

Living With Dignity

Sickness, Suffering, Old Age, and Death

August 12 and September 10, 1-4 pm at SCZC

Because sickness, suffering, old age, and death are part of life. This is being human.

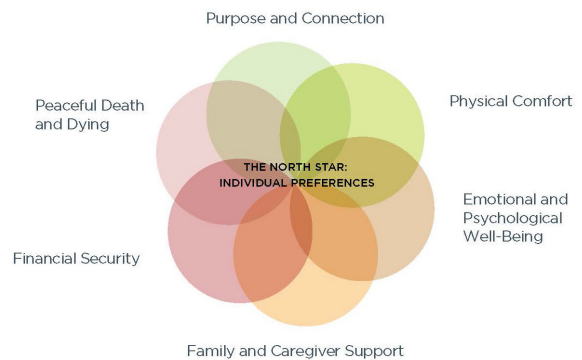
Please join us for a two-part workshop on living with dignity. Our perspective is a mix of person-centered preferences and Buddhist teachings on being connected to ourselves and others.

—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, and recent changes in law (California Right to Die), Buddhist rituals and ceremony for suffering and end of life. Please attend part 2 only if you have attended part 1.

—Participants can look forward to active engagement with key topics, for example, approaching hard questions and navigating difficult conversations. We will do some interactive work including small group discussion and reflective writing.

Person-Centered Preferences to Guide Advanced Illness Care



from: *Strategies for Change: A Collaborative Journey to Transform Advanced Illness Care*, The National Quality Forum. [link to report here](#)

Led by Reverends Eugene Bush, Edie Brown and Dana Takagi



Sign up sheet at SCZC. For more information, please contact Dana: dytakagi@gmail.com

Suggested dana for both days, \$25 (members) \$30 (non-members).