



# My Way: Preparing for the Inevitable

By Leslie Sawin

*I've lived a life that's full, I traveled each and every highway. And more, much more than this I did it my way.... I planned each charted course, Each careful step along the byway. And more, much more than this I did it my way. — Frank Sinatra*

We are excited to introduce a new program, underwritten by a grant, to support members thinking through the necessary end-of-life tasks we each need to consider. It has been developed by four Villagers — **Susan Doolittle, Jeanne Downing, Monica Heppel, and Abigail Wiebenson** — over a year of discussion, research and personal experience. They will lead the interactive sessions.

Starting from the premise from *Compassion and Choices* that “Everyone should have the information they need to make end-of-life decisions with knowledge, power, and support”, we’re offering a 6-session program, called My Way. It encourages each participant to do things in their own way, on their own terms and at their own pace. Aging in place is a unique journey for everyone that involves adjusting to shifting capabilities, different perspectives and includes gracefully dying in our own way, to the extent possible.

### The six sessions are:

**Session 1: Getting Your Life in Order**

**Session 2: Defining a Life Worth Living in its Last Chapter**

**Session 3: Planning to Ensure a Good Death for You**

**Session 4: Awareness of and Planning for Physical and/or Cognitive Decline.**

**Session 5: End of life options.**

**Session 6: Options for Celebrating Lives Well Lived**

The program will begin on March 24th from 3:30-5. It will meet on consecutive months except for the summer: April 21st, May 19th, June 16th, September 15th and October 20th. This is a pilot program limited to 20 participants. In the February 7th E-Blast there will be a way to register. Participants must commit to attending all six sessions in person at our office. *The Finishing Strong Award*, generously created and funded by Chris Palmer and Gail Shearer, is funding part of this series.

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