

Dear friends --

I've gotten involved in the Conversation Project in Boulder County, which fosters meaningful and effective conversations about end-of-life care. These are conversations for spouses/partners, parents, children, grandchildren, close friends – anybody who might be involved in making decisions for you at some point when you can't speak for yourself (and many of us will face that at some point!).

You may have experienced or heard about:

- The added stress when families don't know what their loved one would want as they are dying.
- Conflict (sometimes lasting damage) within a family if they disagree about what should be done or who should make decisions.
- Grieving which is more complex when people are left wondering if they did the right thing.
- The feeling that health care professionals are doing too little or too much treatment because a family is not united or unclear.

Please look at the Starter Kits I've enclosed:

- Sit down and play with the questions and issues it raises on your own.
- Share your answers with your partner, family or loved ones.
- Designate a decision-maker and alternate (agent with medical durable power of attorney or MDPOA) and share your Starter Kit answers with them. Give them a copy. Discuss with your physician too!
- Have a conversation with the rest of your family, so that they can support your agent with the MDPOA if the time comes.
- Invite us to your book club, favorite group or church.

I'd be happy to help you and to answer your questions! Our website has lots of recent articles under "resources." As Ellen Goodman says: *"It's always too early until it's too late."*

[www.theconversationprojectinboulder.org](http://www.theconversationprojectinboulder.org)  
[www.theconversationproject.org](http://www.theconversationproject.org) (the national website)