

# Preparing for Death

## A Symposium on Death and Dying



### A Symposium on Death...Why?

The heart behind this symposium is simply to help people prepare for death. We have all been touched in one way or another by death over the past year and our desire is to help. Some of the pain associated with death is all the uncertainty and questions that come with it. What do we do now? What do I say to them? How will I pay for this? How are we going to take care of mom now that dad's gone?

Most of us do not want to think about death let alone talk about it. But we need to. Surgeon and writer, Atul Gawande, says in his excellent book *Being Mortal*:

Being mortal is about the struggle to cope with the constraints of our biology, with the limits set by genes and cells and flesh and bone. Medical science has given us remarkable power to push against these limits, and the potential value of this power was a central reason I became a doctor. But again and again, I have seen the damage we in medicine do when we fail to acknowledge that such power is finite and always will be. We've been wrong about what our job is in medicine. We think our job is to ensure health and survival. But really it is larger than that. It is to enable well-being. And well-being is about the reasons one wishes to be alive. Those reasons matter not just at the end of life, or when debility comes, but all along the way.

We believe that we are more likely to be well when we realize our mortality and embrace it rather than try and avoid it. An ancient Jewish prayer asks God to: "Teach us to number our days that we may get a heart of wisdom." An ancient proverb declares: "It is better to go to the house of mourning than to go to the house of feasting, for this is the end of all mankind, and the living will lay it to heart."

Pondering our morality can have many benefits. Our hope is that this symposium will help you prepare for something that often feels unmanageable. Thank you so very much for coming to this important event!

## COVID-19

We have in place a handful of COVID-19 protocols to do our part in keeping everyone safe during the event:

- ⇒ If you are feeling ill please refrain from coming and participating in the event.
- ⇒ We are livestreaming portions so folks can view it from home if they desire ( [unitedchurchofsoro.org/symposiumvideos](http://unitedchurchofsoro.org/symposiumvideos) ). Text your questions to 802-763-0047 preceded by the workshop letter (Workshop A uses WA, Workshop B uses WB, etc.). Ex: WA. My question is....
- ⇒ All of our workshop leaders and presenters have had their temperature taken upon entry.
- ⇒ Please be sure to have your name recorded in the contract tracing book in the foyer of the church downstairs.
- ⇒ Look for signs throughout the building to guide you.
- ⇒ Sanitizer stations are located in strategic places.
- ⇒ We ask everyone to please wipe down the bathrooms with wipes (provided) after each use.
- ⇒ Follow the directions on the maps located on the back page of this brochure.
- ⇒ Practice social distancing and wear your mask.

## Event Schedule

Opening Session (Sanctuary).....	1:30
Workshops Round One (see map) .....	2:00
Break .....	3:00
Workshops Round Two (see map).....	3:30
Break .....	4:30
Closing Session (Sanctuary) .....	4:45
Adjourn .....	5:15

*We'd like to offer special thanks to Hope Home Care Services in Bethel, Bayada Hospice, Gifford Hospital and Thrivent Financial for sponsoring this event.*

## Workshops Round One

### Workshop A: Planning for Life's Final Journey Boardway and Cilley Funeral Home

This workshop will discuss options for funeral pre-arrangements, as well as a time for questions and answers.



The Boardway and Cilley Funeral Home of Chelsea, Vermont was founded in 1929 by the Cilley family of Tunbridge, Vermont. Over the years it has compassionately served several generations of families throughout the Central Vermont area. In this time, four generations of the Cilley family have owned and operated the funeral home. Currently, Dennis and Devin Cilley are both licensed directors and embalmers. Patricia Cilley Ladd assists in the office.

### Workshop B: Advanced Care Planning: What it is and Why it Matters

Cynthia Stadler

Together we will discuss the various parts of the Advance Care Planning process and assist you in completing/revising your Advance Directive.



Cynthia is an APRN/Nurse Midwife who transitioned to providing end-of-life care with Bayada Hospice over 10 years ago. She regularly provides hands-on nursing care to hospice patients, but her primary role is to educate and support families as they navigate the transition into hospice and provide education regarding end-of-life care to our community and facility staff.

## Workshops Round Two

### Workshop C: What is Hospice Care and is it the Right Choice for Your Situation?

Sherri Lorette

What is hospice care? What makes hospice care different from other kinds of end-of-life care? When do I know it's time to consider hospice care? How

can I afford hospice? These are the questions that Sherri will explore in this workshop.



Sherri been a nurse for over 30 years with the last 15 being in hospice care. She has been a hospice case manager as well as a clinical educator in that time. Most recently, she has worked at Bayada Hospice for over 10 years caring for many friends' and neighbors' family members in the surrounding towns. She is a strong advocate for hospice care and is enthusiastic in sharing her knowledge and joy of hospice care.

### Workshop D: General Estate Planning

Jake L. Thompson

The legal workshop will focus on general estate planning guidance and the process of estate administration after death. The session will specifically discuss three of the most common estate planning devices in the State of Vermont: the power of attorney, the last will and testament, and the enhanced life estate deed.



Jake is an associate attorney with the estate planning firm of Otterman and Allen, P.C. in Barre, Vermont. He's a native Vermonter who grew up in Topsham, Vermont and graduated from Vermont Law School in 2018.

### Workshop E: Walking Alongside the Bereaved

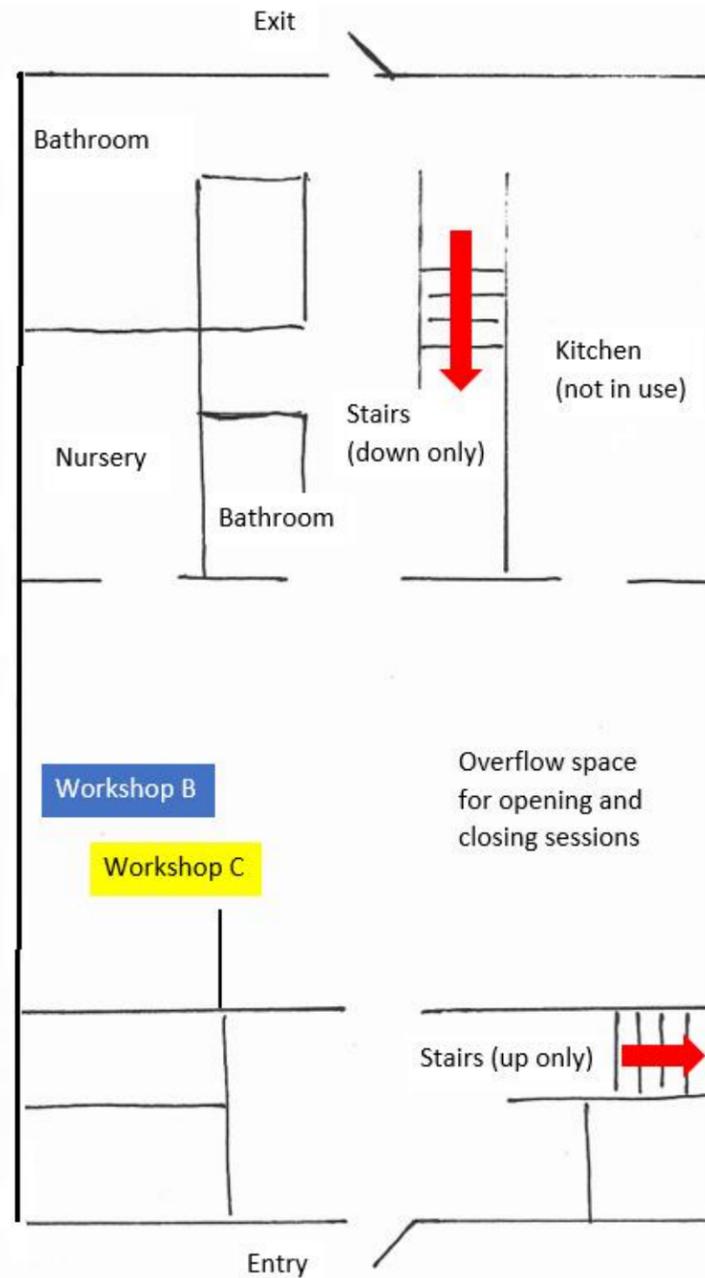
Jim and Caryl Proctor

Someone you care about has suffered a grievous loss. What can you say? What can you do? Is there a way to be helpful? How can you avoid adding to the grief by inadvertently doing or saying the wrong thing? And what do you do with your own feelings or memories of grief that their experience stirs up in you? In this session we seek to offer some principles and tips that will enable you to better offer the support you desire to bring.

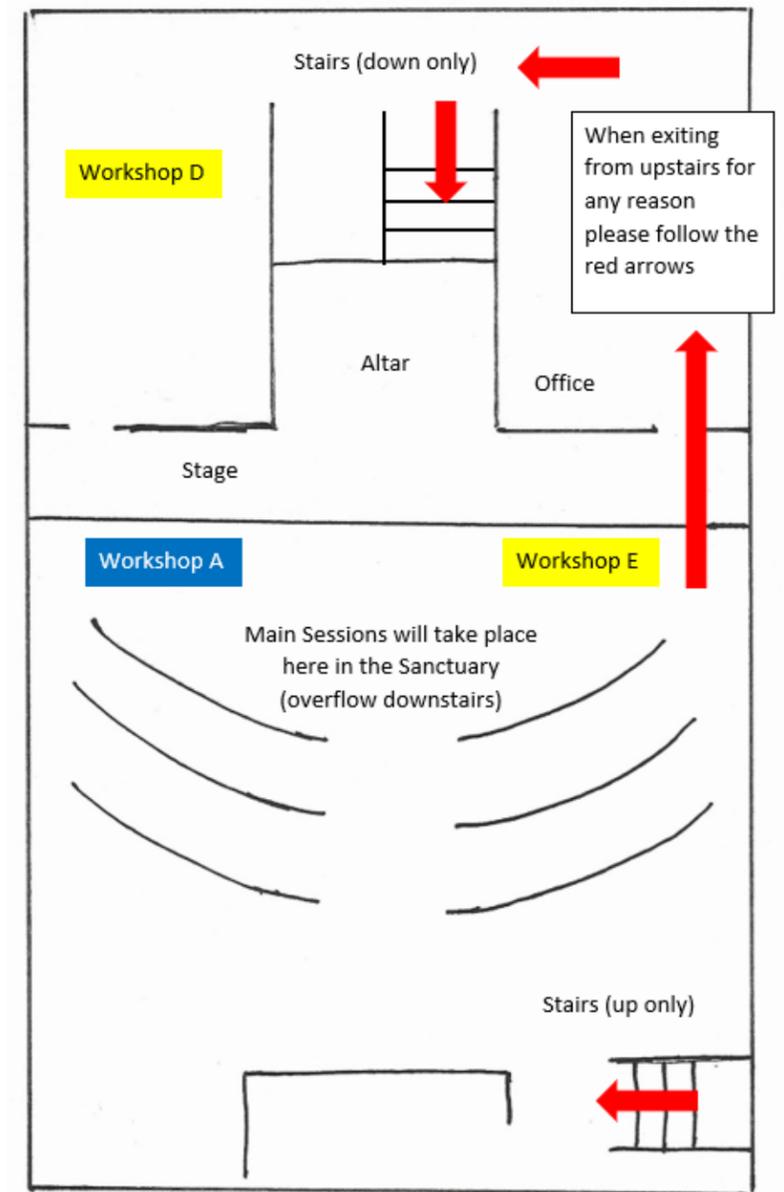


Pastor Jim and Caryl have served churches in Vermont and Maine for over thirty years. They have witnessed and experienced many griefs, and have hopefully brought a measure of comfort to some. They are now retired and living in South Royalton, Vermont. They have five children and nine grandchildren.

### Downstairs Map of Red Door Church



### Upstairs Map of Red Door Church



### Closing Session: What Matters Most in the End? The Role of Faith in Death

Pastor Joshua Moore

Death is not the end of life but only the beginning of the next chapter. What happens after death? These are important considerations. Faith plays a unique role in preparation for this very important chapter. This session will discuss the role of faith in death and the hope that the Christian worldview in particular offers to the dying.

Josh has served as the pastor of the United Church of South Royalton in Vermont for seven and a half years. He is the happy husband to Megan and they have four beautiful young children.

