



A Roadmap for Successful Choices at the End of Life

Three Thursdays
February 26 through March 12, 2015

1:30 pm - 4:30 pm

Maravilla - Valencia Room
5486 Calle Real, Santa Barbara
(Please car pool if possible)

Coordinated by: *Diane Wolf*

This course will highlight end-of-life issues that we all face and explore the resources in Santa Barbara for dealing with those vital problems.

The first half of the February 26 session will feature *Michael Bordofsky, MD*. He will deal with such questions as:

- How do you establish that recovery isn't possible?
- What intervention options are available? What is comfort care?

Dr. Bordofsky will also talk about services available in Santa Barbara for people living at home or in independent living.

In the second half of the first class, Marco Quintinar of the Long Term Care Ombudsman program will cover relevant regulations and services of the various types of residential institutions in Santa Barbara.

The March 5 class will deal with communications among the doctors who will care for you and between you and your doctors. At Cottage (and other hospitals), most people have a hospitalist overseeing their care; one of them will talk about how to use their services most effectively. We will also hear from the head of the Palliative Care about their program. How do you record your wishes, and how do you communicate those to everyone involved? Who should be your advocate, and do you need a "back-up" for that person?

The March 12 class will deal with sources of help prior to the point where one looks at the hospice option. Soledad Hess, intake coordinator for Santa Barbara Hospice, will discuss her organization and the various options at this stage.

In the second half of this class Cecily Hintsen of Pathfinders will discuss memorial services, obituaries, cemeteries and other choices we or our families will have to make.

Each participant will receive a notebook with all the class materials plus useful forms, websites and articles. There will be a to-do check list. This is intended help participants remember what has been presented and to be shared with family and other people involved in your life and potential care.

ENROLLMENT FORM: *End of Life Choices* - Feb 26, Mar 5, 12, 2015

VISTAS Members \$35/per person – Non-members \$50 per person

Note: At-The-Door Registration is an Additional \$5.00

Amount Enclosed \$ _____

Name(s): _____

Telephone: _____ Email: _____

Mail registration form to:
VISTAS Lifelong Learning, Inc., P.O. Box 23228, Santa Barbara, CA 93121-3228

Deadline for registration: February 20, 2015

The “End of Life Choices” speakers and the organizations they represent are (in alphabetical order):

Dr. Michael Bordofsky, DASH, Visiting Nurse Hospice, private practice

Soledad Hess, Hospice of Santa Barbara

Cecily Hintzen, Pathfinders Memorial Planning

Naomi Kovacs, Santa Barbara Village

Susan Plummer, Alliance for Living and Dying Well

Marco Quintinar, Long Term Care Ombudsman

Susan White, Palliative Care Hospitalist, Cottage Hospital

This seminar is being held at Maravilla, where parking can be limited. Please carpool if possible.



VISTAS CALENDAR

| Seminar/Event | Dates | Time | Venue |
|-----------------------------|-----------------------|----------|--------------------------|
| Documentary Film Club | 3rd Thurs Monthly | 10:00 am | Valle Verde Theater |
| Trails That Opened West | January 5, 12, 19, 26 | 9:30 am | Valle Verde Social Rm |
| Uncertain Justice | January 23 | 9:30 am | Santa Barbara Courthouse |
| VISTAS Course Design | January 28 | 1:30 pm | Maravilla Valencia |
| Reflections on Women's Lib | Jan 30 & Feb 6 | 1:30 pm | Private Home |
| World of Yesterday | Feb 3rd- Mar 24 | 9:30 am | Maritime Museum |
| The Power of Cornography | February 5 | 9:30 am | Valle Verde Social Room |
| End of Life Choices | Feb 26 - Mar 12 | 1:30 pm | Maravilla Valencia |
| Short Stories Small Seminar | March 4, 11, 18, 25 | 1:30 pm | Private Home |
| Pharmacology | March 30 | 9:30 am | Valle Verde Social Room |



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