



# Fall 2020

## DYING TO KNOW

Our monthly education program, *Dying To Know*, is open to anyone interested in the variety of topics that we cover related to death and dying.

These interactive sessions provide information on preparing for end-of-life, offer strategies for staying resilient through challenging times, and help care partners become more confident in their roles. Participants have the opportunity to share and network with others while learning about available resources.

The sessions are on the 3rd Tuesday of each month from 6 – 8 pm. They are free of charge and feature expert speakers and professionals. Our 2020 *Dying To Know* sessions are now available on Zoom.

### DYING TO KNOW 2020 PROGRAM

#### SEPTEMBER 15

Facing Advanced Illness  
Together

#### OCTOBER 20

Advanced Care Planning

#### NOVEMBER 17

Funeral Planning

To register for our seminars, for current information on our education opportunities, and to access additional resources, visit our website or contact our team:

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Services

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### Upcoming Sessions

#### SEPTEMBER 15 – Facing Advanced Illness Together

Most Canadians want to die in their home, wherever that may be. Informing ourselves of the available options can go a long way towards making plans. Elaine Munce, our Director of Community Hospice Services, will share information about Hospice and Palliative Care as well as how to access services and resources.

#### OCTOBER 20 – Advanced Care Planning

In this first of two sessions with Janine Violini and Jamie Whittaker, we will discuss tips to complete the paperwork we need before death occurs. These include Personal Directive, Power of Attorney and the types of Wills one might consider. These topics are part of their *Crows in a Row* program designed to help achieve an end-of-life plan so legacy is defined, wishes are honoured, and loved ones are taken care of.

#### NOVEMBER 17 – Funeral Planning

Janine Violini and Jamie Whittaker return for the second part of their *Crows in a Row* program. In this session aspects of funeral planning and obituaries will be discussed. The objective of these conversations is to alleviate stress by helping obtain a sense of empowerment, peace of mind, and completion.

