

**Convening the Conversation on Aging**  
**Umpqua Unitarian Universalist Congregation (UUU)**  
**Adult Educational Opportunity Series Winter 2018**  
**16 Wednesday Afternoons 2:30- 5pm**

**Feb 7, Beginning the Journey**

How will this workshop handle aging and death? What do I want from this series? Am I eager and curious about what is ahead? Are there feelings of depression, anxiety, or even anger? First, we will create a safe setting for this journey of inquiry together.

**Feb 14, Traveling Into Broader Areas**

I am ready for this Journey. What matters to me? I find I am changing as I see and feel myself getting older. What if I am confused or uncertain about my health, my finances, my way of living, me?

**Feb 21, Who, Me an Elder?**

How do I start to see my life differently? What will that mean as I re-evaluate my life? My thinking seems to be about *old*.

**Feb 28, Finding our Essential Truths**

We begin sharing the ethical, spiritual, religious truths we've come to live with. We tell our stories. We learn a lot about our own wisdom in the process.

**Mar 7 and 14, Continue to Examine our Essential Truths**

Going inward we learn a lot about ourselves. The story becomes an *Ethical Will*. It's not about giving away our stuff! It is about what we have given to our life, and what life has given us back. The *Ethical Will* helps us see the path to completion of our lives. When shared with a loved one, we are sharing the intimate journey of our life and giving what is often a precious gift.

**Mar 21, My Legacy**

What is the Legacy of your life? What can you share now from the process of composing the Ethical Will? What can you say now about your values and how you are living them?

**March 28, Living Old**

How am I coming to amenable terms with changes due to my abilities, limitations or changes in responsibilities? Where is there Joy in my life and living? Am I facing death with LIFE?

**April 4, Hoarding**

Do I still have boxes of stuff, books I will never read again, projects undone for years? Who do I expect to take care of all this? I will plan to lessen my load each week. We will also look back over the journey of the past weeks.

**Apr 11, Faith, Spirituality, and Aging**

I accept the reality that I am facing death. How do I approach this inevitable truth. By continuing the work we have been doing, we are now ready to explore faith and spirituality as we look to face our death with Life.

**Apr 18 and 25, The Choices**

We are now ready to make choices and prepare loved ones to take their part... I want to die with dignity. What are my options and choices? Information about Hospice, assisted living and home health help is discussed. Oregon's death with dignity will be explained. Do I want to designate a health care proxy to decide for me if I cannot? When my decision is clear I will fill out the necessary paperwork and talk to my loved ones and my doctor.

**May 2, THE CONVERSATIONS**

Finally we come to actually talking with loved ones about plans, wishes and decisions. Your sharing with them will give them confidence and authority to speak for you in those last days. Living Wills and choices about life prolonging procedures, and a health Care Proxy will be available.

**May 9, Legality-Legal Requirements**

With a lawyer, we will look at the meaning and purpose of various forms required and complete them in the workshop. Power of Attorney, Executor, Health Care proxy, Advanced Directive, and Legal Wills that distributes wealth will be covered.

**May 16, Staying Connected**

How can a faith congregation support its aging members? We will look at support systems available: Friendship groups, senior groups and centers, grief groups, interest/activity groups, live-in assistance, transportation, eldership wisdom...

**May 23, Celebration of our Journey**

We hope you will join us for this entire life enhancing series.

**Convening the Conversation on Aging  
Adult Educational Opportunity Series Winter 2018  
16 Wednesday Afternoons, 2:30- 5pm  
Introduction to the Series**

How do you imagine your way to the end of your life? Are you challenged by the signs of your aging? Or threatened? Are you hoping to avoid it all together? Afraid? Angry? Depressed? Or are you curious, intrigued, looking for answers?

A group is gathering at Umpqua Unitarian Church to explore questions, gain information from knowledgeable people and our own experiences, and formulate plans for fruitful aging and confident dying. Aging seems to be all about what we can no longer do or be. Through this 16 week process together we will come to see that there is a lot more to gain than loneliness or helplessness. Planning now can make certain that you choose the way you want to live and to come to your death—and that your friends and loved ones can act in love and confidence in your behalf.

Old friends will guide us as we examine our life within. Doug Eckstein, Donna Smith, and Bonnie Anderson will help us put some of our questions into words. We may realize that there are deep feelings to be acknowledged. Adam Jones and Jeff Pugh will bring ideas and information (and forms) that can enlighten our ideas about how to be intentional about our last years. Lillene Fifield, Jacie Pratt, Rick Staggenbor and Adam Jones will keep our process moving with intention of finding our best selves in these last years.

When we finish the course we will be able to talk about death and dying with grace, and walk the walk with documents and decisions filed and ready. Planning now done, we can use our energies to make sure that we live the life we chose in this these last years, however many they turn out to be. So, clarify your calendar. Mark out the dates from February 7<sup>th</sup> through May 23<sup>rd</sup>. Join us on this 16 week expedition into all that is coming next in our lives. We hope you can join us for the entire series.

The Wednesday afternoon 2:30pm –4:30 or 5pm time accommodates those who do not drive at nighttime. As the hours of daylight lengthen, we will be serving soups and salads after our discussions.

**List of Presenters:**

Adam Jones	Rick Staggenborg	Lillene Fifield
Bonnie Anderson	Jeff Pugh	Jacie Pratt
Donna Smith	Doug Eckstein	

And others will join along the way.

Umpqua Unitarian  
Universalist  
Congregation  
Presents:  
Adult Education  
Opportunities  
Winter Session  
February 7 - May 23



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