



A Conversation About COVID And The End-Of-Life Experience



Schedule

- ▶ Welcome and introductions.
- ▶ Dr. Wendell Harry. Palliative care during COVID. How to get the support you need. How to clarify your goals of care. Good communication with doctors and family. Hospital and home care settings for medical and supportive care. Primer on COVID disease process.
- ▶ Joy Smith. Focus on families coping with COVID and staying in touch with sick loved ones. Tools for keeping in touch. How to sort through your feelings when someone is sick.
- ▶ Ed. Horsley. Coping with grief after losing someone to COVID. Funeral/memorial challenges during COVID. Creating new end-of-life rituals..
- ▶ José G. Ortiz. The significance of Day of the Dead Ofrendas (altars) for honoring loved ones who have died. Demonstration on how to create your own alter. This is something you can do year-round.
- ▶ Thank everyone. Thank everyone and additional resources: palliative care, bereavement services, spiritual support, and hospice care. Post program email.



Dr. Wendell Harry
Palliative Medicine
Specialist,
Natividad Medical
Center

Joy Smith, RN, MSN
Oncology Nurse
Educator,
Community Hospital
of the Monterey
Peninsula





**Edward J. Horsley,
M.Div.**
Hospice Chaplain &
Bereavement
Coordinator
Central Coast VNA &
Hospice

If you are in crisis or see it as part of your journey to help, remember these numbers:

- ▶ **Call 911**
- ▶ **National Suicide Prevention Lifeline**
 - ▶ English: 1-800-273-TALK (8255)
 - ▶ Spanish: 1-800-628-9454
- ▶ **National Domestic Violence Hotline**
 - ▶ 1-800-799-7233
 - ▶ or text LOVEIS to 22522
- ▶ **National Child Abuse Hotline**
 - ▶ 1-800-4ACHILD (1-800-422-4453)
 - ▶ or text 1-800-422-4453
- ▶ **National Sexual Assault Hotline**
 - ▶ 1-800-656-HOPE (4673)
- ▶ **The Trevor Project (LGBTQ+ support)**
 - ▶ 1-866-488-7386
 - ▶ or text START to 678-678
- ▶ **Veteran's Crisis Line**
 - ▶ 1-800-273-TALK (8255)
 - ▶ or text 8388255
- ▶ **Disaster Distress Helpline**
 - ▶ 1-800-985-5990 (call or text, press 2 for Spanish)
- ▶ **The Eldercare Locator**
 - ▶ 1-800-677-1116

José G. Ortiz, Founding Director and Lead Art Instructor, Hijos del Sol Arts Productions



Days for the Dead

October 30 to November 2

"Imagine a candle lighted dinner date complete with greetings, conversations and memories, music, dinner, drinks, flowers, and a farewell."

Decorations on the offerings vary from family to family, however, the presence of the four elements that give life, earth, wind, water, and fire persist.

Also included is the science of the five senses, sight, hearing, smell, taste, and touch.

- ▶ **Earth:** Clay pots, and everything that is born from the earth.
- ▶ **Wind:** Shredded paper, pendants, paper flowers, papier Mache figures, and plants.
- ▶ **Water:** Liquids, drinks, and plants.
- ▶ **Fire:** Candles, fire, and copal.

Other objects:

- ▶ Photos of the deceased.
- ▶ A favorite dinner and drink (s).
- ▶ If they are deceased children, toys, objects, and favorite treats.
- ▶ Music, songs, dance, and lots of Marigolds.

Days for the Dead are aromas, flavors, rhythms, dance, tears, smiles, emotions, and feelings. They are infinite memories of living experiences. They are the slow moments that fill us with joy and pain. **Days for the Dead**, advise us that at the end of our journey in this world, life ceases and we become memories.

"Remembering is Living"

Ofrenda Mayoritaria / Community Ofrenda

Titulada / Entitled
“el despojo”/ dispossession



Días de Muertos 2019
Workshops and Exhibit
HDS and CSUMB Salinas City Center for Arts and Culture

Hijos del Sol Arts Productions
Hijosdelsol.org

Upcoming HG Foundation Workshops

Register at hospicegiving.org/workshops

- ▶ **Tues. Feb. 2, 11:30am – 12:30pm: Advance Health Care Planning** with Philip Geiger, Outreach Manager, Hospice Giving Foundation.
- ▶ **Thus. Feb. 4, 5:30 – 6:30pm & Thurs Feb. 11, 12:00 – 1:00pm Love Letters** with Shary Farr.
- ▶ **Tues. Feb. 16, 5:30 – 6:30pm: Death Café** with Philip Geiger, Outreach Manager, HG Foundation and Ed Horsley, MDiv, Central Coast VNA & Hospice.
- ▶ **Thurs. Feb. 18, 12:00 – 1:00pm: Understanding the POLST Form** with Maureen McEachen, LCSW, Medical Social Worker, Central Coast VNA & Hospice.
- ▶ **Weds. Feb. 24, 11:00 – 12:30pm: How to Have the Conversation** (*...that none of us want to have!*) with Shary Farr and Fred Jealous.
- ▶ **Thurs. Feb. 25, 11:00 – 12:00pm: Understanding Medical Decisions: CPR, Ventilators, and Palliative Care** with Dr. Wendell Harry, Palliative Medicine Specialist, Natividad Medical Center.

Hospice Giving Foundation Resources & Workshops

- ▶ <https://hospicegiving.org/resources/>
- ▶ <https://hospicegiving.org/workshops/>
- ▶ Philip M. Geiger, Outreach Manager
 - ▶ pgeiger@hospicegiving.org
 - ▶ 831.333.9023