

PALLIATIVE CARE, HOSPICE AND END-OF-LIFE PRESENTATION OFFERINGS

The Middlesex Health Hospice and Palliative Care teams are pleased to offer a variety of presentations at the **First Congregational Church** in Cromwell.

Presentations run 50 minutes. Subsequent discussion time may be added. The following presentations will be held in-person at the **First Congregational Church** located at **355 Main Street** in **Cromwell, CT**. [The presentations begin promptly at 6:30 p.m.](#)

Presentations are FREE and open to the public.

KNOW US BEFORE YOU NEED US

Wednesday, March 9, 2022

Palliative Care and Hospice 101

There are many myths regarding palliative care and hospice. As a result, people wait too long to participate in these beneficial programs. They miss out on the support services offered to patients and families.

Participants will gain a good understanding of palliative care and hospice, and understand how and when to ask for a consultation.

PLAN YOUR GRAND FINALE

Wednesday, March 16, 2022

A Lighter Look at One of Life's Certainties

This presentation offers practical advice on how to leave a personal legacy. It features humorous quotes and illustrations to detract from the more serious, underlying subject matter.

Participants will learn how to develop a plan to get their personal affairs in order. They will be able to discuss with loved ones what matters to them at the end of life.

HELPING YOU HAVE THE LAST WORD

Wednesday, March 23, 2022

Planning for Future Health Care Decisions

Using the Connecticut Department of Social Services' document, [Planning for Future Health Care Decisions](#), participants are guided through end-of-life decisions that can be made now to ease the burden of decision-making for their loved ones in the future.

(over)



860-358-5700

MiddlesexHealth.org/Hospice

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SELF-CARE FOR THE CAREGIVER **Wednesday, March 30, 2022**

Staying Safe, Healthy and Sane so that You Can Be There for Someone Else

Caring for someone who is homebound can be lonely, difficult and rewarding — all at the same time. Middlesex Health Hospice and Palliative Care services offer insight on the value of caring for oneself.

Participants will learn to recognize when they need self-care, and how to give it to themselves.

DEMENTIA AND END OF LIFE **Wednesday, April 6, 2022**

Options for Care When You are Caring for Someone Else

One of the most challenging aspects of caring for someone who has a disease that causes dementia is anticipating and planning for the later stages of the disease.

This presentation discusses typical stages of dementia with a special focus on end of life. The presentation describes options for care, including community-based palliative care and hospice.

First Congregational Church
355 Main St, Cromwell, CT 06416

The parking lot is located after the second house north of the church.

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For more information, contact:

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