

the conversation project in central florida

Volume 1 No. 4

This 4th of July we are issuing our own call-to-action. We are busy planning a very special Death over Dinner as well as a Conversation Week to raise awareness, engage our community, and do what we can to see that everyone's wishes for end of life care are expressed and respected.

Take a look and let us know if you want to join us.

Need some inspiration? Read Theresa Barton's story of boys and bribery.

Happy Independence Day!

"And for the support of this declaration, with a firm reliance on the protection of divine providence, we mutually pledge to each other our lives, our fortunes and our sacred honor."
- Thomas Jefferson

best-famous-quotes.com

DEATH OVER DINNER

You might recall [Death over Dinner](#) and its [partnership](#) with The Conversation Project. TCP in Central Florida is planning a Death over Dinner event. Invites are going out to members of our community who want to learn more about having The Conversation. Making this event most exciting is working with our dinner guests to plan a "Conversation Week." This week will have community wide activities to engage as many citizens as possible in meaningful discussions with loved ones to make their wishes for end of life care known.

Page 2 of this issue will give you a look at Death over Dinner and Conversation Week. Want to get involved? Have some ideas for us? Welcome aboard! We would love your help.



"We know one conversation can make all the difference and good food and wine can make any topic more palatable." Ellen Goodman

WHO TO INVITE TO DINNER?

Media
Restaurants
Government
Libraries
Hospitals
Legal
First responders
Financial
Medical providers

Higher Education
Home Care
Faith communities
Senior placement services
Nonprofits
Residential/facilities
Funeral/crematory
Civic groups
Transportation

CONVERSATION WEEK ACTIVITIES

Take Your Proxy to
Dinner

Transit Talk

Movies/TED talks
viewings

Book/article groups

Death over Dinner

Storytelling

Open mic

Conversation Groups

Ask a nurse/doctor

Ask an attorney

Walk and talk

Walking meetings

Game nights

Conversations in Cars

Dates for Death over Dinner and Conversation Week will be announced. Planning meetings are ongoing so let us hear from you.

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*Who else should we
invite to the table?*

*Do you have ideas
for activities to
involve our
community in
Conversation
Week?*

"THE SECRET OF
CHANGE IS TO FOCUS
ALL OF YOUR ENERGY,
NOT ON FIGHTING THE
OLD, BUT ON BUILDING
THE NEW."

— SOCRATES

*We are grateful for all
you do for The
Conversation Project
in Central Florida.*

A Story from Theresa Barton

This spring, our oldest son, who is 23, returned to the United States after multiple trips abroad to places like China and Vietnam. He was about to leave again, to travel to Germany and other parts of the unknown.

At the same time, our youngest son had just turned 18, and was in his senior year of high school, deep in the college application process with the added stress of SAT & ACT tests, and a very crazy athletic season of rowing.

Both of our sons grew up around elder care, with both parents being in the business of guardianship and advocacy. They had heard end-of-life conversations dozens, maybe even hundreds, of times. They saw firsthand how bad things could get when there were no advance directives in place. They probably understand words and abbreviations like DNR, Living Will, Health Care Surrogate, and Health Care Decision Maker better than

understand the need to execute these types of documents for themselves now that they are becoming adults.

And yet, I was worried that they would be lazy about getting these important documents created for themselves.

What is a mother to do? There is always the nagging option, but that never works. Blackmail might work. So might showing them pictures of brain dead young people in ICU. Bribery? Oh yes, bribery might just work.

I went with the option of bribery. I explained to my oldest about how mom and dad pay for things, assist with difficulties in his life, and provide support in general. And as such, WE needed something out of this deal too.

He begrudgingly sat down and

talked with us about his beliefs. Then, he completed the 5 Wishes form from Vitas, which includes a Living Will and a Health Care Surrogate.

One child down, one more to go.

Our youngest son, a strapping 6'8" rower, will be leaving for college in August. He is still a work in progress. I think the checkbook, gas card, and meal plan will be the best bribe for this one.

Wish me luck.

Theresa Barton is a Professional Care Manager, Life Assessor, Guardian, and owner of Guardian Care Management & Benefits Services, Inc. helping the elderly and disabled, and their families since 1993. For more information visit orlandoguardian.com

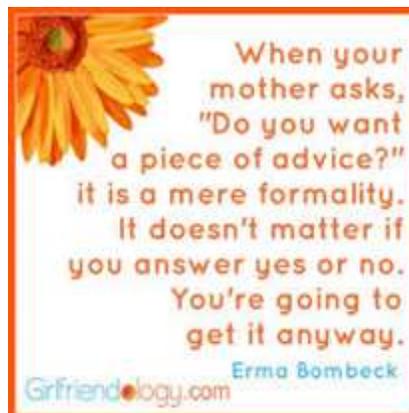
Do you have your own particular set of skills and tactics? Share your story. Contact Us

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Winter Park
Health Foundation