

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 Staggenborg 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 7th through May 23rd. 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 Second Half Of The Series



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Convening the Conversation on Aging

**Umpqua Unitarian
Universalist
Congregation (UUU)
Adult Educational
Opportunity Series
Winter 2018
Wednesday
Afternoons
2:30- 5pm**

Hi Everyone. We are now half way through the series of this year's AEO experience. We have made some very slight changes to some content in the remaining sessions. Know you are welcome to attend. If you missed the first half, there is much to come of value for each of us.

Apr 11, Memory Challenges in Aging

I know and accept that I or my loved one will die. How do I understand and approach the challenges of aging affecting memory, the personality, and the brain - both the medical and psychological. What are the different possibilities (normal aging, drug side effects, alcohol, medical problems, depression and other psychological problems, Alzheimer's, Dementia) and how will they affect my ability to care for myself or another? What precautions should I consider? What are my options?

Apr 18 and 25, The Choices

We are now ready for more information with which to make choices and prepare loved ones. To die with dignity, what are my options and choices? We look now at levels of assistance, information about Hospice, assisted living and home health help. Oregon's death with dignity option will be explained and we look at the purpose and value of designating a health care proxy to decide for us if we are unable to decide? When decisions are clear, what is left is fill out the necessary paperwork and talk to loved ones and our doctor. In a later session an attorney will help explain options and bring paperwork.

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. There will be plenty of time for questions and we can also talk about the experience of talking with our chosen ones being asked to carry out our decisions.

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 and the Celebration richly deserved for completion.