren, MM is an End-of-Life Doula and community death educator. She also serves as a Wayfinder™ supporting those wishing to explore Vermont's Act 39 Medical Aid In Dying as an end-of-life option. In her work she also weaves in holistic offerings including music, sacred anointing, meditation guidance and Reiki.

Mandi Zuckeris is Executive Director, End of Life Choices NY. Her 25+ year career has been defined by work in end of life and grief support. Beginning in hospice, she has focused on supporting people through illness and bereavement. Mandi became involved with EOLCNY in 2008 as a volunteer and has been an advocate for patients ever since. She has spoken nationally about grief, anticipatory grief and how to be an advocate for your own needs at the end of life.

Dr. Chris Reynolds, the Rochester Regional Health Medical Aid in Dying Task Force Chair, is board certified in Palliative Care and Clinical Ethics. He is the chairperson of the system ethics committee for Rochester Regional Health. As a hospitalist for nearly 20 years, he has led the Rochester General Hospitalist Group as its Medical Director for the past decade.

Hosted by Jennifer Sanfilippo



Registration (\$20.-\$70.) <https://bit.ly/45AtXOe>

General Admission: \$70.

Virtual: \$20. (you'll receive the YouTube link the week of the event)

Scholarship support available; send inquiry to: jennifersanfilippo50@gmail.com

Information about New York State's MAiD law:

https://health.ny.gov/health_care/medical_aid_in_dying/faqs.htm



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