

FOR IMMEDIATE RELEASE

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Library discussions explore caring for life in the face of life-limiting illness

(PASADENA, MD, March 5, 2018) — Making the most of your life doesn't just happen. It takes planning. By talking with experts, people can make informed decisions and learn how to relay this important information to their families, so they can plan for the best ending ever.

A great starting point is Courageous Conversations, a series of discussions about some of life's most important choices hosted by Hospice of the Chesapeake at the Glen Burnie Regional Library, 1010 Eastway.

Sponsored by the John & Cathy Belcher Institute, an education and advocacy collaborative advancing the understanding of complex illness care at Hospice of the Chesapeake, the discussions are part of the nonprofit's efforts to encourage a national dialogue about end-of-life.

Safe Passages: Finding Comfort at the End of Life

7 to 8:30 p.m. Tuesday, April 10

What is the difference between hospice and palliative care? How do you recognize when that care is needed and where do you find services? Hospice of the Chesapeake physician Dr. Rudolph Willis and certified registered nurse practitioner Genevieve Lightfoot-Taylor will share their expertise and answer these and other questions about finding comfort with chronic illnesses and end-of-life care.

Growing through Grief: What the Sacred Sorrow of Grief Can Teach Us

7 to 8:30 p.m. Tuesday, May 8

Explore the grieving process with Chesapeake Life Center Director Susan Coale and Hospice of the Chesapeake Social Worker Cassie Bloom, both licensed clinical social workers. Learn what is "normal," what to expect, how to manage your own grief and help those around you.

Lunch & Learn: “Thoughtful Endings – Planning Your Legacy”

Noon to 1:30 p.m., Monday, June 4

Bring a brown bag lunch and join a team of experts for an interactive session on how to leave behind a legacy. Deborah McGlaulin with the Hospice of the Chesapeake Foundation who also is an end-of-life specialist, certified financial planner Margo Cook with 1 North Wealth Services and estate and trust attorney Michael Lehr with the law firm of Holden & Campbell will discuss different ways one can leave a permanent impact on the community and future generations. Light refreshments will be served.

These events are free. Registration is not required, however, seating is limited. For details, call 443-837-1527 or visit www.hospicechesapeake.org.

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Caring for life throughout the journey with illness and loss
is the mission of **Hospice of the Chesapeake**. For details, visit www.hospicechesapeake.org.