



# Signature Sunsets

## Initiatives To Advance Learning About End of Life

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### Sunset Cafeteria

**Wednesday, November 12, 7:00-8:15 pm EST**

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 springboard for discussion, at any time the focus can shift to spontaneous comments reflecting whatever is on the minds of participants.

Topic of the day:

**How would you like your life recognized and celebrated after you die?**

Maybe your initial impulse is to think, *this is something for others to deal with, not me*. But, perhaps surprisingly, this end-of-life focus can be uplifting and enjoyable. And it can be a prescient gift for family members when they are tasked with orchestrating affairs following your death.

Your loved ones will want to stay connected with you, though necessarily in a cerebral rather than a physical way. You can help them by cultivating ideas ahead of time as part of preplanning. Whether or not you ascribe to standard funerary fare, you can think beyond the ritualistic practices and consider supplements of additional options or alternatives.

Come with an eye toward event planning for the final milestone of your life. Think about possibilities for activities that would highlight your experiences and personality as a way to connect mourners in communal appreciation for you. Or, if you are apt to be responsible for planning activities or events following the death of a beloved companion, come to brainstorm ideas.

Share accounts of notable commemorative initiatives you've experienced. They may unleash generative inspiration among everyone who participates in this discussion.

The following relevant article will be discussed:  
"How to Be Remembered," illustrates a fulfilling occasion of this sort.  
Let it serve as a springboard for your own rumination.

[https://modernloss.substack.com/p/how-to-be-remembered?img=https%3A%2F%2Fsubstack-post-media.s3.amazonaws.com%2Fpublic%2Fimages%2Fa90f5baf-9e80-4015-a5a2-722d91cade40\\_1224x848.png&open=false](https://modernloss.substack.com/p/how-to-be-remembered?img=https%3A%2F%2Fsubstack-post-media.s3.amazonaws.com%2Fpublic%2Fimages%2Fa90f5baf-9e80-4015-a5a2-722d91cade40_1224x848.png&open=false)

If you choose to attend, please email [ponderingleaves@gmail.com](mailto:ponderingleaves@gmail.com), stating, "I plan to attend."

Join Zoom Meeting

<https://us02web.zoom.us/j/86717525275>

Meeting ID: 867 1752 5275

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



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## Other ONLINE Programs

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**Tuesday, November 4, 7:00-8:00 pm EST**

### Loving Until the Last Breath

Beauty can live within endings — love, even at the threshold of death, can bring connection, peace, and unexpected joy. What it means to love until the last breath — how presence, tenderness, and courage can transform both illness and grief into moments of grace.

This interactive gathering blends heartfelt storytelling, reflective conversation, and gentle journaling prompts that invite you to look within. You'll hear from people who have walked alongside loved ones through their final days, discovering that beauty and sorrow often hold hands. And you'll have time to reflect on your own experiences of loving and letting go — or to imagine what a “beautiful ending” might look like for yourself or someone you love.

Co-hosted by Emily Thiroux Threatt, author of *Loving and Living Your Way Through Grief*, and Sherry Richert Belul, author of *The Love List of a Lifetime*, this gathering invites you to open your heart, share your light, and remember that love does not end with a last breath — it expands.

**Registration (free):**

<https://letsreimagine.org/76768/loving-until-the-last-breath>



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**Tuesday, November 11, 7:00-8:00 pm EST**

### Candid Conversation About Living with Loss, One Day at a Time

Following the loss of a loved one, friend or co-worker, individuals are often challenged with navigating through their grief. In today's society, time does not stop in support of those who have experienced a substantial loss — wrestling with demanding schedules, family obligations, relationships with friends as well as their own personal and family grief.

Having overcome adversity following the death of her husband and having managed large corporations, Rachel Kodanaz will share thought-provoking ideas that provide hope and optimism to embrace one's loss while maintaining a "normal" routine.

**Registration (free):**

<https://letsreimagine.org/76768/candid-conversation-about-living-with-loss-one-day-at-a-time-3>



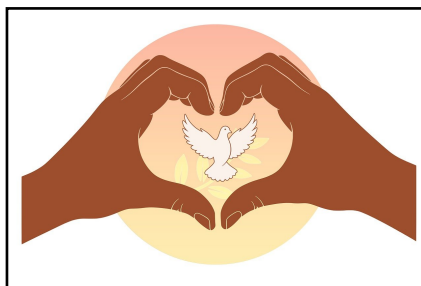
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**Friday, November 14, 1:00-2:00 pm EST**

**Reconciliation and Forgiveness at the End of Life**

Sometimes difficulties within relationships and conflicts can be discussed and resolved before the end of a life, but sometimes they cannot. Both outcomes will be discussed in the context of "closure."

The discussion will begin with a basic overview before opening up to the group for Q&A and conversation.



**Registration (free):**

[https://us06web.zoom.us/webinar/register/WN\\_a2rDKJ4TQnKHUP6OoSu4fQ#/registration](https://us06web.zoom.us/webinar/register/WN_a2rDKJ4TQnKHUP6OoSu4fQ#/registration)

If you register and can't make it to the live session you will receive a recording.

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**Monday, November 17, 7:30-8:30 pm EST**

## Pet Grief and Memorialization

Losing a pet can be hard, and a range of emotions can be experienced in grief. In this online workshop led by Lauren Seeley, death doula and educator, we will explore the history and context of pet grief, consider memorial rituals through the art of altar making, and share stories and memories of our beloved animal companions. This workshop is for anyone who's experienced the loss of a pet or anticipating loss.

Sponsored by Here To Honor, cultivating community around end-of-life learning.

**Registration** (free):

<https://us02web.zoom.us/meeting/register/48YYVy4WSV2mQiUsJDdEUQ#/registration>



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**Wednesday, November 19, 2:30-3:30 pm EST**

## Living Wills and Medicare

A webinar to guide individuals in making informed decisions about future healthcare needs and the complexities of Medicare coverage.

To assure that questions are answered, you are invited to submit questions ahead of time via email to: [tanya@alittlehelp.org](mailto:tanya@alittlehelp.org).

Presented by Little Talks and sponsored by Kaiser Permanente.

It is not necessary to have cameras turned on for this session.

**Registration** (free):

<https://alittlehelp.org/civicrm/event/info?reset=1&id=2560>



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**Friday, November 21, 11:00 am -12:00 pm EST**

## Grief After Dementia Caregiving



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

Sponsored by Lifespan

**Registration (free):**

<https://lp.constantcontactpages.com/ev/reg/2a39byk>

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## IN PERSON, Ithaca, New York


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**Saturday, November 1, 2:00-3:30 PM**

### Dying Green: Environmental, Spiritual & Practical Considerations for a Green Burial

A panel discussion about green death practices, with a focus on Greensprings Natural Cemetery Preserve in Newfield, NY (bordering Ithaca). The history and ecological stewardship of this exclusively green burial ground that is dedicated to habitat preservation and conservation will be discussed, as well as:

- what qualifies as a green way to dispose of a body
- what options are available in New York State
- why cremation isn't green
- other logistical natural burial considerations



Greensprings offers ecologically sound burial options and a natural return to the Earth—simple, affordable and respectful of the human spirit.

[HTTPS://WWW.NATURALBURIAL.ORG/](https://www.naturalburial.org/)

### Speakers:

- Michelle Menter: Executive Director, Greensprings Natural Cemetery Preserve
- Kyle Sharp: Funeral Director, Lansing Funeral Home and certified green burial provider with the Green Burial Council
- Lynn Leopold: a lifelong crusader for the environment, former Trustee of Greensprings and wife of co-founder Carl Leopold

**PRESENTED BY THE FUNERAL CONSUMERS ALLIANCE OF THE FINGER LAKES AND SUSTAINABLE FINGER LAKES**



**Location:** Ithaca Friends Meetinghouse  
120 Third Street, Ithaca

Walk-in:  
no preliminary registration



**GREENSPRINGS NATURAL BURIAL PRESERVE  
FACEBOOK, OCTOBER 23, 2024**

**GREENSPRINGS NATURAL BURIAL PRESERVE  
FACEBOOK, MAY 3, 2024**

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## IN PERSON, Rochester, New York

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**Tuesday, November 4, 9:30-11:00 am**

### An In-Depth Overview of Wills: A Collaboration with LawNY

A presentation by LawNY on wills and why you should consider having one. There will be an opportunity to sign up to work with an attorney to write your will on follow-up clinic days at Lifespan.

**WILL WRITING SERVICES PROVIDED BY LAWNY ARE AVAILABLE TO MONROE COUNTY RESIDENTS ONLY WHO ARE 60 OR OLDER AND HAVE AN INCOME THAT IS AT OR BELOW 300% OF THE FEDERAL POVERTY LEVEL (INDIVIDUALS - \$45,180, COUPLES - \$61,320)**

Lifespan: 1900 S. Clinton Avenue, Rochester, NY

#### **Registration:**

[www.lifespanrochester.org](http://www.lifespanrochester.org) or call 585-244-8400, ext. 201



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## IN PERSON, New York City

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If you've been looking for a reason to visit "The Big Apple, this may be it...

Some folks go there for a Broadway show, but now you can see some action at an atypical performance venue, the renowned Frank E. Campbell Funeral Home.

**Thursday, November 6, 6:00**

In the Wake of Life: An Immersive Experience,  
an innovative new work about loss, love, and what it means to be human.

Grief Dialogues is a theater group focused on creating new conversations about death, dying, and grief. It aims to erase stigma and provide compassion, understanding, and resources for those experiencing grief by making the topic more accessible through live performances, film, and other media.

This bold theatrical experiment in a sacred space will be staged in historic rooms. The audience will be invited to move through a series of short plays, live vignettes, and interactive art installations. Each room becomes its own act — a poetic encounter with memory, mourning, and meaning.

"This is not grief as tragedy — it's grief as transformation," says playwright and producer Elizabeth Coplan, founder of *Grief Dialogues*. "By bringing theatre into a funeral home, we're reclaiming the language of loss and giving audiences a new way to see themselves in it — through story, humor, and shared humanity."



**Location:** 1076 Madison Ave, New York, NY 10028

**Registration** (free):

For 2:30 dress rehearsal, email [elizabethcoplan@gmail.com](mailto:elizabethcoplan@gmail.com)  
or call 1-206-930-9984

For 6:00 pm performance (doors open at 5:30),  
email [william.Villanova@DignityMemorial.com](mailto:william.Villanova@DignityMemorial.com)

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Excerpts from  
**A Bereaved Thanksgiving**  
by Darcie Simms

It doesn't seem to get any better – but it doesn't seem to get any worse either.  
For that, I am thankful.

There are no more pictures to be taken, but there are memories to be cherished.  
For that, I am thankful.

There is a missing chair at the table, but the circle of family gathers close.  
For that, I am thankful.

The pain is still there – but it only lasts moments.  
For that I am thankful.

The room is still empty – the soul still aches – but the heart remembers.  
For that, I am thankful.

The name is still missing – the words still unspoken – but the silence is shared.  
For that, I am thankful.

The stillness remains – but the sadness is smaller.  
For that, I am thankful.

The moment is gone – but the love is forever.  
For that, I am blessed: for that I am grateful.

Love was once (and still is) – a part of my being.  
For that, I am thankful.

*May your holidays be filled with reasons to be thankful. Having loved and having been loved is perhaps the most wondrous reason of all.*

<https://allianceofhope.org/a-bereaved-thanksgiving/>





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<https://www.signaturesunsets.com>

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