

# DYING TO KNOW

2024 SPRING SEMINARS

register  
for only  
**\$5**

Living <sup>with</sup>  
**Advanced  
Illness**

Centre

**Dying to Know** seminars are held online for anyone interested in a variety of topics that help us to live well while facing uncertainty. The seminars provide information on preparing for end-of-life, offer strategies for staying resilient through challenging times, and help family caregivers become more confident in their roles.



APRIL 16 | 6:00 PM – 7:30 PM

## Ambiguous Loss & Grief in Dementia

presented by Cindy Bond, S.S.W

Community Educator & Caregiver Support Coordinator, *Alzheimer Calgary*

Grief is common for all those impacted by a diagnosis of dementia. We will explore the distinctive types of grief and loss that accompany dementia. Participants will gain insights into the emotional effects of grief, learn effective strategies for moving through grief, and discover opportunities for personal growth. Additionally, participants learn about their role as a grief companion, building meaningful connections within a supportive community.



MAY 21 | 6:00 PM – 7:30 PM

## How To Make Your Wishes Known

presented by Corinne Spronken MHA BSW RSW

Education Consultant, *Alberta Health Services, Calgary Zone*

Advance Care Planning and Goals of Care Designations are ways you can have your healthcare wishes known by those close to you should you become unwell or unable to speak for yourself.

Join us for this virtual session where you will learn more about:

- Advance Care Planning: What is it? How do I do it? Why is it important?
- Personal Directives: What is it? How do I write one?
- Goals of Care Designation medical orders: What are these? Do I need one?
- Green Sleeves: What is it? What documents does it hold? How do I use it?



JUNE 18 | 6:00 PM – 7:30 PM

## Comfort & Connection Through Music

presented by Jennifer Buchannan MBA, MTA

Musical Therapist & Best-Selling Author, *JB Music Therapy (Founder)*

In this presentation, Jennifer, with her extensive background in music therapy, will explore how music serves not just as a source of entertainment, but as a profound therapeutic tool in end-of-life care. Her insights are grounded in research and enriched by personal experiences, illustrating how music can enhance emotional well-being and offer a unique pathway to healing and connection in the face of loss and transition.



REGISTER ONLINE AT  
[hospicecalgary.ca/education](https://hospicecalgary.ca/education)



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