

## *End of Life Services Educational Series*

# **“The Gift of a Dignified Death”**

*This series explores the practicalities of death and dying. Often avoided as a topic for discussion, preparing for one’s own death, or that of a loved one, can transform the experience into one of empowerment.*

### **End of Life Decisions: The Importance of Planning**

How to begin conversations with loved ones about end of life decisions and advance planning; including what to discuss with health care providers.

Presented by: Audrey O’Donnell, RN, MA, Patient Advocate and James Davis, MD, UCLA Dept. of Medicine Division of Geriatrics

**Wednesday April 28, 2010 • 6:00 – 8:00 p.m.**

### **Practical, Technical, Legal and Financial Considerations**

Discussion on how to properly and financially plan for the future; including understanding sources of financial support and when legal help is needed.

Presented by: Sheryl Hayashida, JD and Caroline Koskinas, MBA, WISE & Healthy Aging

**Thursday May 6, 2010 • 6:00 – 8:00 p.m.**

### **Understanding Bereavement and the Role of Spirituality**

Coping with the death of a loved one; managing the grieving process and finding continued support.

Presented by: Sheila Segal, MFT, WISE & Healthy Aging director of Peer Counseling Services and Jim Carper, director of Stewardship, Saint Monica Catholic Community

**Thursday May 13, 2010 • 6:00 – 8:00 p.m.**

**Ken Edwards Center  
1527 4th Street, 1st Floor  
Santa Monica, CA 90401**

Doors open at 5:45 p.m. with a light meal provided.

Suggested Donation of \$35 for the series, includes advance planning kit valued at \$50.

Space is limited. Reservations are required.

RSVP and questions to (310)394-9871 ext. 436 or [jkwei@wiseandhealthyaging.org](mailto:jkwei@wiseandhealthyaging.org)



*WISE & Healthy Aging enhances the independence, dignity and quality of life of older adults through leadership, advocacy and innovative services.*