

The Conscious Aging Network of New Mexico

presents

Do We Have to Talk About This? Approaching Conversations about End of Life Issues with Family and Friends: An Intergenerational and Interdisciplinary Perspective

A workshop led by Christine Hazard, Ph.D. and Jessamy Koury, RN, BSN, CCRN

Saturday, September 29, 2018, 1:00pm-4:00pm

First Unitarian Church Memorial Hall

3701 Carlisle Blvd NE

Albuquerque, NM 87110

Workshop Description:

This interactive workshop will focus on the crucial components of an end of life discussion, how to get a conversation started, and tips for keeping on track in the face of emotional reactions – yours or those of others involved. Participation by individuals of all adult ages will be encouraged, particularly members of the same family, in order to share important perspectives across the lifespan. At all points in the workshop, discussion will be encouraged. Participants will be given the opportunity to express in words (particularly in story form) how they feel about end of life issues. Sharing will be encouraged in the spirit of a “radical empathy” approach across generations.

The Presenters:



The workshop will be facilitated by a mother/daughter team of health professionals.

Christine Hazard is a licensed psychologist with clinical experience across the lifespan. She has read widely in the field of conscious aging and the processes of death and dying. She has facilitated meetings of the Los Alamos Spiritual Eldering Group on topics as diverse as humor, compassion, finding meaning in the aging process, and

intergenerational perspectives on end of life issues.

Jessamy Koury is a registered nurse with a certification in critical care nursing. Her professional interests include patient and family education, particularly around the issues of terminal illness and the dying process, and helping patients “die well”. She is a frequent continuing education provider at the hospital in the areas of patient education and the crucial importance of palliative/comfort care.

Chris and Jess have had many discussions between themselves and with others –friends, family members, colleagues and patients - about this difficult area. Together, they bring years of training, experience, humor and compassion to their topic.

Registration: A registration form is attached.

Registration Form

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Your Name: _____

Your Email: _____

I wish to register for the Workshop. I enclose a check for

_____ Fee for member of general public (\$30)

_____ Fee for Sage-ing International (SI) member (\$25)

_____ I can only afford this much (fill in amount)

Please make checks payable to CAN-NM and send with registration form to:

Gary Carlson, Registrar

Conscious Aging Workshop

413 La Comunidad NW

Albuquerque, NM 87114

Your registration will be acknowledged by return email. Thank you.