

November 12, 2020

Dear Friends,

We are so happy that you have registered for the final two sessions of *Taking Care: Learning, Reflecting, Discussing and Planning for End-of-Life* on November 22 and December 6. These sessions are the culmination of the entire fall program, and the reason for which it was all created. During this two-part workshop with Dr. Jeannie Blaustein, you will learn about advanced care planning and why it matters; you will learn skills and tools for your own advanced care planning; and you will be guided to clarify some of your own thinking about what makes your life meaningful now and what might be most important to you at end-of-life. The second session the two-part workshop will be dedicated to actually completing (or revising), in real time, your own advanced care directive. In order to do that, you will be asked to do some thinking in between the two sessions. If you get stuck or want help with any aspect of the process between the two sessions, we have trained facilitators who will be able to help you, one-on-one, to find your way.

**Please read the enclosed four documents before we first meet on November 22.** Doing so will ensure that we are all on the same page and can assume a little bit of shared background knowledge:

1. Terms Often Encountered in End of Life Issues
2. Massachusetts Advance Health Care Directive, from Prepare for Your Care
3. *Sample* Living Will
4. Being Prepared in the Time of COVID-19, from The Conversation Project

Stay safe, stay strong, and see you soon!

With blessing,

Rabbi Nancy Flam