

Death Literacy 101, a three-session workshop @The Senior Hub

Fridays 1-2:30pm | April 26th, May 5th & May 10th

Program Overview

Confronting the fear and resistance around end-of-life discussions requires a gentle hand of how to enter into, and navigate, these challenging conversations and times.

To help break through the silence and inaction, Kingston's Office for the Aging and Ulster County Women's Network have partnered with Bevival.com to host a free three-part workshop. Each session will feature a bounty of information along with topic experts to help unpack the benefits of preparing to prepare, long before time of need. Refreshments will be served. While in person attendance is encouraged, a recording of each session will be available for online viewing.

Attendance limited to 50 participants. Save your seat by calling 845-340-3578 or RSVP online: [Ulster County Office of the Aging](#).

Agenda

Introductory Session: April 26th 1-2:30pm

Caren Martineau, founder of Bevival.com kicks off the workshop with a lively discussion addressing common obstacles and emotional triggers around preparing for ending of life. A packet containing essential documents required for each session will be distributed. Guests include Colleen Mountford, founder, Next Step Home.

Reasons to attend this interactive session:

- Learn the importance of identifying end-of-life goals, long before the end.
 - Hear tips on how to start an uncomfortable conversation with others.
 - Clarifying your wishes, values, and considerations.
 - Self-determination: overcoming inaction.
 - Downsizing: what is Swedish 'death cleaning.'
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- Learn what resources are available to support preparedness.
 - Office for the Aging
 - Local professional resources
 - Social groups
 - Burial options: traditional or green

Session Two: May 3rd 1-2:30pm

Learn about the full range of end-of-life options: your rights and care resources. Guests: Albert Riddle, MD, Medical Director, UC Hospice and Holly Strelzik, Founder, [Center for the Heart](#) and Certified Death Doula.

Reasons to attend this interactive session:

- Distinguish between hospice and palliative care at the end-of-life.
- Understand MAID (medical aid in dying), state laws and the request process.
- Learn about VSED (Voluntary Stopping Eating and Drinking), legality and stages of the dying process.
- Reality check: what you need to know about dying at home.

Session Three: May 10th 1-2:30pm

Getting your affairs in order. Leave love not logistics! Estate planning brings peace of mind. Guest: Alison Anthoine, Esq., Certified End of Life Navigator.

Reasons to attend this interactive session:

- Learn about legal and financial concerns that may impact you/family.
- Have an opportunity to voice issues that may require professional referral.
- Now that you know, let's complete your documents!