



Signature Sunsets

Initiatives To Advance Learning About End of Life

Wednesday, March 18, 7:00-8:15 pm EST

SUNSET CAFETERIA

A Sunset Cafeteria is like a death cafe conversation, but begins with the introduction of a topic as food for thought. The menu for nourishing group interaction about end-of-life issues is diversified. Though one pre-selected subject serves as a catalyst for discussion, at any time the focus can shift to spontaneous comments reflecting whatever is on the minds of participants.

Springboard Topic of the day:

End-of-Life and Funerary Photography...



Yay or Nay?



Perhaps in a nod to the Victorian era when funeral photography was commonplace, nowadays some professional photographers are specializing in this delicate arena. They are answering a call to capture memorable moments during a dying journey as well as documenting funerary proceedings for posterity and potentially as a mode for family healing.

But beyond this professional service, what about the life companions of a terminally ill individual and/or decedent? Is it appropriate for them to whip out their phones and snap pictures in such settings? The previously taboo stance of recent years seems to be dissipating, as folks are recognizing benefits to be gained.

We'll jumpstart this month's discussion by focusing on this issue. What do you think? Is this burgeoning practice morbid or can it be respectfully commemorative as well as therapeutic?



The following article affords introductory background:

“Funeral Photography: Healing Grief Through Art”

<https://rangefinderonline.com/wedding-portrait/funeral-photography-healing-grief-through-art/>

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

Join Zoom Meeting

<https://us02web.zoom.us/j/81061872495>

Meeting ID: 810 6187 2495

Please plan to have your camera turned on (or notify if not possible for some specific reason).

Other ONLINE Offerings

Tuesday, March 3, 8:00-9:35 pm EST

Movie: *Sister Úna Lived a Good Death* (72 min.)

~ double feature: preceded by *Hold* (14 min.) ~

Following a terminal cancer diagnosis, Sister Úna—a smoking, drinking, wisecracking Catholic nun dedicated to mentoring teens—chooses to live life to the fullest in the face of death. The self-proclaimed “leader of the misfits” takes on her last nine months by planning her funeral, tackling her bucket list, and teaching us that death isn’t the end of our story.

The movies explore the themes of life and death and how we live in between to the fullest.

Sponsored by
moviesforgrownups@aarp.org.

Registration (free):

<https://watch.aarp.org/aarpmfg/play/697317467f9a7e8d3a0ec4c8>

Log onto your [AARP.org](https://www.aarp.org) account or create one to register for this screening.



<https://www.imdb.com/title/tt27862809/>

Tuesday March 3, 6:30-7:30 pm EST

Hospice Care: Comfort for Patients, Support for Families

Whether you’re caring for a loved one or are interested in learning more about end of life support and options, join us for a heartfelt conversation about hospice care—what it is, how it works, and the difference it can make during a challenging time. Hospice isn’t just about caring for those at the end of life; it’s about surrounding families and caregivers with compassion, guidance, and practical support.

Presented as part of the Penn Medicine Princeton Health Community Wellness Program. Facilitated by Laurie Warren, Clinical Liaison for Princeton Hospice.

Sponsored by Mercer County Library System

Registration (free):

<https://events.mcl.org/event/15908993>

Wednesday, March 4, 7:00-9:00 pm EST

The Mystery of Grief: Writing into the Loss

When we lose loved ones, writing can be a powerful tool for helping us remember them, helping us re-encounter the world without them, and helping us re-know ourselves as the loss transforms us.

Poet Laureate Rosemerry Wahtola Trommer will offer a few suggestions for writing. Together, we will read poems about grief and discuss them. We will have chances to do our own writing, there will be optional time for sharing what we wrote, and we will have time to reflect on the effect writing has on us.

Sponsored by Evermore, an organization supporting bereaved individuals.

Registration (\$15.):

<https://secure.everyaction.com/huPkexcjFEiZ5G8nmg1f8g2>



Alternative dates available.

Click on any to register.

May 6, 2026,

July 8, 2026

November 18, 2026

September 9, 2026

Thursday, March 5, 8:00-9:00 pm EST

Reimagine Stories: Turning Pain & Grief Into Growth

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.

This event will feature participants from Reimagine's *Turning Pain & Grief into Growth* program, sharing the Reimagine Project they created through their healing and growth journeys.

Registration (free):

<https://letsreimagine.org/76768/reimagine-stories-turning-pain->



Monday, March 9, 7:00, EDT

Haunting the Self: Ghosts, Grief, and the Second Half of Life

Hauntings don't always involve rattling chains or Victorian attics. The ghosts that follow us are often quieter—and far more intimate. For those of us in our 40s, 50s, and 60s, they tend to show up as regrets, old identities we've outgrown, versions of ourselves we never inhabited, and the unresolved stories we inherited from the families who shaped us.

Drawing from world mythology, depth psychology, literature, and personal narrative, this lecture will reframe ghosts as psychological companions—messengers from the margins of the self.

We will explore the “ghosts” of the unlived life: the paths we did not take, the talents we abandoned, and the versions of ourselves that hover just outside who we became, asking why these specters grow louder in the second half of life.

We will consider ancestral hauntings in the form of generational patterns and emotional legacies carried unconsciously, tracing how family stories become folklore and how folklore hardens into identity. Included will be reference to mythic ghosts and underworld encounters.

We’ll consider what ghosts actually want: attention, integration, and (sometimes) release. Participants will leave with a deeper sense of how to listen to their ghosts—personal, familial, and mythic—and how to transform haunting into insight.

Presented by Scott Bryson, English professor and literary critic in Los Angeles

Sponsored by Morbid Anatomy, a museum/library and educational resource

Registration (free):

<https://www.morbidanatomy.org/events-tickets/p/free-online-talk-haunting-the-self-ghosts-grief-and-the-second-half-of-life-with-scott-bryson-phd>

Monday, March 9, 3:00-4:00 pm EDT

Online Meet-n-Greet

Join us for an introduction to End of Life Choices New York. You'll get to know us, and we will get to know you in a small group, virtual setting. We will share what we are up to and give you a taste for the kind of education and death-positivity we share in the community. We will also tell you about ways to get involved with our organization and mission!

Presented by End of Life Choices New York

Registration (free):

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



Tuesday, March 10, 1:00-2:00 pm EDT

Advance care planning webinar

What care would you want if you had an unexpected illness? Who would you want to make decisions for your care? Have you talked about your wishes with your loved ones if you are unable to speak for yourself?

Learning about advance care planning can help you answer these questions.

Registration (free):

<https://www.tidalhealth.org/events/advance-care-planning-webinar-2026>

Sponsored by Tidal Health

March 12, 2026, 11:30 am-1:00 pm EDT

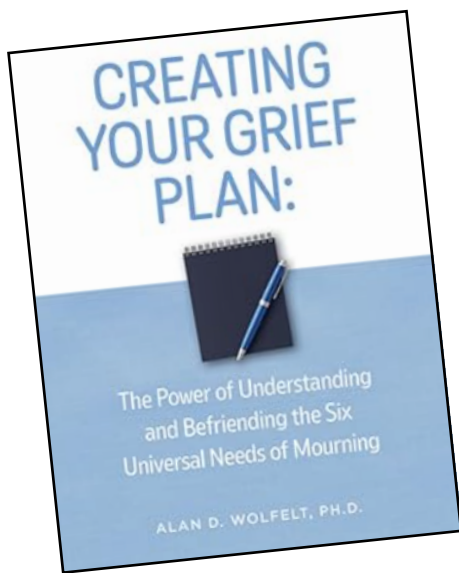
Creating Your Grief Plan:

Helping You Heal the Pain and Live Fully As You Mourn

To heal, we must choose to actively and authentically mourn. Active-authentic mourning is intentionally bringing all the thoughts and emotions we have about our loss from the inside to the outside. It is expressing those feelings through crying, journaling, telling their story, finding meaning in their lives, and recognizing how they made a difference.

Emotions need motion. Expressing your emotions will help you heal. Creating a grief plan gives you a tool to monitor the healing momentum you need, not only to survive but to heal and one day thrive again.

The *Six Universal Needs of Mourning*, over time, can help you transform your pain into purpose. Your awareness of these needs will help you take an action-oriented approach instead of thinking that grief is something you passively experience and are unable to integrate into your daily life. They can help you eventually go on to live and love fully again.



This webinar is based on the book, *Creating Your Grief Plan: The Power of Understanding and Befriending the Six Universal Needs of Mourning*,

by Alan Wolfelt, Ph.D.

Sponsored by AARP of Texas

Registration (free):

<https://events.aarp.org/event/>

Monday, March 16, 7:00 EDT

**Laughing in the Face of Death:
Approaching Death with Levity and Love**

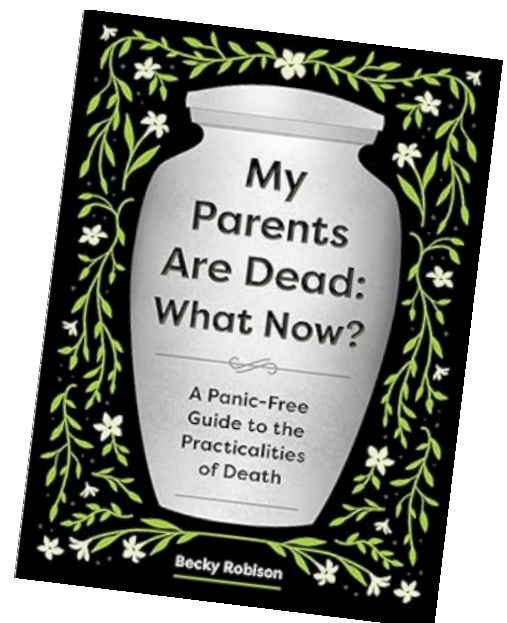
Why so serious? From gallows humor to the joy of celebrating a life well-lived, Becky Robison—author of the new book *My Parents Are Dead: What Now? A Panic-Free Guide to the Practicalities of Death*—will offer fun, silly, and passionate pathways into the inevitability of death and dying to make necessary preparations less intimidating.

Presented by Becky Robison,
a writer in Louisville, Kentucky

Sponsored by Morbid Anatomy

Registration (free):

[https://www.morbidanatomy.org/
events-tickets/p/free-online-talk-
laughing-in-the-face-of-death-
approaching-death-with-levity-and-love](https://www.morbidanatomy.org/events-tickets/p/free-online-talk-laughing-in-the-face-of-death-approaching-death-with-levity-and-love)



Tuesday, March 24, 7:00-8:00 pm EDT

**EXIT MATTERS: Answering the Call: Stories
from the Front Lines of End-of-Life Choice**

Every month Patient Choices Vermont receives questions about medical aid in dying from dozens of individuals across the country. Our Helpline Volunteers provide compassionate, personalized responses to each request. The inquiries come not only from people seeking information about their own end of life options but from family members gathering information for their loved ones and medical providers and other patient supporters who want to provide accurate information to those they serve. This month the Helpline Volunteers join us to share what brought them to this work, what keeps them going, and what we can learn from the inquiries we receive.

Registration (free):

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

Wednesday, March 25, 7:30-8:30 pm EDT

Medical Aid in Dying (MAiD) Option:

Choosing Switzerland:

Learn from those who've been there.

Join Final Exit Network (FEN) for a webinar with a panel of individuals who have accompanied loved ones to Switzerland to support their end-of-life choices. Traveling there to access medical aid in dying is an option for choice in dying that has been getting increased attention in the US. Switzerland is currently the only country that allows voluntary assisted dying for non-residents.



Hear the stories not just about how their loved ones died, but also how they lived - and their commitment to end their lives on their own terms. We will also provide an overview of the options available in Switzerland and how to best learn about and access these services.

Part of CONVERSATIONS ON CHOICE IN DYING:
A webinar series for informed and compassionate endings

Registration (free):

https://us02web.zoom.us/webinar/register/WN_qLzTeEGURwWRo-fCTZUzTw#/registration

Wednesday, March 25, 7:00-8:20 pm EDT

Never Can Say Goodbye, Part 2 of 3-part Reimagine series

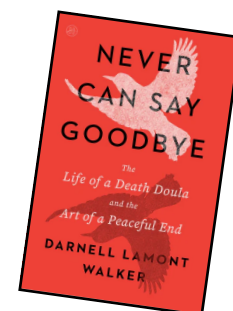
Darnell Lamont Walker and special guests (bios on registration page) will explore themes from his new book, *Never Can Say Goodbye: The Life of a Death Doula and the Art of a Peaceful End*.

Session 2 focuses on Medical Aid in Dying (MAiD), a practice in eleven U.S. states and the District of Columbia. It allows a terminally ill, mentally capable adult with a prognosis of six months or less to live to request from their doctor a prescription for medication they can decide to self-ingest to die peacefully in their sleep. What misconceptions still shape the public's understanding of MAiD? How can clinicians and caregivers support families through one of the most complex decisions they may ever face? What does compassionate guidance, dignity, and autonomy actually look like at the bedside?

Darnell Lamont Walker is a death doula, Emmy-nominated children's television writer, producer, and explorer. Born in Charlottesville, Virginia, he creates spaces worldwide for healing through storytelling, end-of-life care, and workshops on grief, resilience, unlocking the writer within, and radical empathy. He joyfully lives in the Chattahoochee National Forest of North Georgia.

Registration (free):

<https://letsreimagine.org/76768/never-can-say-goodbye-part-2-of-3>



IN PERSON, Rochester, New York

DEATH CAFE

Death Cafés offer a welcoming space for open, thoughtful conversations about death—a universal experience that touches us all. These gatherings invite us to reflect on life, loss, and meaning, often leading to a deeper appreciation for the present moment.

Hosted by Jennifer Sanfilippo

Tuesday, March 10, 6:00-7:00 pm

Irondequoit Public Library

1290 Titus Avenue, Irondequoit, New York 14617

Registration (free): 585-336-6060

Space is limited, please sign up in advance.

Thursday, March 26, 1:00-2:00 pm

Pittsford Public Library, Fisher Meeting Room

24 State Street, Pittsford, New York 14534

Registration (free):

<https://calendar.libraryweb.org/event/16320048>





MARY ELLEN MARKANT

Signature Sunsets

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