

the conversation project in central florida

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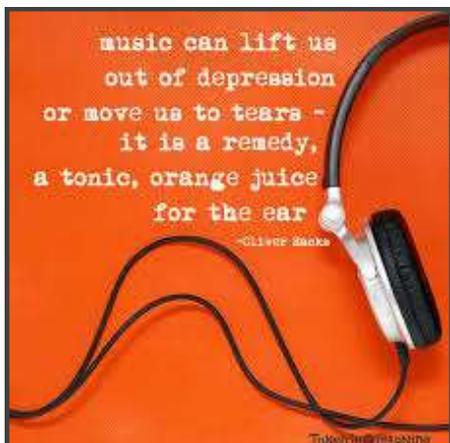
We are entering the final quarter of our 12 month Central Florida campaign to assure that everyone's wishes for end of life care are expressed and respected. This issue talks music and reports on recent and upcoming activities. Don't miss page 3 to learn about the launch of a great new resource.



Pictured above is social worker Dan Cohen, founder of [Music and Memory](#) with Mary Lou, one of the “stars” of [Alive Inside](#), a 2014 award-winning documentary about the ability of music to “combat memory loss and restore a deep sense of self to those suffering from it.”

If you haven't seen the film, or would like to view it again with experts in cinema and music therapy, Vitas Healthcare and The Collaborative for End of Life and Grief Education are sponsoring “Reel to Real Therapy” on September 25th, 12:30-4:00 pm at One Senior Place. Information on how to register is attached to the email with this newsletter.

On the next page, take a look at a way to bring the beauty of “Alive Inside” to your personal efforts to persuade others to have The Conversation.



What music lifts you?



Remember the Ice Bucket Challenge? Jimmy Fallon and The Roots join last summer's movement. Watch [here](#).

What does last year's ALS Ice Bucket Challenge have to do with The Conversation Project in Central Florida? Surely we are not suggesting THAT?

While we are enthusiastic about promoting TCP, the image and video link above are there only as an example of something that went "viral." Anything can become viral. The Ice Bucket Challenge took something that few people knew about and raised awareness and more than \$115 million for research that is already [yielding big results](#).

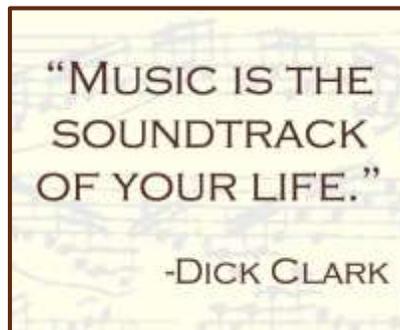
Can we raise awareness to get our own big results?

In our work to promote the importance of having The Conversation, we come across multiple challenges. People procrastinate, get discouraged, or feel unprepared to have these kinds of discussions. These and other obstacles are why we recommend using the [Conversation Starter Kit](#).

One way to get people discussing end of life care is by talking about "easier" things first. How do you want to be remembered? What is most important to you as you become older? How do you wish to spend your time?

Many people are quite comfortable planning how they wish to be memorialized. Trending recently are self-planned "[celebrations of life](#)" instead of traditional funerals, with the **music** selection being a favorite way to place a unique stamp on the party.

Speaking of music... The beautiful stories of "Alive Inside" might prompt the question, "What music will touch me when I am older?" Even with our memories intact, there is no question that music is, as Oliver Sacks says, "a remedy, a tonic."



What do you want to listen to? Can we make our own soundtracks a viral phenomenon (even if it is not as big as the Ice Bucket Challenge) to raise awareness for The Conversation Project? We won't know unless we try!

- ~Pick the songs that touch your soul
- ~Share your songs on social media
- ~Link to The Conversation Project
- ~Invite your friends to share their songs

Sample post: Music is the soundtrack of my life, and I am making my playlist now to enjoy later. Here's some songs I will listen to, and what you will hear at the party to remember me when I'm gone:

As long as you are planning for your future, visit <http://theconversationproject.org/> to take care of what you need to do now to enjoy every day you have. What's on your playlist?

PARTING SHOTS

The clock is ticking. For all of us. I would like to share some personal thoughts in an effort to finish strong with this important work. I use the word “you” here so if you already have your advance directives in place please pass this along to someone who doesn’t.

It is time to accept that there is always a chance that you will find yourself in a situation that requires decisions about medical care be made quickly. Best case scenario is that you are conscious and able to participate in the discussions. Sometimes that is just not the case. But you can still have the final say. It’s ***your*** life, not the medical providers’. While it is always good to listen to the experts, ultimately you hold the power to take charge. And the only way to take control of how YOU want to be, live, fight or let go is to start talking. Think about what matters most to you. Choose your health care decision-maker, talk it over, write it down, and inform medical providers. Is it easy? Not always. But it is completely possible, and I promise you that there is no better gift you can give to yourself and the people who love you.

Sincerely,
Donna Gray
BSN RN CHPN
Project Coordinator

The “Talking Gap” is a real thing. Many of you are familiar with these telling numbers: 90% of Americans believe that it is important to have conversations about care at the end of life, but less than 30% have done so. Most surprising is how many of the 30% are my friends, relatives and colleagues. To put it another way: Boomers, I am talking to you! People born between 1946 and 1964 have been on the front lines of civil rights, women’s rights, and other movements like war protests or getting fathers into the delivery room. Yet too many of us are completely passive about we want our future to look like. What about end of life rights?



Yes, the clock is ticking. This is a family clock dating back to the 1800s. And yes, I keep a memento from the Rolling Stones concert right there. My favorite band is on my playlist. Several times!

THE CULTURE OF BUSY

It is the default response to how are you, and there are many reasons why. Some thrive being busy, while others suffer. But being busy has impact on our personal and professional lives. Read about [“The Disease of Being Busy”](#)



WHERE WE'VE BEEN

Orange County Commission on Aging	Florida Healthcare Social Workers Association
Florida Assisted Living Association	Florida Conference on Aging
Florida State Guardianship Association	Orange County Library System

WHERE WE'RE GOING

<u>Life Information for Elders</u>	<u>Great Expectations for Boomers and Beyond</u>
<u>Orange County Library System</u>	<u>Winter Park Public Library</u>
The Plymouth	Westminster Towers Winter Park
The Mayflower	Orlando Health Internal Medicine
St. Stephen Catholic Community	Orlando Health Center for Aging and Memory Disorder Clinic

**Need a speaker?
Have a story to share?
Is there news from your organization?**

Contact Us

The Conversation Project in Central Florida

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figeronurse.org



The Conversation Project just launched its [Community Resource Center](#). Check it out.

Let's end on this happy note:

Click [here](#) for a guaranteed smile.