



CONVERSATION
OF YOUR

Life

It is time to have the Conversation of Your Life to let your family, friends, and health care providers understand your wishes through advance care planning. The COYL series of programs aims to provide all the pertinent information you may need to communicate your end-of-life care wishes ahead of time, saving your loved ones from having to make emotionally taxing decisions on your behalf when the time comes.

Starting the Conversation: Personal Values

What you want and how to get it. Our program begins with a discussion on personal values and understanding what is important to you at end of life.

March 18th from 10am-11am

Advance Care Planning: Why is it important? Which is right for me?

Learn the importance of advance care planning and the variety of documents available. Discover which document best serves your needs.

March 25th from 10am-11am

Geriatric Care Managers Personal Advocates in a complex system

Geriatric Care Managers specialize in aging and managing senior care. Learn more about this important advocate.

April 1st from 10am-11am

Meet the Author

Local author, Deb Hallisey, will discuss her book "Your Caregiver Relationship Contract". The book discusses the stories of caregivers and the challenges that come the role.

April 8th from 10am-11am

Getting All Your Legal Ducks in a Row

Managing your finances doesn't have to be a complex chore – gain insights from a financial planner and an elder care attorney.

April 15th from 10am-11am

Hospice vs. Palliative Care: What's the Difference

Gain a comprehensive understanding of hospice and palliative care, and when to use them. These least utilized benefits often provide the greatest care.

April 22nd from 10am-11am

Everything You Wanted to Know About Funeral Planning (but were afraid to ask)

You have options~ Come learn about the interesting and ever-changing options in funeral planning.

April 29th from 10am-11am

The Next Steps: An Empowered Consumer's Action Plan

A session for review and reflection. What are your next steps? Having shared this journey for the past 8 weeks, let's hear from you!

May 6th from 10am-12pm

Lunch provided by Meadow Lakes at this session.

**All sessions will be held at:
Springpoint Senior Living Meadow Lakes
Independent Living's Auditorium
300 Meadow Lakes
East Windsor, NJ 08520**

**Seating is limited. Please register with
Jackie Harris at 609-240-3689.**

Thank you to Clinical Admission Manager Jackie Harris MS, BS, RN, CDP and Executive Director Brenden Garazzo for setting up this event and for the use of the Auditorium and lunch.



The New Jersey Health Care Quality Institute runs a program called COYL in 14 New Jersey Counties. The goal of COYL is to encourage more individuals in New Jersey to engage in crucial conversations – the Conversation of Your Life – to let individuals' friends, family, and health care providers understand and respect their end-of-life wishes through advance care planning. COYL is generously supported by The Horizon Foundation for New Jersey. To learn more and find future events near you, visit: www.njhcqi.org/COYL.

