

SIGNATURE SUNSETS

Initiatives To Advance Learning About End of Life



POINTS of INTEREST

Letter Writing Day

December 7th

Do you know someone who is hurting due to the recent loss of a loved one? Maybe this day could inspire the writing of a handwritten letter to that person. Since most communication these days is electronically transmitted, finding a personal note in one's mailbox would likely be appreciated as an unexpected gesture of compassion and caring.



UPCOMING ONLINE OPPORTUNITIES

'Tis the Holiday Season...

What Shall I Give Them?

Wednesday, Dec. 4th, 7:00-8:15 pm

A narrated photo-slideshow presentation delineating an array of possibilities as preplanning focal points to make management of your end of life more navigable and less complicated for family members.

This *Signature Sunsets* presentation will highlight an opportunity for addressing and furnishing one's viewpoints and inclinations pertaining to one's eventually death management... a gift from the heart, rather than a wallet. The focus will be on suggestions for small, piecemeal measures that can easily be adopted, according to one's own circumstances. Some of them are less familiar preparatory actions that are generally overlooked by planners, but can be extremely useful when families need guidance.

Holiday Meals As Opportunities

It has been noted that “the dinner table is the most forgiving place for difficult conversations. The ritual of breaking bread creates warmth and connection, and it puts us in touch with our humanity.”

Paul Fein, Knoxville News



A holiday meal may afford a rare opportunity to share end-of-life viewpoints, as it could be one of the few occasions when family members are gathered together. Though important, talking about death can seem intimidating. But thinking ahead and having one or two introductory comments to use as an overture is apt to set a conversation in motion.

Refer to a death in the news, a movie, a personal encounter with a funerary event, an article you’ve read or a program you’ve attended. That might be all you need to launch dialogue.

The underlying objective is incremental contemplation of one’s attitudes, preferences, and intentions regarding specific matters in concert with seamlessly communicating them to family, gradually over the course of time.

*A surprise strategy applicable for holiday gift giving will be introduced as a way to follow through on one’s advance-planning initiatives.



Plan to attend this program if any of these mindsets mirror your own:

I know preparing for the end of life is wise, but I’m too busy to undertake a big project.

I want to do what I can ahead of time to ease the stress my family members will feel when I die by providing them with information, but the number of things that should be considered seems overwhelming. I don’t know where to start.

I have a will along with documentation for advance directives and I’ve let my family know about my choice for bodily disposition, as well as the funeral home and cemetery I prefer. I wonder if there’s anything else I should or could do.

I’m curious to learn about the surprise strategy that could make the preplanning process easier for me to tackle.

If any of these ring a bell for you, come with an open mind that’s ready to receive insights about “gifting” options for this holiday season and beyond.

Join Zoom Meeting
<https://us02web.zoom.us/j/88965911322>

Meeting ID: 889 6591 1322



Or you could fill your mental toolbox with specific, innocuous questions that might generate differences of opinions, spurring a lively debate.

The bottom line is: while you're eating your hot meal you can at least break the ice, possibly desensitizing your life companions while laying the groundwork for future interactions.

Like death cafes to facilitate end-of-life discussion, dinners that are arranged specifically for that purpose have proliferated.

For inspiration:

Death Over Dinner
<https://deathoverdinner.org/>

Jewish Edition:
<https://deathoverdinner-jewishedition.org/>



“Why we like to discuss death at dinner”

<https://theweek.com/articles/455434/why-like-discuss-death-dinner>

Grief and Gratitude **for Absent Loved Ones**

Tuesday, Dec. 10th, 7:00-8:00 pm, EST

The holidays tend to compound feelings of sorrow from loss of loved ones, whether recently or long ago. Every December we offer an opportunity to come together for a period of reflective remembrance.

Rather than allowing the frenzy of holiday activities to overtake recollections of our relationships, these beloved individuals who live in our hearts take center stage at the forefront of our conversation.

Come with a photo or candle to have by your side, if you like. Or come just to share a story recalled. Or come if you'd like to contribute to the suggestions that will be offered for coping with intrusive feelings at this time of the year.

Among an assemblage of compassionate listeners, you'll find solace, understanding, and camaraderie.

Join Zoom Meeting
<https://us02web.zoom.us/j/82400470623>

Meeting ID: 824 0047 0623



OTHER HAPPENINGS

Why Wait? Living Fully in the Face
of Life's Biggest Challenges

Thursday, Dec. 5th, 8:30 EST Online



A Listening Opportunity

WXXI News npr:
Connections, with Evan Dawson

Jennifer Sanfilippo, guest:
local author and activist
for end-of-life support
and enlightenment

Broadcast on November 25, 2024

<https://www.wxxinews.org/show/connections/2024-11-25/end-of-life-doula-jennifer-sanfilippo#:~:text=40%20PM%20EST-,LISTEN,-%E2%80%A2>

An Online Grief Support Group

Beginning on January 7th,
7:00-8:30 pm, for six
consecutive Tuesdays.
Based on David Kessler's
conceptual structure,
one of the six needs of grieving
individuals will be the focus
for each of the six weeks.

Text message to register:
585-705-9125

One health diagnosis, one question, one moment can become the spark for transformation. Hear from renowned speakers – change-makers, physicians, and innovators – whose intersecting personal narratives of loss, pain, healing and hope are paving the way for an important shift in how we all might respond to life's biggest challenges.

Discover how you – through Reimagine – might reimagine healing & growth in your own life, and impact the people and communities you care about most.

Featured among a docket of speakers:

Peter and Jane Carpenter

He the former director of Stanford University Medical Center. She is the former board chair of Intel and Bay Area Business Hall of Fame inductee. Peter's recent diagnosis is creating a new narrative for the two of them.. and each of the other speakers at this event. Their lives will cross on stage, while answering and asking big questions about life and death.


Registration (free):


https://letsreimagine.org/76768/why-wait-living-fully-in-the-face-of-lifes-biggest-challenges?utm_source=Subscribers&utm_campaign=63a27b0b7c-EMAIL_CAMPAIGN_2024_WHY_WAIT_01&utm_medium=email&utm_term=0_2c8245a399-137140391


Why Wait?

Featured Speakers


Peter & Jane Carpenter









Dr. Stephanie Hsiao




James Higo




Lyndsay Holley Handler



Dr. James Wolfe



Corey L. Kennard



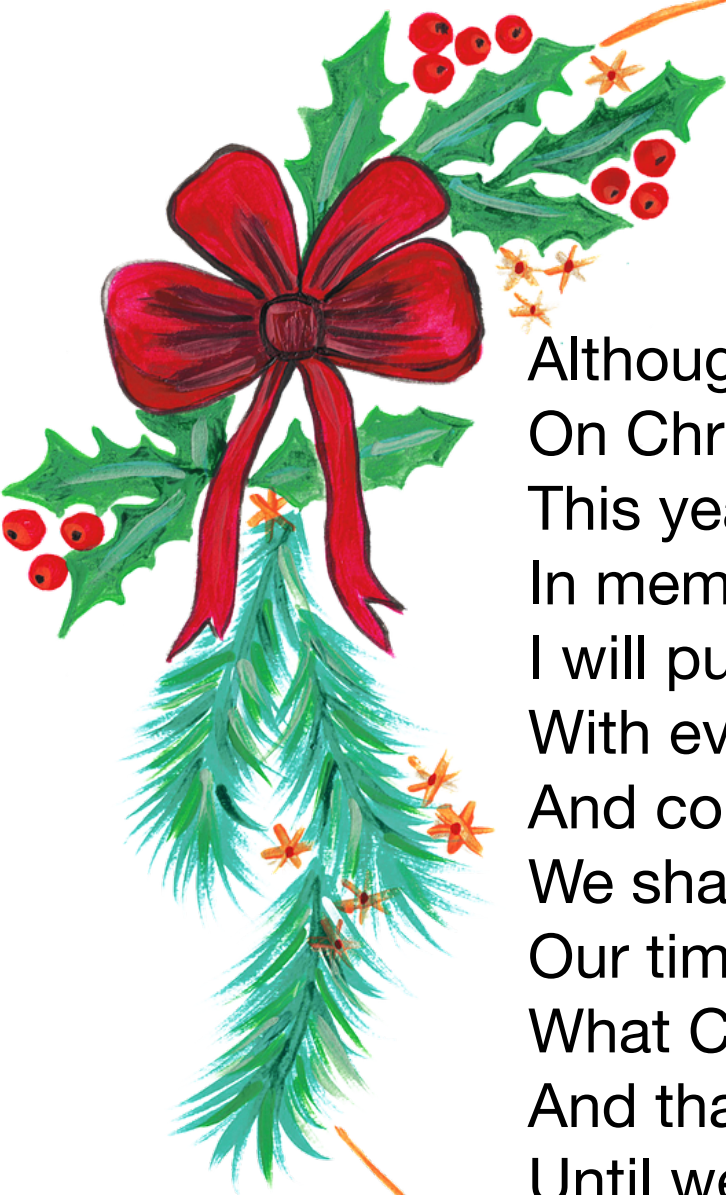
Brad Wolfe



MEMORIES

Memories are a special house
We build inside ourselves
Where love and laughter linger,
Where all our past life dwells.
On holidays like Christmas
We can draw upon the store,
Reliving happy times
And feeling all that warmth once more.
Wherever we may travel,
This house is always there
To help to blend the old and new,
To build on . . . grow . . . and share.
This house can never get too full,
Just grow from floor to floor,
Because the joy of memories
Is always making more.

Author Unknown



CHRISTMAS WITHOUT YOU

Although it's sad to reminisce
On Christmases we knew
This year I shall celebrate
In memory of you
I will put aside my sorrow
With every unshed tear
And concentrate on all the love
We shared when you were here
Our time together taught me
What Christmas time is for
And that's what I'll remember
Until we meet once more

Author Unknown





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