



Love Letters

A Workshop with Shary Farr

In partnership with

HGFOUNDATION 

Caring. Giving. Together.



“Remember me when I am gone away...When you can no longer hold me by the hand.”- Christina Rossetti

Hospice Giving Foundation’s Love Letters video

<https://vimeo.com/413765272>

A stack of spiral-bound notebooks is shown on the left side of the image. The top notebook is open, and a heart is drawn in blue ink on the top page. The background is a soft, warm gradient of light colors.

Elements to consider in your process, using the Four Things that Matter Most*

- ♥ Thank you.
- ♥ I love you.
- ♥ Please forgive me.
- ♥ I forgive you.

* Ira Byock, MD. The Four Things That Matter Most: A Book About Living – 10th Anniversary Edition. (Atria Books – Simon and Schuster | June 2014)



Love Letters as part of your...

- Estate Plan
- Advance Health Care Directive
- Long term care wishes



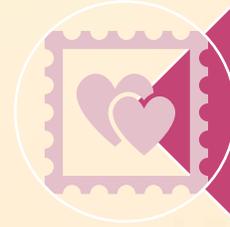
Letter to Sam



Write a love letter to yourself.



Thank you



I love you



Please forgive
me



I forgive you

Final Reminders

talk



join



connect

Thank you for participating.

Register for upcoming workshops at <https://hospicegiving.org/workshop>

- **Understanding Medical Decisions: CPR, Ventilators, and Palliative Care** with Dr. Wendell Harry, Palliative Medicine Specialist, Central Coast VNA & Hospice.
- **Advance Health Care Planning** with Philip Geiger, Outreach Manager, Hospice Giving Foundation.
- **Understanding the POLST Form** with Maureen McEachen, LCSW, Medical Social Worker, Central Coast VNA & Hospice.
- **How to Have the Conversation (...that none of us want to have!)** with Shary Farr and Fred Jealous.



MARK YOUR CALENDARS TO STAY IN TOUCH...

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Resources
Guides
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- hospicegiving.org/resources
- hospicegiving.org/workshops