

the conversation project in central florida

Volume 1 No. 4

We are getting the word out across Central Florida, thanks to our partners in the community. Check out our word cloud on the next page to see some of the people and places we have visited. We also have information on more tools for advance care planning, some interesting reads and views, and a few thoughts on living with the end in mind.



That gorgeous child right there is my grandson Alden Ramsey McCune. What grandmother wouldn't take the opportunity to share a great picture? But he is also part of a family story, and a beautiful reason to have The Conversation. Alden's mom is my daughter Melanie and married to Chris, a Marine who has had and will likely have deployments to dangerous places. His stepbrother, my bonus grandson Bradley, has special needs. Alden's Pop Pop John, Uncle Alex, his parents Mel and Chris and I all know that planning ahead for our end of life care is a special gift of love for each other, especially for our littles. Our most vulnerable ones. We had The Conversation because we are family.

Cool Tools to Get Talking

[My Gift of Grace](#) is a "conversation game about living and dying well." With questions like, "If you could pick anyone to sing at your memorial service, who would it be, and what would they sing?" you can see how easy it might be to have a thought-provoking talk with others. Check out this [video](#) to see how even perfect strangers can play.

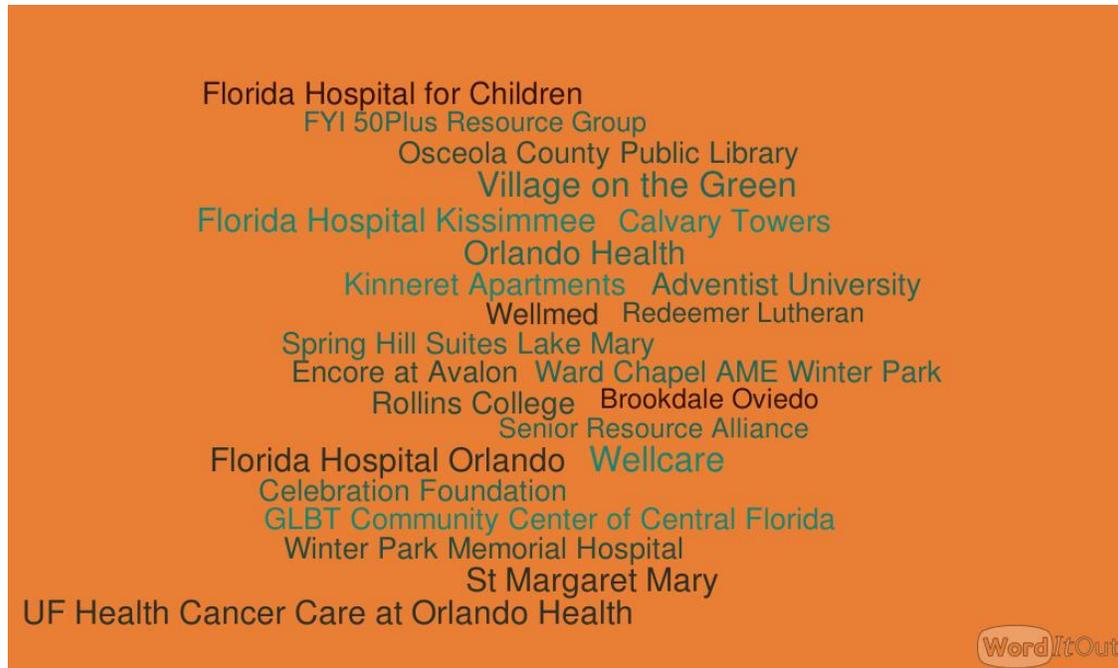
The [Go Wish](#) game is another card game to help you prioritize what is most important to you for your care at the end of life.

And don't forget our [Conversation Starter Kit](#), a great way to plan what you do and don't want for your care.

"IT'S NOT ABOUT PERFECT. IT'S ABOUT EFFORT. AND WHEN YOU IMPLEMENT THAT EFFORT INTO YOUR LIFE... EVERY SINGLE DAY, THAT'S WHERE TRANSFORMATION HAPPENS. THAT'S HOW CHANGE OCCURS. KEEP GOING. REMEMBER WHY YOU STARTED!"

*Start The Conversation.
Transformation will happen.*

WHERE WE'VE BEEN



Many thanks to Vitas Healthcare, Visiting Angels, Cornerstone Hospice, Hospice of the Comforter, Amy Angert and Linda O'Connor, Elder Care Collaboration; and Kathleen Flammia for bringing TCP to these communities!

Professional groups we are working with:

- Case Management Society of America
- Florida Assisted Living Association
- Florida Healthcare Social Worker Association
- Florida State Guardian Association

Living with the End in Mind

An article in Inc.com, "[Stop Beating Yourself Up for Not Getting Everything Done Every Day](#)" is an irresistible read for anyone feeling like there is Just. Never. Enough. Time. But the five key questions writer Andrew Griffiths recommends we ask at the end of each day can serve another far-reaching purpose.

What if we ask ourselves these questions at the beginning of each day? Can they motivate us to become people who are more at peace with a life well-lived? Knowing how we *want* to answer the questions at the end of our day helps us see the value we bring to ourselves and others. These are qualities, values, and actions that we too often overlook.

At the end of life there can be struggles with achieving closure, mending fences, or reflecting on how life was lived. But by beginning now, and living our "answers" each day is a path to peace when we contemplate how we want to be remembered.

Griffith's Five Questions (adapted for morning)

1. **What will I get done today that I feel good about?**
2. **Who will I help today and how will I help them?**
3. **What can I learn today?**
4. **What am I going to do differently today?**
5. **Which of my personal qualities can I use today am I most proud of?**



*“Good actions give strength to ourselves and inspire good actions in others.”
-Plato*

ICYMI (In case you missed it):

WATCHLIST

PBS: [Caring for Mom and Dad](#)

Only have a few minutes?

[Laney: Her Wingwoman](#)

[Jane: Finding Peace with my Mom](#)

WEBSITES

[Everplans](#)

[Advance Care Planning Decisions](#)

BE AN EARLY ADOPTER

The term “early adopters” is usually applied to technological advances. For example, early adopters of the iPhone were the ones curious and adventurous enough to give it a try. These people then created the “buzz” that reaches the rest of us and eventually something very big happened. While we can’t dispute the influence of smartphones, an even bigger impact can be made by early adopters of having The Conversation.

Need inspiration?

[Before I Die I Want To](#)

[The Lost Art of Letter Writing](#)

[We Need a Heroic Narrative for Death](#)

Had The Conversation? Introduced it to others? Please share your stories with us!

Contact Us

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