

living well, dying well

PLANNING THE LAST
CHAPTER OF YOUR LIFE

Saturday, February 23, 2019

9:00 am - 2:30 pm

St. Andrew's Episcopal Church -Seattle

Living Well, Dying Well • Planning the Last Chapter of Your Life

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9:00 a.m. – 2:30 p.m.

(Check-in at 9:00 a.m., program starts at 9:30 a.m.)

St Andrew's Episcopal Church

111 NE 80th St

Seattle, WA 98115

Church office: 206-523-7476

- Register online: <https://living-well-dying-well.eventbrite.com>
- Registration deadline: Feb. 18, 2019
- Cost: \$20.00 (includes lunch and many resources)

How will you and your loved ones make decisions that respect your autonomy and enhance your human dignity in the last chapter of your life?

We would all like to have our care conducted in a manner that's consistent with our values! This workshop will provide you with tools and guidance for medical, legal and spiritual conversations and decisions about end of life. Explore these questions with us. Single parents, retirees, those in the "sandwich generation" --all are welcome! The Rev. Rich Weyls, rector of St Andrews Seattle, will be hosting the workshop.

- Bishop Rickel will show the film "*Speaking of Dying*" -- sponsored by our diocese and produced by a chaplain at Seattle Cancer Care Alliance -- and lead a group reflection after the film.
- Steve Thomason, Dean and Rector of St. Mark's Cathedral, will discuss the difference between hospice and palliative care, and talk about spiritual issues of dying well. He is a board-certified hospice and palliative care physician and was the medical director of a large hospice center in Arkansas.
- Dr. Moin Shaikh will speak about the kinds of medical interventions and therapies people may want to avoid near the end of life to enhance comfort and quality. All three will offer provocative examples to illustrate the importance of planning ahead!

Workshop includes table talks with area clergy, health professionals and attorneys after lunch. Plenty of opportunity for Q&A. These professionals are guided by a philosophy of helping others. Our clergy have years of experience helping families plan funeral and memorial services.

Everyone who attends will receive the *Life Planning Manual*, a very good tool developed by our diocese. Join us!

Speakers include:

- The Rt. Rev. Greg Rickel; Bishop, Diocese of Olympia
- The Very Rev. Steve Thomason; Dean and Rector, St. Mark's Episcopal Cathedral, Seattle
- The Rev. Rich Weyls ; Rector, St. Andrew's Episcopal Church, Seattle
- Moin Shaikh, DO; Physician, Swedish Palliative Care
- Greg Malone; Chaplain and Manager, Palliative Care Services, Swedish Medical Group
- Joel Nichols; Attorney, Deno Millikan PLLC, Everett

Workshop sponsored by the Life Planning Ministry of the Cathedral Foundation of the Diocese of Olympia

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"Honest and courageous advance care planning is the most loving gift you can give to those you leave behind." - The Rev. Rich Weyls

"As one who has served as a hospice physician and a parish priest, I will say there is no greater gift to your family than to provide advance directives, not just about care at the end of life, but also for the memorial service and estate planning. This workshop will help each of us do that." - The Very Rev. Dr. Steve Thomason — Cathedral dean and keynote speaker.

"All of us need to pay attention to our choices and wishes before there's a crisis." - From *Speaking of Dying: Living Deeply, Dying Well*, a documentary which will be shown at the workshop.

"Our most cruel failure in how we treat the sick and the aged is the failure to recognize that they have priorities beyond merely being safe and living longer; the chance to shape one's story is essential to sustaining meaning in life." - *Being Mortal: Medicine and What Matters in the End* by Atul Gawande.

"Resolving difficult conflicts with dignity and respect is an enriching opportunity" - A family law and estate planning attorney.

"It is both a relief and satisfying to have arrangements made in advance. When you're grieving and emotionally upset, you don't necessarily think very clearly." - A parishioner whose husband died unexpectedly.

What are your goals for end of life care? Whatever they are, let your family know! To be prepared and have a plan, that's the greatest gift you can give to your family." - A hospice physician

Having a well-thought-out estate plan is an act of love. It puts loved ones' minds at ease knowing they don't have to worry about your end-of-life wishes." - Joel Nichols, estate planning attorney

"Everything was remarkable, could not have been improved. Attorney was very clear and informative. Good handouts. It spurs me to action!" - Comments from previous workshops.