



# Conversation Sabbath: Film and Discussion

## Tools

**Let's Stamp Out the Phrase 'There's Nothing More We Can Do'**

[http://www.huffingtonpost.com/cindy-finch-msw-licsw/lets-stamp-out-the-phrase\\_b\\_5652712.html](http://www.huffingtonpost.com/cindy-finch-msw-licsw/lets-stamp-out-the-phrase_b_5652712.html)

**Change the warfare metaphors when it comes to illness**

<http://www.kevinmd.com/blog/2013/04/change-warfare-metaphors-illness.html>

**I wish I had asked that**

[http://cdn-www.informedmedicaldecisions.org/imdfdocs/Patient\\_Visit\\_Guide.pdf](http://cdn-www.informedmedicaldecisions.org/imdfdocs/Patient_Visit_Guide.pdf)

**4 perfect questions when facing an end of life situation**

<http://www.kevinmd.com/blog/2012/04/4-perfect-questions-facing-life-situation.html>

**5 questions every patient needs to ask**

<http://www.kevinmd.com/blog/2012/07/5-questions-patient.html>

**5 questions to change your end-of-life path**

<http://www.kevinmd.com/blog/2012/07/5-questions-change-endoflife-path.html>

**Helpful things to say to someone who's sick**

<http://www.kevinmd.com/blog/2012/08/helpful-sick.html>

## Helpful Information

**The CPR We Don't See on TV**

[http://well.blogs.nytimes.com/2014/07/17/the-cpr-we-dont-see-on-tv/?\\_php=true&\\_type=blogs&\\_r=0](http://well.blogs.nytimes.com/2014/07/17/the-cpr-we-dont-see-on-tv/?_php=true&_type=blogs&_r=0)

**An emotional crossroad for caregivers of people with dementia:**

**When loved ones struggle to eat**

<http://uofmhealthblogs.org/general/an-emotional-crossroad-for-caregivers-of-people-with-dementia-when-loved-ones-struggle-to-eat/16336/>

**Myths and Facts About Health Care Advance Directives**

[https://www.americanbar.org/content/dam/aba/migrated/Commissions/myths\\_fact\\_hc\\_ad.auth\\_checkdam.pdf](https://www.americanbar.org/content/dam/aba/migrated/Commissions/myths_fact_hc_ad.auth_checkdam.pdf)

**Facts and Myths of “Do Not Resuscitate” (DNR) and “Cardiopulmonary Resuscitation” (CPR)**  
<http://nursinghomehelp.org/moqi/Communiques/MDCommuniquéJuly2013DNR&CPR.pdf>

### **Palliative Care and Hospice FAQs**

<https://getpalliativecare.org/whatis/faq/>

[The Long Goodbye \(Seven Stages of Later Life\)](https://thesunmagazine.org/issues/460/the-long-goodbye)

<https://thesunmagazine.org/issues/460/the-long-goodbye>

### **“Somebody with a Backbone”: Tips for Choosing a Health Care Proxy**

<http://theconversationproject.org/tcp-blog/somebody-with-a-backbone-tips-for-choosing-a-health-care-proxy/>

## **Funeral/Estate Planning, etc.**

### **Funeral Requirements Form**

[http://www.edomi.org/wp-](http://www.edomi.org/wp-content/uploads/2013/11/funeral_requirements_information_form.pdf)

[content/uploads/2013/11/funeral\\_requirements\\_information\\_form.pdf](http://www.edomi.org/wp-content/uploads/2013/11/funeral_requirements_information_form.pdf)

### **Writing a ‘Last Letter’ When You’re Healthy**

<http://www.nytimes.com/2016/09/07/well/family/writing-a-last-letter-before-you-get-sick.html>

### **There’s More to Estate Planning Than Just the Will**

<http://www.nytimes.com/2014/09/06/your-money/theres-more-to-estate-planning-than-the-will.html>

### **You Could Pay Thousands Less For A Funeral Just By Crossing The Street**

<http://www.npr.org/2017/02/07/504020003/a-funeral-may-cost-you-thousands-less-just-by-crossing-the-street>

## **More Resources**

<https://www.mettainstitute.org/resources.html> Metta Institute® was established to provide education on spirituality in dying, inspired by the Buddhist tradition.

“Biodegradable urn” - look up on Google or other search engine