



unity



CHUCKANUT
HEALTH FOUNDATION

Investing today for a healthier tomorrow.



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healthministriesnetwork.net/the-departure-lounge



Plan ahead -
your trip of a
lifetime!

The Departure Lounge

A 5-Week series on Death beginning
April 15, 2020.

Wednesdays at 10am & 6pm.
Unity Spiritual Center
1095 Telegraph Rd.
Bellingham, WA 98226



Door
Prizes!

Welcome to The Departure Lounge

When did you last think about death?

For most people, it is hard to talk about death. But, around one-third of us think about death or dying at least once a week. So...let's talk about it! Normalize it. Let death out of the closet! The Departure Lounge was created to start conversations about how we can support ourselves -- and others -- to discover what a good death can look like in the future.

The Departure Lounge five-week series is intended to help you consider some of the big questions about death, hear practical advice on end of life care, and open yourself to plan for the journey that we will all take.

Being Mortal

April 15 @10am & 6pm

This FRONTLINE public television documentary, based on physician Atul Gawande's book of the same title, explores patient and family hopes when faced with a terminal diagnosis and their relationships with the physicians who care for them. Dr. Gawande sheds new light on our healthcare system...and the importance of talking about our true priorities. The documentary will spark dialogue and reflections on what matters most to us. Bring your questions and curiosity.

The Realities of Advanced Medical Interventions

April 22 @10am & 6pm

Rebecca Rech Cutler, RN, BSN, a member of Unity Spiritual Center and faith community nurse, with hospice and home health experience, will present in frank terms the meanings of advanced medical interventions, and what outcomes could mean in the short and the long term for patients and families. This presentation supports good decision-making and deeper understanding before illness or accident occurs. It is preparation to complete a reliable, values-based Advance Directive.

Advance Care Planning Workshop

April 29 @10am & 6pm

10:00AM workshop: Bill Ciao, DMD, practiced dentistry for over 30 years. In retirement, Dr. Ciao is a volunteer, certified Advance Care Planning facilitator.

6:00PM workshop: Tessa Whitlock, Chuckanut Health Foundation Operations Coordinator, was trained and certified as an Advance Care Planning facilitator when she served at Whatcom

Alliance for Health Advancement.

They will guide participants in these interactive ACP workshops through completion of an Advance Directive that is consistent with their healthcare goals, values, and beliefs. For those who complete their AD, FREE notary service will be available on-site.

Extremis & Six Options at the End of Life: Your Choice

May 6 @10am & 6pm

Extremis: This short award-winning documentary shows in stark reality what often occurs when family members are stuck in the awesome position of deciding whether a loved one should remain on life support...or not...and whether they are making that decision for the patient's good or their own.

Six Options at the End of Life: Your Choice: Dwight Moore, PhD, psychologist and volunteer for the End of Life Washington organization for seven years, will examine each of the six choices, with particular attention to Washington State's Death with Dignity law. In consultation with two physicians, people who have a six-month terminal prognosis, may choose to take medication to end their life if that is their wish. He will address some of the moral dilemmas involved, some requirements of the law, and invites your questions.

Death Café - "pop up" version

May 13 @10am & 6pm

The Death Cafe phenomenon began in England in September, 2011. Since then, 10,130 Death Cafes "opened" in 69 countries. Discussions at Death Cafes cover a range of topics related to death and dying, to increase awareness, to normalize conversations and acceptance about death, and to make the most of our finite lives. Lively, fun, poignant conversations served with tea and cake!