



Signature Sunsets

Initiatives To Advance Learning About End of Life

Thursday, December 4, 7:00-8:00+ pm EST

Managing Your Digital Legacy: Strategies for the Future

An October 28th program focused on inclusion of digital matters as part of end-of-life planning. A second online program will include a review of some aspects as well as additional information from a technical specialist.

In today's connected world, our digital footprint—from social media accounts to cloud-stored documents—often outlives us. This presentation explores the concept of digital legacy management and why it matters.

Attendees will learn:

- What a digital legacy is and why proactive planning is essential.
- Key steps for managing online accounts, passwords, and digital assets.
- Considerations for managing private data.
- Tools and best practices for secure data transfer and account closure.

Discover practical strategies for protecting your digital identity and ensuring a smooth transition of assets for the future.

The speaker, Noah Wallace, is the lead technology guide at the TekHub within the Jewish Center in Brighton, NY. He has a degree in cybersecurity from Rochester Institute of Technology (RIT).

The TekHub started as the result of collaboration between Jewish Home and Saunders College of Business at RIT. The collaboration paired students with older adults to provide support while gathering data through interviews and interaction. Fee-based services are available in someone's home, by phone or video call, or in the office on the Jewish Home campus.

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

Join Zoom Meeting

<https://us02web.zoom.us/j/83313901898>

Meeting ID: 833 1390 1898



Other ONLINE Programs

Tuesday, December 2, 12:00-1:00 pm EST

Exit Matters

Having Family Conversations

In 2023, an amendment removed the state residency requirement for use of Vermont's Act 39, "Patient Choice and Control at End of Life Act," enacted in 2013 to allow medical aid in dying.

Each monthly Exit Matters discussion includes an overview of Act 39 and medical aid in dying in Vermont, with the opportunity to ask questions and learn about additional resources, followed by speakers on a related topic.



The holiday season brings us closer to those we love, making it the perfect time to talk about what truly matters at the end of life. In this Exit Matters session, Amy Bruce, Executive Director of Patient Choices Vermont, and Cindy Bruzzese, Executive Director of the Vermont Ethics Network, will offer clear guidance on advance directives and COLSTs—what they are, what they are not, and why they are essential for ensuring your wishes are honored.

Learn how to choose a trusted health care agent, explore conversation starters, get answers to your questions, and leave feeling prepared and at peace knowing your loved ones will not be left guessing.

Sponsored by Patient Choices Vermont

Registration (free):

<https://lp.constantcontactpages.com/ev/reg/d6g3y7p/lp/5d01eb05-12ec-4a6d-8dbf-d464d1dfd500>



Tuesday, December 2, 11:30-1:00 EST

After Death Care and Grief Support

How to Make Your final Arrangements
and Provide Support for Those Who Matter Most

Know Your Rights When Dealing with Funeral Homes

Pre-Planning vs. Pre-Paying Final Arrangements

Donate - Organs, Tissues, and Eyes

Give Your Body to Research and Medical Training

Complete Your Body Disposition Directives

Determine Your Body Disposition – Terramation, Cremation,
Aquamation, Burial, Recomposting

Create the Ceremony You Want in Celebration of Your Life

Decide on the Type of Interment... Where, How, When

Decide What Happens to Your Cremains

Plan for the Support for Those Who Matter Most to You Will Need
In the Days, Weeks, Months, and Years After You're Gone

Registration (free):

<https://us02web.zoom.us/meeting/register/HJt-CFaDRuSJpDG4-RWxUg#/registration>

Presented by Kitchen Table Conversations

<https://kitchentableconversations.org/end-of-life-planning#dac14a3e-15d5-462f-81b2-7f5b394b8e3a>

Tuesday, December 2, 6:00-7:00 pm EST

Anticipatory Grief: Living in the In-between

You're not imagining it. This is grief. Even when your person is still here.

There's a particular kind of heartbreak in showing up each day for someone who is slowly changing — making decisions, offering care, and holding it all together while no one sees the ache underneath.

That ache has a name: anticipatory grief. And it deserves space.

This hour is for care partners, griever, professionals, and anyone navigating the slow goodbye — or helping someone else do the same.

By tending to your own grief, you create more capacity to stay present, both for yourself and for the people you love.

Focal Exploration:

- What anticipatory grief actually is and how it differs from traditional grief
- How it shows up emotionally, physically, and relationally
- The invisible weight of caregiving and slow goodbyes
- Why this kind of grief is often misunderstood — even by professionals
- How to bring more self-compassion, permission, and language to the experience

Registration (free):

<https://www.davidkesslertraining.com/anticipatory-grief>



Wednesday, December 3, 7:00-8:00 pm EST

A Gathering for Friend-loss Grievers

An opportunity to share stories and engage in a facilitated discussion about friend-loss grief.

Friend-loss grief is widely ignored and dismissed by our society. Harold Ivan Smith, the author of *Grieving the Death of a Friend*, said it best: “The distraught close friend of someone who dies has virtually no legitimate, public grief and mourning channels.”

Because of that, friend-loss grievers have very few avenues to openly talk about their grief. In this discussion, we are free to talk about it: the depth of our sadness, the fears, the anxieties, the doubts, the jealousies. Everything we are normally too scared to say.

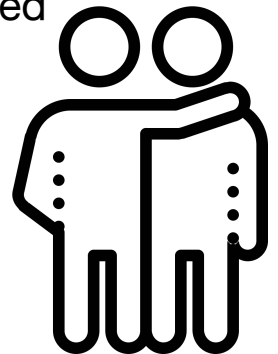
The session will be hosted and facilitated by Hannah Rumsey, the Founder and Director of Friends Missing Friends — a community dedicated to providing support and guidance for people grieving friends.

No registration (free)

Join Zoom Meeting:

<https://us06web.zoom.us/j/83020195031>

Friends



Thursday, December 4, 4:00-5:30 pm EST

Truth or Consequences:

What You Should Know About Funeral Expenses

The current cultural aversion to death has many negative consequences, not the least of which is failure to know your rights when it comes to purchasing funeral goods and services.

Join Sara Williams as she presents and sparks conversation about why expensive, outgrown, and at times dysfunctional methods of caring for our dead no longer serve us. Learn how you can become a wise owl when it comes to spotting mortuary mischief!

Registration (free):

orangecountync.gov/FuneralExpenses

Monday, December 8, 2:00-4:00 pm EST

AI & Estate Planning:

Discover Powerful AI Tools That Save You Time and Money

Leverage AI and learn about strategies to protect your assets, avoid probate, and secure your legacy

Presented by David L. Carrier, P.C., Estate planning attorney

Registration (free):

<https://www.eventbrite.com/e/ai-estate-planning-discover-powerful-ai-tools-that-save-you-time-money-tickets-1960468135969?aff=erelexpmlt>

Tuesday, December 9, 8:00 pm EST

Premier Online Showing of film, *Suffering Into Gold*

This heartwarming award-winning short film presents Paul Gralen who when diagnosed with ALS makes the brave decision to use legally available methods to end his own life.

Beth Orr, his wife, reaches out to William Peters, founder of the Shared Crossing Project, for assistance in manifesting a shared death experience (SDE) and engages in a process that enables a conscious, connected and loving end-of-life experience.

Following the screening, Dr. Monica Williams, Medical Director, of the Shared Crossing Project, and William Peters, Founder of the Shared Crossing Project, will interview Beth Orr, and Ann Morris, Paul's sister, about their bedside experiences including their SDEs.

Registration (free):

<https://www.sharedcrossing.com/offers/GVp6zsKv/checkout>





Wednesday, December 10, 7:00-8:00 EST

Understanding Death and Grief Work

What the sacred work of death and grief care really mean, what it isn't, and how it connects to African and Indigenous roots.

Death and grief work is often misunderstood, yet it is one of the most sacred forms of care we can offer one another.

Chinella, Death & Grief Doula and Founder of *My Sister's Keeper*, will share what this work truly looks like in practice: supporting individuals and families through loss, holding space with compassion, and honoring the transitions our communities have always tended to.

We'll explore the African and Indigenous traditions that inform modern grief support, clarify common misconceptions, and discuss the role of ritual, presence, and community in navigating loss. Attendees will have the opportunity to ask questions.

Registration (free):

<https://letsreimagine.org/76768/live-q-a-understanding-death-and-grief-work>

Thursday, December 11, 11:30 am - 1:00 pm EST

Too Much Loss: Coping with Grief Overload

Grief overload is what you feel when you experience too many significant losses all at once, in a relatively short period of time, or cumulatively. In addition to the deaths of loved ones, such losses can also include divorce, estrangement, illness, relocation, job changes, and more.

Our minds and hearts have enough trouble coping with a single loss, so when the losses pile up the grief often seems especially chaotic and defeating.



Focal Points:

- What grief overload is and how to cope with it
- What you may think and feel when you are experiencing grief overload
- Your six needs of mourning and how they will help you heal
- How to make a mourning plan
- What reconciling your grief looks and feels like
- How the Grief Overload Mourner's Bill of Rights can help you

This webinar is based on the book, *Too Much Loss: Coping with Grief Overload*, by Alan D Wolfelt, PH.D.

Registration (free):

<https://us02web.zoom.us/meeting/register/DMpGPXesT4u68XKM0JddOw#/registration>

Presented via Kitchen Table Conversations:

<https://kitchentableconversations.org/grief-education#d64f8d6a-1fdf-4d6b-8835-3c4e618ce8a6>

Friday, December 19, 11:00 am-12:00 pm EST

Grief After Dementia Caregiving

(monthly meeting)

A support group specifically for caregivers whose care partner with dementia has died. The group provides an opportunity for you to share your own experiences, feelings and coping strategies with others going through a similar experience.

Facilitated by trained Finger Lakes Caregiver Institute staff.

Registration (free):

<https://lp.constantcontactpages.com/ev/reg/zb9629g>





A Weekly Series for Bereavement Support During the Holidays

Sundays: December 7, 14, 21, 3:00 EST

This time of year can be even more heartbreaking when you're missing a loved one.

- For anyone who may need extra grief support
- Learn more about why the holidays are so hard
- Be a part of a supportive community
- You're invited to join us - no matter where you are in your journey
- Your loss can be recent or older
- Grief tips that you can implement immediately
- Strategies for navigating the difficult holiday season
- Be with people who truly "get it"
- Gain valuable coping tools

Presented by David Kessler, a grief specialist, speaker, and author, and founder of grief.com.



Registration (free):

<https://www.davidkesslertraining.com/holiday-grief-support>

David Kessler's Tips for coping with the challenges of the holiday season...

20-minute video: <https://www.davidkesslertraining.com/grief-holidays>



In the Quiet of the Season

In the quiet of the season, beneath the festive cheer,
There's a place within our hearts where loved ones linger near.
Though their hands no longer hold us, their laughter softly fades,
Their love remains, a guiding light that never truly strays.
A favorite song, a scent of pine, a dish they used to make,
These simple things revive the past, the memories they awake.
And though it aches to see the void their absence leaves behind,
Their presence whispers gently still, in heart and soul and mind.
Set a place for them in spirit, light a candle in their name,
Speak of all the ways they loved, the lives they gently changed.
For grief is just another form of love that has no end,
A bridge that spans the seasons, connecting us again.
This holiday, remember them, not only with your tears,
But with the joy they brought to life across the fleeting years.
For though they cannot join us here, their essence fills the air,
A quiet comfort in the glow of memories we share.

~ Lynn Banís ~ 10

Facebook post, Women Rising Together, November 25, 2024



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Signature Sunsets

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