



Last Acts of Kindness; Care and Compassion at the End of Life

A weekend workshop for **anyone** who wishes to foster confidence and resiliency as we care for our friends, our selves, our families, and community at the end of life.

Appropriate for professional and family caregivers, as well as for “care-receivers”

Located at Commonweal in Bolinas:

Friday, April 3- Sunday, April 5

Commonweal and the MERI Center for Education in Palliative Care at UCSF/Mt Zion (named after Merijane Block!) are pleased to collaborate in offering a weekend workshop to help deepen our relationship to living and dying.

We ALL will be in positions to be “end of life doulas” at some time--assisting friends and loved ones in the dying process.

Most people however, have little training and minimal experience or understanding about what it means to “show up” at this delicate time.

This workshop will:

- Prepare us to show up at the bedsides of the dying—using the tenets of Palliative Care: to help relieve suffering physically, emotionally, spiritually, psychologically
- Offer guidance in supporting caregivers-- both professional and “family” caregivers
- Assist us in creating personal toolkits for caregiving at the end of life
- Help us understand how our own myths and beliefs about life and death affect our roles as care-givers and care-receivers
- Offer practical knowledge about the dying process
- Pain and symptom management (an overview)
- Hospice and Palliative care issues
- Signs and Symptoms of approaching death
- Discuss the integration of a spiritually inclusive approach to dying with quality mainstream healthcare
- Be a step towards facing our own mortality, which is key to serving others

This workshop will include didactics, mindfulness practices, guided imagery, movement, music, poetry and sharing of collective wisdom.

“Let us change the face of dying in our culture from one of fear and anxiety to one of acceptance and compassion. Inevitable as death is for all beings, let us work to create experiences that are positive, potent and transformational.” (Redwing Keyssar, from “Last Acts of Kindness”)

COMMONWEAL

UCSF MERI Center
for Education in
Palliative Care
at Mt Zion



Offered by

Redwing Keyssar, RN, Author

Ladybird Morgan, RN, MSW

Danielle Shapona, Health Educator and Reiki Master

J. Redwing Keyssar is an RN with experience in Oncology, Critical Care, Hospice, Palliative Care. She is an author, poet, teacher, “midwife to the dying,” national presenter and frequent contributor to the public debate about Palliative Care. She is the Director of Patient and Caregiver Education at the MERI Center for Education in Palliative Care at UCSF/Mt Zion.

As a cancer survivor, she is passionate about and committed to the idea that “holistic healing” must be a more integral part of health-care.

Redwing states in the intro to her book: “Life is the circle of breath that connects two precious moments in time: birth and death. Both are mysteries.” In this workshop she will share experiences from her 30+ years of death-midwifing as well as lead the group in meditations, exercises and discussions to help further our ability to be present with impermanence.

The goal of this work is not to take away the “mystery” but rather to explore this unknown territory so that we can all feel more comfortable serving the dying and being prepared for the time when we ourselves stand at the threshold.

Ladybird Morgan, RN, MSW, Executive Director and Co-Founder of the Humane Prison Hospice Project (whose goal is to make prisoner-provided hospice services available in California’s 33 prisons), has been working in end-of-life care and on the frontlines of sexual violence as a registered nurse, clinical social worker, and educator for 20+ years. She has worked with many organizations including The Zen Hospice Project, Hospice By The Bay, Marin General Hospital and Doctors Without Borders (MSF). Ladybird has guided medical practitioners, families and private caregivers, as well as directors of programs and institutions around the world on how to be present to experiences that may be hard to hear or bear witness to. Ladybird has recently been invited to join Commonweal, supporting the work of various projects including the Cancer Help Program and Healing Circles.

Danielle Shapona is trained in Reiki, Cranio-sacral, Thai Massage and Shiatsu. She holds a degree in Health Education and has worked in the healing arts for 40+ years. She will offer short “supportive touch” sessions to participants in this workshop as well as assist with energy work in group sessions.

Workshop Details:

Friday, April 3, - Sunday, April 5
Check-in from 4-5:30pm on Friday
Ends Sunday after lunch

\$550 includes cost of workshop plus 6 meals and accommodations

Some partial scholarships available.
Enrollment is limited.

For more information, please contact sophie@commonweal.org

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