



Our CMCA Aging with Grace project has organized a four part educational series on aging in place and end of life options. We hope you will join us at the community center for these workshops. We have found there is much to learn about these topics!

- **January 5 (Sunday), 2-4: Aging with Grace: The Paperwork Part (Estate Planning and Administration)**

*Taylor Kittell, estate planning and administration attorney, will present information and answer questions about the importance of planning ahead using tools such as powers of attorney, wills, and trusts. She will also discuss estate and trust administration, including the roles of personal representatives and trustees.*

- **February 8, 10:00 - 12:00: Being Proactive about Aging and End-of-Life Choices**

*Margo Lalich, MPH, RN, co-founder of the North Coast End-of-Life (EOL) Collective, will present and facilitate a discussion of the challenges of over-medicalization in aging and dying, introduce the concept of "slow medicine", and describe the roles of palliative care, hospice services, and death doulas in providing compassionate support during the end-of-life journey.*

- **March 1, 10-12: Prioritizing Your Values and Planning for Care at End of Life**

*Dr. Tina Castanares, retired hospice medical director, will present information about advanced directives, dementia directives, voluntary stop eating and drinking (VSED) and medical aid in dying (MAID). She will be available after the presentation for informal discussion and personal questions.*

- **April 5, 10-12: Caring for Each Other After Death: Final Disposition and Ceremony Options**

*Holly Pruett, Funeral Celebrant and Community Death Educator, will explain our choices when it comes to final disposition of our bodies from conventional burial and flame cremation to options such as green burials, human composting and flameless cremations. She will also share examples of creative ceremonies of bereavement and remembrance including funerals and living memorials.*