The Conversation Project

Supporting Veterans – Understanding What Matters Most

November 8, 2023

Patty Webster
Krissy Cronin
Connecting your Audio

- If this is your first time using Zoom, a “Join Audio” box may pop up when you join the meeting.
- We recommend you join using computer audio.

Tip: Use a headset to improve sound quality
Chat Panel

• Click the Chat button at the bottom of the screen to open the chat in the side bar.
• Type your message in the field at the bottom of the side bar.
• Make sure you’re sending to “Everyone” or to the host. Press enter to send.
Intros/chat

Type into the chat box:

Your name, location, organization, favorite animal

Make sure you send your message to “Everyone.”
On today’s call

Patty Webster
Improvement Advisor,
Community Engagement

Krissy Cronin
Project Manager

the conversation project
Agenda

• TCP quick review
• What’s new?
• National Veterans and Military Families Month Special Guest: Dr. Qwynn A. Galloway-Salazar
• Q&A, Discussion
• Wrap up and leaving in action
Helping people share their wishes for care through the end of life.
Our website

Helping people share their wishes for care through the end of life.
Free resources

Resources for individuals

• Conversation Starter Guides, Workbook for people with serious illness
  • Multiple languages & audio versions
• Guest blogs & stories
• Articles, videos

Guides and resources for engaging with your community

• Recorded trainings and orientation
• Resource compilations
• Ready-made event materials
WHAT’S NEW...

- **Recent Research**
- **Themed Communications Toolkits**
  - Supporting self (Dec-Jan)
  - Planning ahead - Making wishes known (Feb-Mar)
  - Promoting NHDD – Talk about it (April)
  - Supporting moms, dads, grads (May-June)
  - Conversations on the go - Summertime travel (Jul-Aug)
  - Supporting others, eye toward caregivers (CURRENT THEME) (Sept-Nov)

(text/images to adapt & use in social media, newsletters, emails, flyers, etc)

- **New Guest Blogs – Coming up**  
  https://theconversationproject.org/blogs
**Community Survey - Thank YOU!**

<table>
<thead>
<tr>
<th>Community groups/individuals reporting activities in 2023</th>
<th>TOTALS Jan-August 2023</th>
</tr>
</thead>
<tbody>
<tr>
<td># events</td>
<td>873</td>
</tr>
<tr>
<td># attendees reached</td>
<td>16,988</td>
</tr>
<tr>
<td># of Conversation Starter Guides, What Matters Workbook distributed</td>
<td>2,385</td>
</tr>
<tr>
<td># reached via newsletters or other send outs</td>
<td>75,584</td>
</tr>
<tr>
<td># of social media impressions</td>
<td>1,858,083</td>
</tr>
<tr>
<td># reached via media</td>
<td>2,176</td>
</tr>
<tr>
<td><strong>Total engagements in 2023 so far...</strong></td>
<td><strong>1,955,216</strong></td>
</tr>
</tbody>
</table>

**Learning nuggets:**

- Ideas for call topics, cool new groups, tips on engaging others

**Next one early January 2024**
TCP QR Code

Feel free to use: presentations, events, handouts, newsletters, emails, etc.

TCP Convo Guides
Chat in: What’s new with you?

What are you/your team working on lately to help promote conversations?

What’s top of mind?
November is... National Family Caregiver’s Month

- **Caregiver Action Network** – theme #CaregiversConnect
- **TCP blogs**

  - **Recognize Caregivers as Star Players on the Team**
  
  Posted on 11/30/2022

  ![Star Image](image1)

  Although many health care professionals are themselves caregivers, we often forget that caregivers should be considered an integral part of the care team. **Read the new blog** from HH (originally posted on HH.org)

  - **How Not to Be a Swooper: Lessons from a Seagull about Caregiving**

  ![Seagull Image](image2)
And National Veterans and Military Families Month

Dr. Qwynn A. Galloway-Salazar

Building Bridges of Understanding: Conversations through the End of Life for Veterans

Posted on 10/18/2023

This November let's engage in conversations that recognize Veterans' service and celebrate their individuality, preferences, and unique journeys. These dialogues are not just about their past but their present, desires, and wishes for the future. Read the newest blog from Dr. Qwynn A. Galloway-Salazar, Ph.D. on tips to support and have meaningful Conversations with Veterans.
Dr. Qwynn Galloway-Salazar is the Founder of In Their Honor. As an Army Veteran, Spouse to a Combat Veteran, End-of-Life Doula, and Educator, she has proudly devoted more than two decades of her career to enhancing the quality of life for military and Veteran communities. She founded In Their Honor to collaborate with communities, states, academia, and organizations to ensure Veterans and their loved ones receive the care and support they deserve through the end of life.

She recently served as the Lead Advisor for the groundbreaking launch of the "Caring for Veterans Through the End-of-Life Collection." This transformative 3-part collection, infused with profound wisdom and empathy, stands at the forefront of Veteran-centric end-of-life education for Compassionate Communities, Caregivers/Loved Ones, and Healthcare Providers alike, offering invaluable guidance and support.

Qwynn is a dedicated contributor, lending her expertise to the Advisory Boards of influential organizations like the Veterans Studies Association and the United Kingdom’s After Cloud. In a testament to her commitment, the Georgia Department of Veterans Services honored her in 2022-2023 as the inaugural Woman Veteran of the Year, recognizing her outstanding dedication to service.

When the dust settles from a long day, you can catch Qwynn basking in the glow of her family and friends. And if you do not spot her there, she is probably at her art desk, conjuring creativity, or out in the community, sprinkling kindness like confetti!
BUILDING BRIDGES OF UNDERSTANDING: CONVERSATIONS THROUGH THE END OF LIFE FOR VETERANS COMMUNITY CALL

Dr. Qwynn A. Galloway-Salazar
November 8, 2023
In Their Honor’s Dedication to Veterans
Caring for Veterans Through the End of Life Collection

- Compassionate Communities
- Healthcare Providers
- Caregivers/Loved Ones
November: A Month of Reflection and Gratitude

- Recognizing National Veterans and Military Families Month.
- Emphasizing the importance of sparking conversations that inspire understanding.
Practical Tips for Meaningful Conversations

- **Asking**: Asking about military experiences and what it means to the Veteran.
- **Acknowledging and expressing**: Acknowledging and expressing gratitude for specific aspects of their service.
- **Incorporating**: Incorporating meaningful military symbols into their environment for comfort and identity.
- **Understanding**: Understanding emotional challenges related to military service and offering support.
Promoting Connections and Legacy Projects

Facilitating
- Facilitating connections with Veteran communities for camaraderie and support.

Encouraging
- Encouraging engagement in legacy projects to preserve and share their military stories.
Building Bridges through Conversation

Encouraging heartfelt conversations as bridges of understanding.

Honoring Veterans' service, celebrating their individuality, and fostering lasting connections within communities.
Let’s Connect!

+ In Their Honor Website
  + https://www.intheirhonor.info/

+ Social Media
  + LinkedIn: Dr. Qwynn Galloway-Salazar
  + Facebook: Qwynn Galloway-Salazar
  + Instagram: qgsalazar

+ Email Me
  + qgsalazar@gmail.com
Hot topic: Engaging others

• Connection before content
• Who to reach, who is the right messenger?
• How to reach - methods, frequency, meeting people where they are

Parkview Health
Fort Wayne, IN

Alzheimer’s of Orange County, CA
Hoag Palliative Care
Tapping National Healthcare Decisions Day (NHDD) Apr 16th

HEALTHCARE DECISIONS DAY: FILLING IN THE BLANKS
Wednesday, April 19, 1:00–4:00 p.m.
(Hybrid - In-person at Nancy S. Klath Location and on Zoom)

Healthcare Decisions Day is a time to consider our healthcare wishes and how to discuss them with our loved ones and medical care teams. Join us for an overview of the documents, how to start the conversation, and hear from a physician on “what’s next” after you share documents with your care team.

1:00–3:00 p.m.
Discussion of the documents, tips for completing, and ways to share this information and create conversation with your loved ones. Presented by certified advance care planner, Bill Charnon, MSW.

3:00–4:00 p.m.
What does your physician do with your Five Wishes or POLST? Find out from Dr. Vikrant Sharma of VNA Health Group

Registration required, no fee.

Princeton Senior Resource Center
Princeton, NJ

PSRC & COYI'S DAY OUT:
HEALTHCARE DECISIONS ARE MORE THAN JUST PAPERWORK
Thursday, April 27, 10:00 a.m.–3:00 p.m.
(Hybrid - In-person at Nancy S. Klath Location and on Zoom)

PSRC is partnering with Conversations of Your Life (COYI) to present a half-day seminar related to making healthcare decisions. Discussion leader, Adrian Alfotey, is a non-medical, end-of-life doula and older companion who specializes in physical, emotional and spiritual care.

The seminar will include:
• Screening of A Man Called Otto
• Lunch provided by Princeton CARE Center
• Creating the Before I Leave Community Vision Board
Fee: $5, registration required.

UNC Health Pardee
Hendersonville, NC
Leave in action: Share and connect with each other

Next call: **Wed, Feb 14th 12-1:00 EST**

**NHDD 2024 Planning Call**

Via TCP’s network:

- The Conversation Project: Community Champions (Facebook discussion group)
- Champions Map

https://theconversationproject.org/get-involved
Leave in action: Use/repurpose our content

- Use our content:
  - Conversation starter guides
  - Videos
  - Blogs
  - Communications toolkits

- Sign up for our newsletter

- Follow us, reshare, tag us on social media
  - X/Twitter: @convoproject
  - Facebook: The Conversation Project
  - Instagram: convopproject

the conversation project
Thanks and appreciation

The John A. Hartford Foundation
Dedicated to Improving the Care of Older Adults

Cambia
health foundation

the conversation project
We want your feedback!

- After this call you will be redirected to a Survey Monkey form

Please take 2 minutes – THANK YOU!!

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