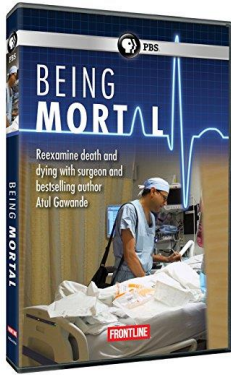


Sponsored by the Stephen Ministers of Santa Fe Presbyterian Church.

## “Being Mortal”

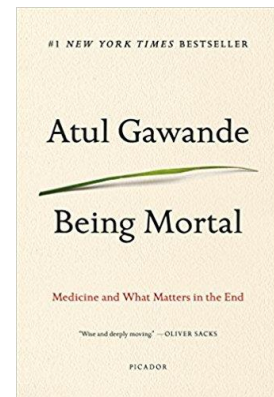
Cindy Thomas, Pastor Miller, and Darrell Goudge are presenting a four part seminar, open to the



public, to cover and discuss the problems we will all eventually face when we are no longer able to take care of our loved ones or ourselves. If you look at the insert in each week’s Sunday service program, you will see church members and others who are facing these problems. Until it affects you, and it will, you do not appreciate the challenges you face. Knowing more is one

of the best ways to ease the stress that accompanies these challenges.

This seminar is titled, “Being Mortal” after the best-selling book of the same name by well-known author and surgeon, Atul Gawande. The first session, “Being Mortal: An Overview”, will be held Monday evening September 25, from 7:00 P.M. to 8:30 PM. During this session The Frontline video, “Being Mortal” will be shown during on Monday, Sept. 25. The video explores both physicians’ and patients’ reactions to end-of-life care. This video is a good introduction to the book and will be followed by a 30 minute discussion. Click here for a [link to free online access of the video “Being Mortal”](#).



Copies of the book, “Being Mortal” are available at Barnes and Noble, and from various online retailers, . [Click here for a list of retailers](#).

We will meet again Monday, October 23, from 7:00 P.M. to 8:30 PM, when we will discuss the first two chapters in “Being Mortal” and how to start a conversation with family members and others about changing life conditions and how to deal with them.

## Chapter 1 The Independent Self

The history of how the way aging family members lives have changed and how caring for them as they age has changed.

## Chapter 2 Things Fall Apart

As we age we often gradually lose the ability to care for ourselves and maintain the lifestyle we prefer.

## The Conversation Project “We Need to Talk”

[Conversation Project Link](#)

Copies of the Conversation Starter Kit will be available at the session.

We will meet in January and February to discuss topics covered in the remaining chapters.

## Planned Schedule

Monday, September 25, 7 – 8:30 PM

Introduction to *Being Mortal* and video “[Being Mortal](#)”

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The Introduction is a brief background of the author and why he felt that this topic was important. We will watch the video, followed by discussion. A preview of the video is available: [Being Mortal](#).

Monday, October 23, 7 – 8:30 PM

Chapter 1 The Independent Self

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The history of how the way aging family members lives have changed and how caring for them as they age has changed.

Chapter 2 Things Fall Apart

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As we age we often gradually lose the ability to care for ourselves and maintain the lifestyle we prefer.

The Conversation Project “We Need to Talk” [Conversation Project Link](#)

Monday, January 22, 7 – 8:30 PM

Chapter 3 Dependence

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Although we do everything we can to forestall and combat the advance of old age, if we live long enough, we reach the point where our bodies and minds deteriorate and we can no longer live as we wish.

Chapter 4 Assistance

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The history and development of “Assisted Living”

Chapter 5 A Better Life

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Requiring care and being in a nursing home setting doesn’t have to mean that you no longer “have a life”.

Monday, February 19, 7 – 8:30 PM

## Chapter 6 Letting Go

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How to recognize when the time comes to “let go” and how to prepare for it

## Chapter 7 Hard Conversations

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“We need to talk”, How to talk to your health care providers and your family when facing tough “end of life” decisions

## Chapter 8 Courage

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“How to seek the truth of what is to be feared (as we age) ... and to act on the truth we find.”