

Create Better Endings: 2009 Edition

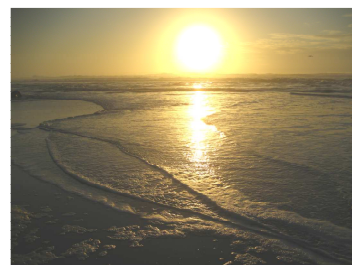
Americans create great vacations. But at the end of life, many die in care settings they would not choose, surrounded by confusion and pain. Families and loved ones often provide remarkable care, and share in the suffering and grief. What can we do to create better endings?

Bring your questions and join us for insight, information, real-life experiences and inspiration as we respectfully examine issues of life, death and dying. See better-endings.org for more information.

January 8	<i>Good Talking with You</i> ♦ Solid communication makes a huge difference in making good care decisions and avoiding Schiavo-type family tragedies
January 15	<i>Grief and Healing</i> ♦ How to deal with the pain and feelings, both before and after death, and/or help others do so
January 22	<i>Care for the Caregiver</i> ♦ Family caregivers dealing with dementia, cancer and other serious illnesses can rightly feel overwhelmed – what can be done to help?
January 29	<i>Talking with Children About Death and Dying</i> ♦ How to communicate with children of different ages, dying or facing loss of a parent, grandparent or sibling
February 5	<i>Getting Smart About Pain</i> ♦ Obtain appropriate pain management – explode the myths and pass the barriers that keep people from receiving needed pain relief
February 12	<i>Creating the Optimal Last Six Months</i> ♦ Find meaning and strengthen connections for the patient and loved ones dealing with terminal illness

Time: Thursdays, 6:30 – 8:30 PM

Location: Torrance Memorial Medical Center
Auditorium, West Tower
3330 Lomita Blvd., Torrance, CA



Pre-registration: Call (310) 533-1996

Recommended Donation: \$10 per person per session
(donations will go to Caring House)

Planned presenters include: **Miriam Cotler, Ph.D.**, Professor Emeritus, CSUN; Affiliate Faculty, the Bioethics Institute, LMU; consultant to hospitals and the CMA Ethics Advisory Council; **Mary Hersh, RN, MSN**, Torrance Memorial Medical Center, Manager of Palliative Care Program; **Rev. Dan Hudson**, Little Company of Mary San Pedro Hospital, Director of Spiritual Care; **Dr. Glen Komatsu**, Director Doak Center for Palliative Care at Little Company of Mary Hospital, Chief Medical Officer Providence Trinitycare Hospice, Medical Director Trinitykids Care; **Mary Jane Landrock, LCSW**, Torrance Memorial Medical Center, Social Worker and Caregiver Support Facilitator; **Edward Long, Esq.**, co-founder of H.E.L.P.; **Dr. Roberta Mann**, Director of the Torrance Memorial Burn and Wound Healing Center; **Claire Towle, LCSW**, Director, The Gathering Place, Redondo Beach.

Presented by

H.E.L.P.®

1404 Cravens Avenue • Torrance, California 90501 • (310) 533-1996

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