



Talking About Death Won't Kill
You:
A Facilitated Conversation for
The Seward Community Co-op
June 15, 2021

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Part one:

What was your earliest memory
of death & dying?

Part two:

How do you think that impacts
your view of death, today?

We'll break into small groups! The person with an upcoming birthday will share the answer to both questions first and help encourage the others to participate.



**“Well, we all gotta die.
You jest gotta hope you
die good.”**

— Moira Young, Rebel Heart



What does it mean to die well?

- We'll meet in small groups, then come back and share what we think that means to the larger group.
- The person with the brightest colored background on zoom should be the first to share and to help keep the conversation moving. (Or, that person can go ahead and assign someone else!)

What should go in that End-of-Life Book?



- We'll break into small groups and then come back to debrief. This time, let's have the person who is wearing the brightest color share and help facilitate.

Or information of where to get
Will

Petcare information

Phone numbers of people to
notify

Account numbers

Instructions for funeral or
celebration of life, location and
music, etc.

Letters of goodbye, words of
wisdom for spouse, children,
grandchildren (letters of love or
legacy letters)

Obituary

Letter or notes that talk about the
importance and meaning of
certain belongings.

Healthcare directive

Advanced care plan

All the options for that.

DNR, POLST

Organ donation

Cornea (what are the rules in
your state, etc.)

Financial information,
beneficiaries, financial
documents, funeral service,
details, songs,
Notes, humor, easier if
people give details around
how they spent on the care at
the end of life, and for the
funeral.

CC and customer service

Passwords, ONEPASS

Banks have a beneficiary
department.

Things that make it easier
for financials.

Cremation vs. Burial

Have as much prepared as
possible.

What happens to the
firearms, collectable

Secret keepers.

What do you hope for
at the end of your life?SM

We will meet in small groups. If you are in your home with another person, you will stay in the main room and just mute yourself. If not, you will be put into a room with one other person and take turns doing what I do in the demo.

Resources

LOCAL:

- **Minnesota Requirements:**
- <https://www.health.state.mn.us/facilities/regulation/infobulletins/advdir.html>
- **Honoring Choices Minnesota, Healthcare Directives:**
- <https://www.honoringchoices.org/health-care-directives/english>
- **Death, Unfiltered: The Podcast**
- www.spreaker.com/deathunfiltered

NATIONAL

- **Dementia Informed Health Care Directive:**
- <https://endoflifewa.org>
- **To retrieve a copy of this powerpoint visit:**
- <https://belovemn.com/talking-about-death-wont-kill-you-a-facilitated-conversation/powerpoints>





Connect with Jeanne at Be Love Navigation

For Further Conversations about Death,
Dying & Dementia

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Or on [Facebook](#) or [Instagram](#)

<https://www.facebook.com/belovemn>

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Perhaps The World Ends Here

By Joy Harjo

The world begins at a kitchen table. No matter what, we must eat to live.

The gifts of earth are brought and prepared, set on the table. So it has been since creation, and it will go on.

We chase chickens or dogs away from it. Babies teethe at the corners. They scrape their knees under it.

It is here that children are given instructions on what it means to be human. We make men at it, we make women.

At this table we gossip, recall enemies and the ghosts of lovers.



Our dreams drink coffee with us as they put their arms around our children. They laugh with us at our poor falling-down selves and as we put ourselves back together once again at the table.

This table has been a house in the rain, an umbrella in the sun.

Wars have begun and ended at this table. It is a place to hide in the shadow of terror. A place to celebrate the terrible victory.

We have given birth on this table, and have prepared our parents for burial here.

At this table we sing with joy, with sorrow. We pray of suffering and remorse. We give thanks.

Perhaps the world will end at the kitchen table, while we are laughing and crying, eating of the last sweet bite.

Used by permission from Joy Harjo





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