



# Dying to Know

## Registration Open!

Our monthly education program, Dying to Know, is open to anyone interested in the variety of topics that we cover related to death and dying.

These interactive sessions provide information on preparing for end of life, offer strategies for staying resilient through challenging times, and help care partners become more confident in their roles. Participants have the opportunity to share and network with others while learning about available resources.

The sessions are on the 3rd Tuesday of each month from 6 - 8 pm, and feature expert speakers and professionals. Register online at [hospicecalgary.ca/education](http://hospicecalgary.ca/education)

All sessions are free of charge. Hospice Calgary is a not-for-profit organization. Donations in support of this program help us build capacity in our communities and can be made at the door or online at [hospicecalgary.ca/donate](http://hospicecalgary.ca/donate).

### Upcoming Sessions

#### SEPTEMBER 17 - Care Partners at Home

Are you a care partner, a volunteer, or a friend providing support to someone at home? Would you like to feel more confident in giving hands on support for someone as they approach end of life, now or in the future? In this session, Grace Saunders, Care Coordinator & Educator with Home Instead Senior Care, and Shawna Maynard, Registered Nurse with Hospice Calgary, will share practical information about providing personal care in the home. Some of the topics include medication administration, positioning, back care, fall prevention, and available resources.

#### OCTOBER 15 - As the Last Chapter Approaches

People remember the death of their family members or friends until their own last breath. During this session, two Hospice Calgary team members, Dr. Kim Finvers, Medical Director, and Lisa Lysak, Registered Nurse at Rosedale Hospice, will help us understand how a person's body and mind changes as death approaches. They will provide information on what to expect in the last days and the interventions used to ease the experience. A new resource booklet produced by Hospice Calgary will be available.

#### NOVEMBER 19 - Near Death Experiences

Raymond Moody coined the term 'Near Death Experiences' (NDE's) in the 1970's. Continued research has sparked a high level of interest and curiosity, and people beginning to feel more confident in sharing their stories publically. Elaine Munce, Director of Community Hospice Services for Hospice Calgary, will share some of the research around NDE's and those experiences. She will also present segments of a poignant interview with renowned inspirational speaker, Toben Anderson, during the final 48 hours of her life.

### DYING TO KNOW 2019 PROGRAM

#### MARCH 19

Facing Advanced Illness Together

#### APRIL 16

Advanced Care Planning

#### MAY 21

A Mindful Finale: Spirituality and Ritual at End-of-Life

#### JUNE 11

Funeral Planning

#### SEPTEMBER 17

Care Partners at Home

#### OCTOBER 15

As the Last Chapter Approaches

#### NOVEMBER 19

Near Death Experiences

All *Dying to Know* sessions are at Sage Centre (1245 70 Avenue SE) with free parking available in front of the building and across the street at Trail Appliances. To register for our seminars, for current information on our education opportunities and to access additional resources, visit our website or contact our team:

[hospicecalgary.ca](http://hospicecalgary.ca) | [info@hospicecalgary.ca](mailto:info@hospicecalgary.ca) | 403-263-4525 | [f](#) [t](#) [in](#)