



Signature Sunsets

Initiatives To Advance Learning About End of Life

Thursday, July 30, 7:00-8:15 pm EDT

Death Cafe

This is an opportunity for informal dialogue about end-of-life thoughts and concerns. Hosted by Mary Ellen, it is conducted in accordance with established guidelines, per <https://deathcafe.com/>, with no agenda or preconceived focus.

Conversation will proceed spontaneously according to whatever is on the minds of participants.

Participation is active, not passive, so it is expected that all cameras will be turned on for face-to-face contact (or notify if not possible for some specific reason).

If you choose to attend, please email ponderingleaves@gmail.com, simply stating, "I plan to attend."

Join Zoom Meeting: <https://us02web.zoom.us/j/83797218142>

Meeting ID: 837 9721 8142

Other ONLINE Offerings

Tuesday, July 7, 11:30 am-1:00 pm EDT

Your "Peace of Mind" End-of-Life Plan: Your Legacy, Must-Have Documents, and What to Do with All Your Stuff

Thinking and talking about end-of-life wishes and making final arrangements, including grief support for loved ones, can be tough. However, deciding, discussing, and documenting your final wishes, then sharing them with those who matter most to you, has proven to ease anxiety and reduce stress.

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.

Learn how to:

- Plan and document your wishes in case of medical or other emergencies
- Track important medical and insurance information
- Store key information on properties, vehicles, and non-financial assets
- Document what you have and what you owe
- Make the "unseen" visible by creating a digital estate plan
- Express your final wishes for how you'd like to be remembered
- Create a grief support plan for your loved ones to help comfort them before and after your death
- Store and digitally access all your final wishes documents

Hosted by AARP Texas



Registration (free):

<https://events.aarp.org/event/TX-707-Peace/register?i=MbgQ1znt9USnQhIRJ9BLiQ&rp=233cd4bb-bd50-42c9-8cc6-60d28b366b71>

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

Friday, July 10, 2:00 pm EDT

Understanding the Work of End-of-Life Doulas

A conversation between Mettle and Heart Bridge about the work of end-of-life doulas; a field that is growing rapidly, yet still largely unknown to most people navigating serious illness and dying. What draws someone to this work? What does an end-of-life doula actually do, and when should someone think about reaching out? Join us for an interactive discussion that will cover the fundamentals of this work, honest stories from the people doing it, and plenty of time for your questions.

Hosted by Mettle Health

Registration (free):

https://us06web.zoom.us/webinar/register/WN_Gi7xsh5JQNSck7MA3ZoVFw#/registration



Tuesday, July 14, 10:00-1130 am EDT

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.

Join End of Life Choices New York (EOLCNY) as we share the story of a family whose father utilized MAiD and how this option at the end of his life made for beautiful moments together. Following this presentation, EOLCNY will share MAiD implementation updates for New York State for the upcoming effective date of August 5, 2026.

Sponsored by End of Life Choices New York

Registration (free):

<https://secure.qgiv.com/for/endoflifechoicesny/event/howlovafamjouthrmedaidyicop/>

This presentation will not be recorded.



Tuesday, July 14, 7:00-8:30 pm EDT

Sex, Death, and Kink

Queer Death Salon is a community space for all 2SLGBTQIA+ people to come together to discuss death, dying and grief.

Join Badly Licked Bear for a deep conversation about the ways that sex and death are woven together in fetish, kink and BDSM, seen through and with a critical eye towards the realities and illusions of the “kink escalator,” which like the “relationship escalator,” both suggests and expects illusions of “progress” as a goal, while also looking at the advantages of living and playing and loving in both the deep and the shallow ends of the pool.

We will explore the very real notion that a lot of the most taboo or deep fetish and kink activities touch on our personal relationship with and experience of death, the implications of that relationship, and the possibilities of our engagement with these powerful forces.

Badly Licked Bear is an educator, storyteller, artist, and mutual aid worker. A former curator and college professor, she teaches, speaks, and writes at the intersections of film, culture, politics and sexuality. She also works as a voice and activist for transgender civil rights and practical, transformative sexuality in the BDSM, kink, and leather communities.

Registration (donation):

<https://www.eventbrite.ca/e/sex-death-and-kink-tickets-1990995080883?aff=oddtcreator>

Wednesday, July 15, 8:00-9:30 pm EDT

**Takes from the Bedside:
Stories of Courage, Care, and Compassion**

How do we care for ourselves and our loved ones during life's most challenging moments? Whether you are currently navigating serious illness in your family or simply want to be prepared should the need arise, this program is for you. Join us for an engaging discussion rooted in Jewish wisdom about compassionate decision-making, courageous conversations and living with intention at every stage of life.

Presented by Chaya Lasson

Sponsored by the Jewish Association for Death Education

Registration (free):

<https://luma.com/9wakkwvy>



Tuesday, July 21, 11:30 am-1:00 pm EDT

How to Discuss Your End of Life Wishes

During this webinar, you'll learn how to openly and honestly discuss your end-of-life wishes with your loved ones and chosen healthcare agent. Next, we'll show you how to talk with your healthcare providers. Sharing your end-of-life wishes helps everyone better understand what matters most to

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Hosted by AARP Texas

Registration (free):

[https://events.aarp.org/event/TX-7-21-Life/register?](https://events.aarp.org/event/TX-7-21-Life/register?i=5PM5Xd0GvkizP2ulVB7Rpw&rp=ac59d06d-7b12-465a-800a-75684c7a5fd7)

[i=5PM5Xd0GvkizP2ulVB7Rpw&rp=ac59d06d-7b12-465a-800a-75684c7a5fd7](https://events.aarp.org/event/TX-7-21-Life/register?i=5PM5Xd0GvkizP2ulVB7Rpw&rp=ac59d06d-7b12-465a-800a-75684c7a5fd7)

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Wednesday, July 22, 7:00-9:00 pm EDT

The Shape of Grief: An Art Experiential



This experiential art directive invites participants to step out of purely cognitive understanding and into a more embodied exploration of grief. Participants will be gently prompted to consider the sensory and emotional qualities of grief—its weight, temperature, and movement—and translate those experiences visually.

This process creates space not only for expression, but for reflection. Through guided processing questions, participants can begin to notice shifts, contrasts, and moments of support within their experience.

No art experience is needed—just a willingness to explore, feel, and create.

Kiona Edwards is a ceramic artist and the creator of SEEN, a reflective art-based journal designed to foster deeper emotional connection and self-understanding. Her work lives at the intersection of creativity and psychology, drawing from her background as a licensed creative arts therapist to inform both her artistic process and conceptual approach.

Kiona's work is grounded in the belief that creativity is not reserved for artists, but is a fundamental human capacity for processing, expressing, and making meaning. Across both her ceramics and SEEN, she is committed to creating spaces—both physical and emotional—where people feel invited to explore themselves with curiosity, honesty, and compassion.

Sponsored by Evermore

Registration (\$15.):

<https://secure.everyaction.com/HQNQa48H4UW3YaPao1DcnQ2>

Program will be recorded and shared with all registrants

Wednesday, July 29, 7:00-8:00 pm EDT

Building a Multi-Faith Natural Burial Ground: The Value of Green Burial

In this webinar, Dr. Basil Eldadah of *Reflection Park Natural Burial Ground* shares the journey of developing a multi-faith natural burial ground. From aligning the concept with an organizational mission to implementing it on the ground, we'll explore how green burial intersects with a range of religious traditions and is adaptable for multiple faith communities. Gain practical insight into planning, community engagement, and day-to-day operations, as well as the inherent meaning made from green burials in a multi-faith cemetery.

Basil Eldadah is a co-founder and Executive Director of Reflection Park, a non-profit, multi-faith natural burial ground in Silver Spring, Maryland. Following a career in medicine, biomedical research, and research administration, Basil was inspired by the experience of his father's burial to help establish Reflection Park, offering natural, dignified, and affordable burial for families and their loved ones. Basil is grateful to lead a team of committed individuals who are creating a place of healing and reflection that honors diverse faith traditions and embraces the natural cycle of life, death, and renewal. 7



No pre-registration:

Join this Webinar (and future ones) using [THIS LINK](#)

Wednesday, July 29, 7:00-9:00 pm EDT

Collaborative Music for Coping with Grief and Supporting Each Other

Grief is more than sadness or sorrow, which may be confusing and disorienting for people who are grieving. Music provides a space where we can explore and bring compassion to the entire spectrum of human experiences, from pain to joy and everything in between. In this way, music can normalize a variety of grief-related emotions and bring people together to support one another in a shared space, while also honoring individual perceptions. One's relationship with music may have changed after a loss, and, in this case, new music without previous emotional associations may be a supportive resource.

Music therapist and a Fellow in Thanatology (the study of death, dying, and bereavement) Molly Grace Hicks will begin with a music and meditation experience to help participants increase emotional awareness and come into the present moment. Participants will have the opportunity to share if and how their relationship to music has changed since their loss. Molly will introduce and teach several original songs on the topic of grief, some of which contain space for participant collaboration. Participants will share ideas for lyrics to be added to the songs, and Molly will incorporate these in real time. Molly will offer suggestions for how participants may use music as a resource for coping in their daily lives as they continue moving through the grief process. No previous musical experience is required to fully engage in this session!

Sponsored by Evermore

Registration (\$15.):

<https://secure.everyaction.com/EXOTRzca20aHe7yfzLgIHA2>

This workshop will be recorded and shared with all registrants.



July is designated as Bereaved Parents Month

How you can help a grieving parent:

It is normal to be at a loss for words or even how to help when someone experiences the death of a child. The loss can seem unfathomable.

A good place to start is to remember that there is no time limit for grief. Some parents may start to recover from the worst symptoms in months, but for others, it may take years. The best way to help parents who have lost a child is to let them know you are there for them when they need you. It can be simple things like sitting quietly with them, running errands, or helping with their other children.

Your presence will mean a lot to the parents. Here are a few things that might be helpful:

- **Tell them specific things that you will do.**
“I’ll bring by lasagna for dinner tomorrow.”
“I’ll pick Susie up from dance for you.”
- **Try not to ask, “How can I help?” They will not know.**
- **Say their child’s name.**
One of the biggest fears is that their child will be forgotten.
- **Remember important dates, like a birthday or memory.**
Send them a note or even a quick text telling them you are thinking about them.
- **Ask about favorite memories**
and listen to stories when they are up to telling them.



Grief is a lifelong journey. Your ability to be present with a friend who is grieving their child without trying to fix it or take the grief away (you cannot), is the greatest gift you can give.

by Betsy Kammerud, Director of Full Circle Grief & Loss Center

<https://www.hospicesavannah.org/july-is-bereaved-parents-month-heres-how-you-can-help-a-grieving-parent/>



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