UVRA Elder Academy Series: “Are you prepared for the inevitable?

Preparing for death is not an easy conversation and it’s a topic many of us, and often our families, prefer to avoid if not ignore. This series will offer four different topics related to making important decisions as we approach the later years in our lives, decisions that should be made while we are still of sound body and mind. The UVRA Elder Academy has been fortunate to have arranged for five outstanding people in their field to share their insights and experiences on some difficult topics:

FIRST PRESENTATION:

DATE: February 3rd - 10:00am – noon
VENUE: David Strong Building DSB C116
TITLE: Ethics of Medical Assistance in Dying

Presenter: Eike Kluge, PhD., Department of Philosophy, University of Victoria. In 1989, Dr. Kluge was asked by the Canadian Medical Association to establish the Department of Ethics and Legal Canadian Affairs, and was the first Director. He was the first expert witness in medical ethics recognized by Canadian courts, and has acted in that capacity in Alberta, British Columbia and Ontario.

Session Description: As of 2016, Canadian law allows qualified patients to receive medical assistance in dying. In this thought provoking session, you will learn about the ethics of Medical Assistance in Dying and there will be a question and answer period.

SECOND PRESENTATION:

DATE: February 10th – 10:00am to noon
VENUE: David Strong Building DSB C116
TITLE: Scanning the Landscape of End of Life Care: What Can Support Me and My Family?

Presenter: Deanna Hutchings, RN, BSN, MN, CHPCN (C), retired from Island Health, teaches Hospice Palliative Care for UVic, does contract work for the Centre for Palliative Care, and is the Support Coordinator for Sessional Instructors in the UVic School of Nursing.

Session Description: This second session will explore the landscape of supportive resources and approaches that are available for persons at or near the end of life and their family. Come to this interactive session to learn about common terminology that is used at end of life, and about the supports and resources available in this community and how to access them.
THIRD PRESENTATION:

Date: February 19th – 10:00am to noon
VENUE: David Strong Building DSB C116
TITLE: Let’s Talk about Dying and Why It’s Crucial to Your Quality of Life

Presenter: Kelli Stajduhar, RN, PhD, is a Professor in the School of Nursing, and Institute on Aging and Lifelong Health. She is the Recipient of the 2017 Ehor Boyanowsky Academic of the Year Award. She has worked in oncology, palliative care and gerontology for 30 years as a practicing nurse, educator and researcher. Her clinical work and research has focussed on health services for those at the end-of-life and their families and on the needs of marginalized and vulnerable populations.

Session Description: Living well in the final years is a universal aspiration. Yet, as we age we are more likely to experience multiple co-existing chronic conditions. While advances in medical technology mean that people with chronic conditions live much longer than they have in the past, eventually we will all die, often after months of years in a state of “vulnerable frailty”. Research suggests that integrating palliative approaches into the care of people with chronic life-limiting conditions (e.g. heart, lung, kidney disease, cancers, dementia, and frailty) not only improves quality of life but actually results in people living longer. Using data from almost 20 years of research in palliative care, Dr. Stajduhar will discuss why talking about dying, as challenging as it is for many people, is critical to your quality of life.

FOURTH PRESENTATION:

Date: February 24th - 10:00am to noon
VENUE: David Strong Building DSB C116
TITLE: Living Well-Dying Well: An Introduction (“Live as if you were to die tomorrow. Learn as if you were to live forever”, Mahatma Gandhi).

Presenters: Bill Israel and Penny Allport: Bill is Co-Chair for the Centre for Earth and Spirit Society. He is a trained hospital chaplain, and an ordained United Methodist Minister. He is a volunteer with the Vancouver Island Health Authority as a certified facilitator for the introductory Advance Care Planning workshop and co-creator of the Living Well, Dying Well program. He is certified facilitator and Consultant for the internationally acclaimed Intensive Care Journal program and facilitates weekly workshops at William Head as a volunteer with Restorative Justice Coalition of William Head. In 2015 he began a private, not-for-profit counselling service in Victoria titled IMAGINE LIFE: Transitions.

Penny is a Board member of the Centre for Earth and Spirit Society. She is a Life-Cycle Celebrant, a Contemporary Interfaith Minister trained and certified through Celebrant Foundation and Institute, an Insight Certified Funeral Celebrant as well as a Home Funeral Guide. A Yoga teacher for over 25 years, she brings a somatic, mindful and
inquiry based approach to whatever and wherever she facilitates. She is an Advisory Member and Facilitator of the Living Well - Dying Well program and has innovated and facilitated countless workshops, retreats, and residential programs for over twenty-five years.

Session Description: This two hour session poses questions concerning important end of life conversations, practical matters and inspired curiosity into the most universal experience, other than birth, we humans share—death and dying. Bill and Penny will bring this often forbidden topic out of the shadows and into an exploration of end of life issues we will all encounter. Advance Care Planning will be fleshed out with intent to inform and encourage action and agency for all who care about their end of life experience in collaboration with medical services available, including hospice, Palliative Care, and the new legislation regarding Medical Assistance in Dying (MAiD). Penny will take you on a journey into ways of Bringing Death Home, with a slideshow and through sharing personal experiences with with death in other cultures. She will also offer ways we can consider the impact of Ceremony and the ecological footprint of our dying right at home as a legacy for future generations. In the end you will leave with further inspired inquiry options and quite possibly a fresh and light, open-hearted approach to meeting end of life issues with grace and gusto!

SEE NEXT PAGE FOR REGISTRATION AND PAYMENT OPTIONS
REGISTRATION AND PAYMENT OPTIONS

TO REGISTER:

Please email the name(s) of the person(s) attending; the session(s) wanted; and method of payment to uvra@uvic.ca If you are registering by phone (250-472-4749) or in person, please provide your email address.

PAYMENT OPTIONS:

1. If you are doing your banking on line, please consider paying with Interac e-transfer. Easy how-to information sent to you on request.


3. In person: Office hours, when a volunteer is available, are 1:30pm to 3:30p. If there is no one in the office to greet you, please leave your registration/payment in the tray on the right side of the office door. Deposit envelopes and pen are located in buff color envelope above tray. If preferred, you can leave your registration and/or payment with Reception at the Institute on Aging and Lifelong Health (IALH). The building is open from 8:30 am to 4:30 pm.

IMPORTANT: If you have a UVic parking pass, you can NOT use the reserved spaces in front of R-Hut. If you do not have a pass, please register your vehicle’s license plate # and you space # with IALH on arrival.

4. If paying at the door, please bring a cheque made out to UVic Retirees Association. We can no longer accept cash at the venue.

PARKING: On Saturdays, all day parking costs $3.00. Monday you will have to pay by the hour (suggest minimum 3 hours). Cash or Credit Card. New parking regulations require you to enter your license plate number by buying your ticket. Suggested parking: Lot 4 (by the stadium).

CAMPUS MAP: www.uvic.ca/home/about/campus-info/maps/pdf/parking-map.pdf

BUS ROUTES: www.uvic.ca/home/about/campus-info/maps/maps/