

the conversation project in central florida

Newsletter

Our February Kickoff event was a great success! Over 120 of us were led by Kate DeBartolo in a day of discussions, learning activities, and “brainstorming” to introduce The Conversation Project where we live, work and pray. Many of you have requested additional guidance on next steps. Stay tuned for more training opportunities. In the meantime, read on for some ideas on getting started.

Donna Gray
Project Coordinator



NATIONAL HEALTHCARE DECISIONS DAY IS APRIL 16TH

Launched in 2008, this day is dedicated to “inspire, educate & empower the public and providers about the importance of advance care planning.” With the Conversation Starter Kit, you can have discussions with your loved ones to be part of this movement. For more information on NHCDD: <http://www.nhdd.org/>. And to download the Starter Kit visit the Florida Gerontological Nurses Association website: <http://flgeronurse.org/>



Florida Gerontological Nurses Association



Q: What is FLGNA?

A: FLGNA is a local chapter of The National Gerontological Nurses Association (NGNA) dedicated to the clinical care of older adults across diverse care settings.

Q: What does FLGNA have to do with The Conversation Project?

A: The Winter Park Health Foundation <http://www.wphf.org/> awarded a one year grant to FLGNA to bring the Conversation Project to Central Florida.

“A few conclusions become clear when we understand this: that our most cruel failure in how we treat the sick and the aged is the failure to recognize that they have priorities beyond merely being safe and living longer; that the chance to shape one’s story is essential to sustaining meaning in life; that we have the opportunity to refashion our institutions, our culture, and our conversations in ways that transform the possibilities for the last chapters of everyone’s lives.”

Atul Gawande, *Being Mortal: Medicine and What Matters in the End*



Orange TV Host Kate Dagenais discusses TCP Central Florida with (left to right) Amy Angert, Eldercare Collaboration; Sally Kopke, Vitas Healthcare; and Kate DeBartolo, Institute for Healthcare Improvement.

Orange County Government’s Orange TV invited TCP Central Florida to be guests at a recent taping of Vital Living Forum. In addition to the panelists pictured on the left were Joseph Shega, MD, Vitas Healthcare; Lorraine Zima-Lennon, RN, Winter Park Memorial Hospital; Gloria Gluskin, LCSW, Cotler Healthcare; and Reverend John Williams, Ward Chapel AME Winter Park. This wonderful program on the importance of conversations about planning for end of life care will be available for viewing soon.

TIPS FOR HAVING THE CONVERSATION

- Think about what might be important to you at the end of life
- Write a letter to yourself or a loved one
- Practice with a friend
- Don’t expect perfect conversations. You can have more than one!

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<http://flgeronurse.org/>

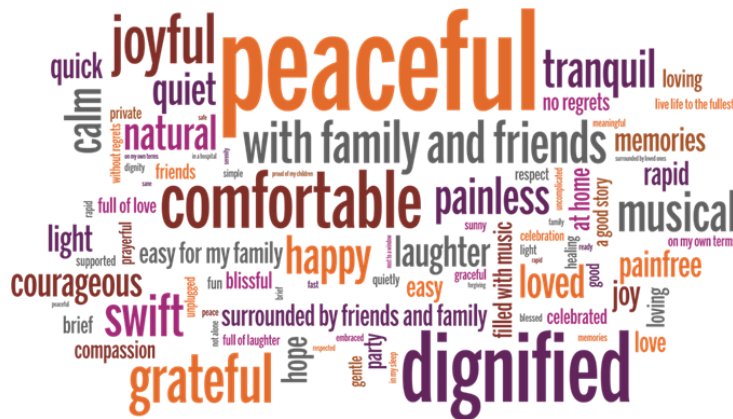


WHAT NEXT?

Think about where you live, work, pray and play. Share TCP Central Florida with your **neighbors**. Ask someone in **Human Resources** at work if they want to learn more. Does your **place of worship** have a place to meet with others? Tell your **friends**, your **book club**, your **buddies** at the **dog park**, **baseball diamond**. With the Conversation Starter Kit, anyone can have the conversation.

WANT TO HOST A CONVERSATION GROUP?

It’s easy! We have the tools you need and are happy to help. Gather 10-15 people who share a desire to try to have the conversation and welcome the support of others who want to try it as well. Contact us to get a group started.



Words taken from the stories of visitors to <http://theconversationproject.org/>