

NEW at HOLYOKE COUNCIL ON AGING

Third Chapter Conversations

Explore a good life, a good death,
and the choices that will allow each of them
in 3-session gatherings on Wednesday afternoons 1 - 3 pm

The March Conversation: Successful Aging

What lifestyle choices will allow my best health and well being?

The April Conversation: Practical Essentials April 13, 20, 27

What are the very practical issues that demand your attention once you come to grips with your own mortality? What questions are you holding which may be important to address sooner than later? Take the time to raise your questions with other like-minders, as one way to illuminate next steps to find your own unique answers. We'll be joined by an Elder Attorney for part of our time together.

The May Conversation: Elderhood May 11, 18, 25

In a world where “aging” and “senior” are not labels many wish for themselves, what will we choose? What can it mean to be an older person in a society that has few roles for us? What characterizes the journey to elder hood and the growth which may be necessary to create a role satisfying to us?

The June Conversation: The Final Passage June 15, 22, 29

Stephen Jenkinson, a Canadian palliative care professional, author of Die Wise, has attended 800 deaths in his practice. He concludes that only 3% were “good deaths.” Bring your ideas about what it means to you to have a “good death” and share them with others on a similar quest. Let's illuminate our own desires for a good ending to our lives, and see what we might need to do sooner than later to prepare for it.

WHERE? HOLYOKE COUNCIL ON AGING 191 PINE STREET.

WITH WHOM? Adrian Stair, 71, MSW and Episcopal priest, and Martha Johnson, 76, life journey guide and author of Why Not Do What You Love?

RESERVATION & INFO? Call Eileen Maginnis Holyoke COA 322-5625.
Suggested donation for each month is \$15. Or, email Martha@taketimeforyou.net