



First Lutheran Church Hosts an Education Series by Hospice of the Red River Valley

First Lutheran Church invites you to join us for an educational series presented by Hospice of the Red River Valley with sessions being held in January, February and March.

General Grief and Loss

January 31 | 12:00-1:30 p.m.

Join for a conversation helping identify the many facets of grief as well as the factors that often influence how we process and experience grief. Attendees will also learn how to care for themselves during times of grief and loss.

Being Mortal

February 14 | 12:00-1:30 p.m.

Participants in this session will watch the Emmy-nominated FRONTLINE documentary based on Dr. Atul Gawande's best-selling book, "Being Mortal." This film explores the hopes of patients and their families facing terminal illness and their relationships with the doctors, nurses and family members who care for them. After the screening, you will participate in a guided conversation on how to take concrete steps to identify and communicate wishes about end-of-life goals and preferences.

continued on reverse

Living Our Best with Serious Illness - Palliative and Hospice Care

February 28 | 12:00-1:30 p.m.

Join us for a conversation to learn about ways palliative and hospice care benefits those living with a serious illness.

Dementia

March 13 | 12:00-1:30 p.m.

This workshop helps learners understand and recognize the difference between normal and not normal aging. It also facilitates an understanding of the GEMS® Model developed by Teepa Snow. The learner will develop better observational skills to recognize and intervene effectively when behavioral challenges occur, learning how to care for people in different ability states. The focus being on what is retained for people living with dementia instead of only focusing on what is lost. The learner will also develop new skills related to approach, cueing and the ability to connect with people affected by dementia.

How to Help a Grieving Friend

March 20 | 12:00-1:30 p.m.

Join for a conversation on practical tips and guidance on how to best support a friend or family member who is grieving.

All events are free and open to the public. A light lunch will be provided.

Location:

First Lutheran Church
619 Broadway N.
Fargo, ND 58102

Hosted by First Lutheran Church in partnership with Hospice of the Red River Valley.

