

OLLI's Gift of Time Workshop: Thoughtful Planning for Life's End (continued)

by Carol Gillen

Nick believed, "It is important to address end-of-life issues while there are no impending health crises. The planning and conversation that occurs puts all parties in control, yielding better communications, understanding and acceptance."

The Gift of Time workshop, limited to 20 enrollees, encourages each participant to communicate end-of-life wishes to spouses, partners, children and parents. With the help of trained facilitators and outside speakers, there are extended conversations on key issues, including both the rational and emotional elements of an end-of-life plan.

These experts lead participants through:

- Considering common end-of-life medical dilemmas and options for resolution
- Developing a plan for the seamless transition of financial matters
- Structuring difficult conversations with loved ones
- Exploring the legalities in a variety of circumstances

Comments from past Gift of Time workshop participants include:

"Gift of Time was the best class or workshop I have attended at OLLI. Since my attendance I have created a trust and updated all my other legal paperwork. I drove to Virginia to have "the talk" with the kids and thought a lot about my own 'expiration date' and how I wanted things to go when the time comes."

- Jeanette Jackson

"I found this program very helpful. I was encouraged enough that I have made a special notebook for my children, which has almost everything they will need when I die -- even where to send death certificates!"

- Marlene Varner

"Gift of Time has made me feel much more secure about exactly what needs to be done to be ready for the end of my life, and has spurred me to action in completing the documents which are necessary to instruct my family, friends, spiritual advisor, and doctors how I wish to be treated."

- Anonymous Participant

To learn more about the 2018 OLLI Gift of Time workshop, scheduled for May 22, 24, 31, June 7 and 14 from 10 a.m. to noon each day, please contact OLLI Executive Director Catherine Frank, phone: 828-251-6188, email: cfrank@unca.edu.