

# **The Gift: An Exploration of End of Life Conversations and Concerns**

## **Course Outline**

### **Week 1:**

- **How Then Shall We Live, Knowing we will die?**  
( from title of book by Wayne Mueller)

### **Week 2:**

- **Loss, Losing, Loosening—**
  - **Loss, Grief and Impermanence as part of the territory of living, aging and end of life**

### **WEEK 3:**

- **Caring for Those We Care About**
- **CAREGIVER: A LOVE STORY** (film by Dr. Jessica Zitter), followed by discussion with Gwen Harris, MA, Expert on issues of care-givers and care-receivers

### **Week 4 and Week 5**

- **WHAT MATTERS MOST?**
- **Creation, review, revisions of Advance Directives for Healthcare**
- **Making meaningful documents; having meaningful and critical conversations**

### **Week 6**

#### **Palliative Care—EVERYTHING You May Need or Want to Know!**

- A multi-disciplinary panel presentation by experts in the field

