

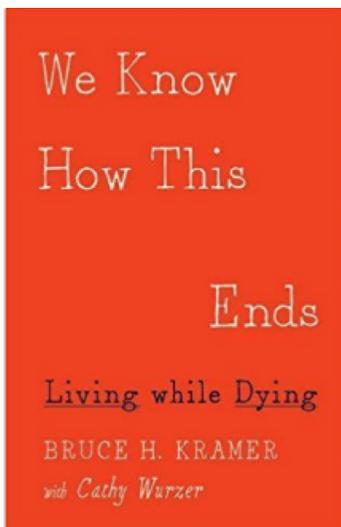


For patients, family members, volunteers and staff to come together to discuss ways of creating moments of comfort, peace and joy for those who are dying.

Guiding Principles

1. We will choose books about the dying process (physical, social, and/or spiritual) and dementia that are experience based, accessible in terms of content to a broad audience, are written by patients or direct caregivers, and oriented towards the book group's purpose of *creating moments of comfort, peace and joy* for those who are dying – rather than books that are more medical, technical or academic in nature.
2. We will examine and share our experience through the lens of what we are reading, and not just for the sake of sharing, using our time to focus our discussion on the shared reading and how we can use that information to better support someone who is suffering from dementia and/or dying.
3. We will maintain a discussion process that values and respects every participant's input and ask participants to read an amount that is comfortable for most and does not require a burdensome amount of time.

Each meeting will consist of a brief introduction of the attendees, the topic and process for the evening, a circular response to the readings (What struck you the most, what relevance does it have for you, and/or what questions did it raise?), an open discussion time, a closing, and a brief time for tea and social interaction. Our next book is *We Know How This Ends: Living while Dying* by Bruce H. Kramer, Cathy Wurzer (memoir). When death is a constant companion, sitting too closely beside you at the dinner table, coloring your thoughts and feelings and words, your outlook on life is utterly transformed. The perspective and insights offered in *We Know How This Ends* reveal this daily reality and inspire a way forward for anyone who has suffered major loss and for anyone who surely will. Rather than wallowing in sadness and bitterness, anger and denial, Kramer accepted the crushing diagnosis. His decision was the foundation for profound, personal reflection and growth, even as his body weakened, and inspired Kramer to share and teach the lessons he was learning from ALS about how to live as fully as possible, even in the midst of devastating grief. It is available at Amazon and Barnes & Noble in both paper and electronic form. **For further information contact Jane Thielen at OLP, (651) 789-6824.**



Date	Pages	Topic
Tuesday, April 4th, 6:00 PM	1-28	Facing the Diagnosis
Tuesday, April 18th, 6:00 PM	29-137	Faith
Tuesday, May 2nd, 6:00 PM	138- 173	Wrestling with Angels

This is an "open" book group. No commitment is required. Come to only select meetings or all meetings, depending on your interests and availability. Everyone is welcome, even if you haven't done the readings.