

Here are the Week-by-Week Contents of This Series and How the Stories Touch Your Community

The Series Topics (approximate dates)	Starter Ideas for Local Action	Who Can Help?
Week 1: Living with Dying in America (9/10)	Pitch interviews with local experts in broadcast media; hold a forum for journalists (to set stage for coming events); hold an art or photography exhibit	Local end-of-life coalitions; libraries holding discussion groups; hospice & palliative care providers
Week 2: It is Time to Talk: Conversations About the End-of-Life (9/17)	Small discussion groups about “how to have THE conversation”; create opportunities for role-play	Community groups, i.e., Caring Conversations
Week 3: Widowhood: Building a New Identity (9/24)	Co-sponsor a forum with city/county planners: What will this community be like in 20 years? 30? Who will live here? How will the growing number of older people affect it	Area Agencies on Aging; university Aging Institutes; urban planning departments; AARP chapters; gerontologists; geriatric nurse practitioners and social workers; womens' groups
Week 4: Palliative Care: Pain and Symptom Control (10/1)	Ask your hospital to hold “Grand Rounds” on palliative care; ask local tv/radio talk shows to feature hospice representatives this week; special showings of PBS program, “To Live Until I Die”; create a directory of local hospice & palliative care resources	Local medical societies; hospice organizations; hospital medical/nursing directors; hospital palliative care providers
Week 5: Advance Directives: Planning for Care (10/8)	Implement Advance Directive programs, i.e., Five Wishes & others; Ask your Mayor to proclaim “Advance Directive Signing Week” (s/he and spouse should sign theirs “on camera”)	Local Bar Associations; lawyers and estate planners; clergy; hospital ethics committees
Week 6: Culture and Diversity: Breaking Down Barriers (10/15)	Encourage letter-writing to the newspaper about how different cultures view death and dying; panel discussions; in-hospital discussion group with health care providers of different ethnic and cultural backgrounds	Community associations representing different ethnic groups
Week 7: Spirituality and Faith: Finding Peace (10/22)	Start planning for a Compassion Sabbath project; discuss state of teaching about spiritual counseling for dying people and families	Clergy; hospital chaplains; parish nurses; Faith in Action projects; book stores (lots of popular spirituality titles)
Week 8: Last Rites: Witness and Remembrance (10/29)	Tours of local cemeteries and memorials; photo exhibit of tombstones, roadside memorials; bring in other cultures: What does Halloween mean? “Day of the dead” celebrations; stories of public or private rituals that helped people grieve	Architects who design memorials; clergy; sociologists; historians; AIDS memorial quilt contributors; funeral directors
Week 9: Caring for Aging Parents and Partners (11/5) <i>November Is National Caregiving Month</i>	Request a Mayoral proclamation of “Help a Caregiver Week,” with ideas about how people can help; forum for employers about caregivers' needs; conduct “Caregiving 101” classes to help family members learn what to expect and what to do	Women's Organizations; employers; unions; human resources professionals
Week 10: Hospice: Finding our Way Home (11/12) <i>November Is National Hospice Month</i>	Hospice open houses and public events; hospice event for family practice/internal medicine staff; recognition events for volunteers	Local hospices; palliative care centers
Week 11: Nursing Homes: Maximizing Long-term Care (11/19)	Partner with community hospice nursing home initiatives to talk about services and access; hold a forum with nursing home administrators on expanding palliative care and the development of nursing assistants palliative care education initiatives	Nursing home associations; local nursing home palliative care initiatives
Week 12: When a Child is Dying: Learning From the Unthinkable (11/26)	Showcase local palliative care options for children; suggest a talk show on how care can be improved; create a display of critically ill children's art work	Pediatricians and neonatologists; parents' groups (SIDS, MADD, etc.); child therapists
Week 13: Violence and Death: Healing the “Secondary Victims” (12/3)	Sponsor discussions of loss to the community, family; create a memorial wall	Cardiologists; emergency medical personnel; psychologists; police; clergy
Week 14: Living with Loss: Swimming With the Tide (12/10)	Compile a directory of bereavement resources; conduct library discussion groups	Mental health professionals; counseling centers; social workers
Week 15: A Vision for the Future: Navigating Within Healthcare (12/17)	Hold a Public Forum to sum up the series; plan next year's community action with the arts, the sciences, sociology, culture, and spirituality all brought together	All of the above and your good experience!