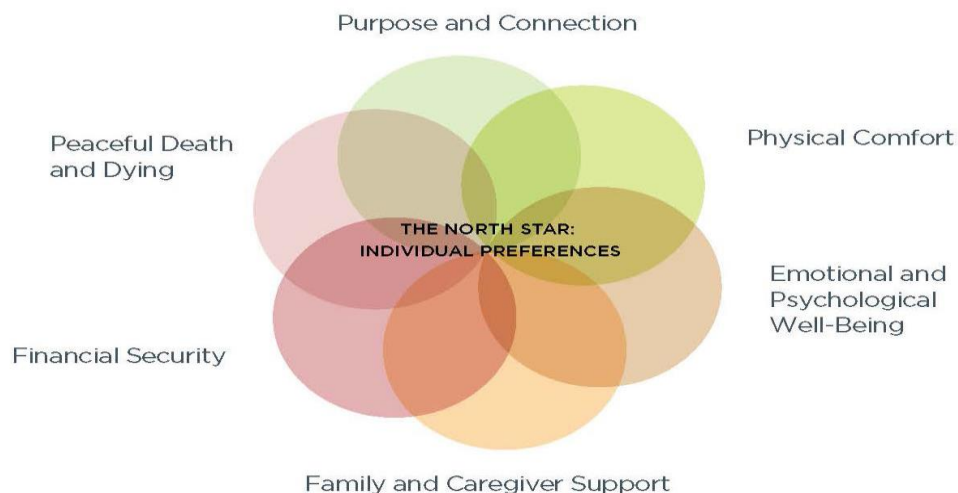


Living with Dignity
Sickness, Suffering, Old Age, and End-of-Life Care
Two Sundays: September 16 and November 18, 1-4 pm
Location: [Santa Cruz Zen Center](#)
Led by Reverends Eugene Bush and Edie Brown
Advance registration required by September 10

Sickness, suffering, old age, and death are part of life. This is being human. Please join us for a two-part workshop on living with dignity; a mix of person-centered preferences and Buddhist teachings on caring for ourselves and others.

Person-Centered Preferences to Guide Advanced Illness Care



Strategies for Change: A Collaborative Journey to Transform Advanced Illness Care,
The National Quality Forum. Link to report: qualityforum.org

Part 1 is an overview of practical aspects of health care directives and the importance of connected conversation about our and others' preferences for aging and dying. We will provide key documents, for example, Physician Orders for Life Sustaining Treatment, Advance Health Care Directives, Five Wishes, and Buddhist-based directives.

Part 2 will focus on how our plans, documents, and wishes operate in different contexts, hospice, recent changes in California Right to Die law, Buddhist rituals and ceremony for suffering and end of life. **Please attend part 2 only if you have attended part 1.**

We will engage in hard questions and explore how to navigate difficult conversations. Workshop will include interactive work, small group discussion, and reflective writing.

Suggested donation for both days: \$25 (members) \$30 (non-members).

No charge if previously attended; please bring your documents from prior sessions.

Sign up at [SCZC](#). If questions, contact Edie at ediebrown42@gmail.com