



Is this really how I want to be living my life?

Life is short – so take time now to consider how you can live faithfully so that you won't see only in hindsight what really matters.

Although these lessons for living fully are enormously difficult to master, this learning process is deeply rewarding. It calms our fears, deepens our understanding of our worth and significance in living our lives faithfully in relationships with all who share our journey.

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If life was found to be agreeable, then so should death be.
It comes from the hand of the same master.

Michelangelo

Living Fully, Dying Well

Through these six programs,
learn the practical and spiritual lessons
for living life to its fullest in every moment.

**Don't wait until you are dying to
engage in living fully.**

**Allow the Easter message to
transform your journey into
LIVING faithfully**

A program series presented by
North United Methodist Church
Care and Nurture Ministry
Health Ministry



NORTH
UNITED
METHODIST
CHURCH

April 10, 2010, 9:15 am – 11:30 am

Accepting Mortality and Beginning the Transformation into Living Fully

Location: Church Parlor

As highlighted during Kevin's Easter message, this is the first program in North's series on Living Fully, Dying Well. This program series will help you to more fully consider the Easter message . . . and how it could help shape your plans for living fully during the remainder of your journey and making plans now for dying well. Much as your parents prepared for your birth and attentively cared for you as a newborn, how much more preparation is needed to learn to live fully all the moments between birth and death.

During this opening program, you'll hear Mark Goetzinger's musings and stories from the North families of Frank Hirschman, A.J. Panell, and Jeremy Warriner about moving into new ways of living after coming face to face with the reality of death. The morning will conclude with an opportunity to begin your own deeper reflections on the process of living fully.

These programs will deepen understanding of the Easter message and guide us to face our fears about death and become fully engaged in the transformative process of living faithfully and dying well.

April 14, 2010, 7 pm – 9 pm

Communicating with Loved Ones: Five Wishes for Healthcare

Presenter: Kim Davis, RN, MSN

Location: Church Library

This evening's program will engage us in better understanding the key questions for conversations with families and loved ones about our wishes for healthcare. The presentation will focus on the important and sometimes difficult process of communicating our wishes with loved ones so that our wishes can be honored if we need others to carry out our healthcare wishes. This program will include time to engage in reflection about healthcare wishes and quiet conversations with other participants about ways to talk about these choices with loved ones.

Kim Davis is currently a member of the Clarian Health Systems' staff and has worked as a critical care nurse for the past 19 years. Having focused her practice in critical care nursing, she has had the opportunity to help many families engage in the conversations which are vital in making end-of-life decisions which bring comfort and lead to peace. Ms. Davis also provides nursing education in her Adjunct Clinical faculty position with the IU School of Nursing.

April 22, 2010, 7 pm – 9 pm

Strategies for Getting Your Treatment Wishes Honored

Presenter: Susan Hickman, Ph. D.

Location: Church Parlor

This evening's program will focus on strategies for having healthcare treatment wishes honored and prevent treatments being given which are not desired. Dr. Hickman will present data about rates of compliance with healthcare directives as well as information about ways to prevent treatments, particularly when life appears to be ending, which are not desired. She will review the POLST [Physician Orders for Life-Sustaining Treatment] which is used in many states to ensure that patients who are frail or have serious illnesses will have physician's orders documenting how the patient's healthcare preferences are to be carried out. She will also discuss the need to periodically review treatment choices so they reflect one's changing preferences for treatment. This evening will conclude with a period of reflection on the unfolding pattern in your life and planning steps to take in the next few days to create a future which brings a sense of fulfillment after having done these things.

Susan Hickman is currently a faculty member at the IU School of Nursing and a Senior Affiliate Faculty member with the Charles Warren Fairbanks Center for Medical Ethics. Dr. Hickman has completed advanced clinical training in geropsychology and her research focuses on ethical issues in end-of-life care. She is a member of the National POLST [Physician Orders for Life-Sustaining Treatment] Paradigm Task Force.

April 27, 2010, 7 pm – 9 pm

Decision-Making at the End of Life

Presenter: Greg Gramelspacher, M.D.

Location: Church Parlor

As a medical leader in palliative care, Dr. Gramelspacher will provide information to guide decision-making about choices when life's length appears to be short. As a physician whose practice has centered on helping maintain comfort and honoring the patient's wishes, his presentation will address treatment options provided through palliative care, hospice, and community programs for home care. He will also describe the wide variety of ways in which people choose to spend the final leg of life's journey. Although there may be no formula for dying well, his presentation will help us think about possibilities at the end of life which can bring peace of mind to one's life journey. The evening will conclude with time for reflection and writing about the things which bring pleasure, meaning, and purpose to living . . . to help us choose last acts of living . . . even as the body's capacity to function continues to ebb away.

Greg Gramelspacher serves as the Director of the Palliative Care Program at Wishard Health Services and is a faculty

member at the IU School of Medicine. Having founded Wishard's Palliative Care Program in 1999, he specializes in the care of people near the end of life. He has centered his medical practice on preserving dignity and maintaining comfort for all patients, particularly those whose life journey appears to be ending.

May 4, 2010, 7 pm – 9 pm

Legal Aspects of Dying Well

Presenter: Ann M. O'Hara, BS, JD

Location: Game Room

This evening's program will examine legal documents in advance care planning for dying well. Ms. O'Hara will present information about wills, trusts, living wills, power of attorney for health care, organ and tissue donation, power of attorney for finances, and estate planning. Her presentation will also include information about Indiana laws which affect these documents. This program will continue the process of reflecting on ways to more fully engage in the process of living faithfully. Through reflections about particular highlights from our lives, we can find direction for priorities, relationships, and activities in our continuing journey on earth.

Ann O'Hara is a partner with the Fishers' law firm of Church, Church, Hittle & Antrim. She concentrates her practice in the areas of estate planning, probate administration, and municipal law. Prior to entering private practice, Ms. O'Hara was an Inheritance Tax Analyst for the Indiana Department of Revenue. She currently serves as a lecturer for the Federal Estate and Gift Tax Section in the Indianapolis Bar Review Course.

May 12, 2010, 7 pm – 9 pm

Planning a Meaningful Funeral

Presenter: Rick Pickering, M.Div.

Location: Church Parlor

Our last program will focus on the faith community and its response to death. The discussion will focus on the purpose and content of the funeral service. Particular attention will be given to the Christian funeral in which the gospel is reenacted in dramatic form centered around the occasion of death. This program will also include a mortuary representative who will discuss services provided at the time of death, including options for burial and cremation.

Richard Pickering is Pastor for Care and Nurture at North United Methodist Church.

In his pastoral position, Rick provides support for North's congregation by directing programs of parish care, including Stephen Ministry. His pastoral appointments have included United Methodist Congregations in Indiana and the Wesley Foundation at Ball State University.