

Event Agenda End Well 2024

Fri, Nov 22, 2024

8:00 AM- 9:00 AM: Registration and Breakfast

8:00 AM - 8:30 AM: Mourning Movement

Speaker: J'aime Morrison, Ph.D.

Rise and shine and join dancer, choreographer and educator J'aime Morrison, PhD and vocal artists Carly Jo Carson and Susi Piñeda, for a guided movement meditation that offers participants a somatic experience to prepare for an intense day. Focusing on arrival, grounding and listening to and with your body, J'aime will guide participants through subtle movements that are in harmony with the sonic vibrations of accompanying vocalists.

8:30 AM - 9:00 AM: Perception Box - All Day

Step into a gorgeous, immersive space and answer Perception Box questions, carefully crafted to challenge your assumptions, spark self-reflection, and inspire deeper conversations around how we perceive ourselves, others, and the world, and how that might impact your relationship to mortality. It's a lovely way to check-in with yourself throughout the day.

[Perception Box](#) is based on the groundbreaking neuroscience-informed work of Unlikely Collaborators and The Tiny Blue Dot Foundation.

MAINSTAGE

9:00 AM - 9:10 AM: Welcome: Common Ground

Speakers: Yvette Nicole Brown, Shoshana Ungerleider, MD

Amid an atmosphere of culture shifts, identifying commonalities holds particular value, especially in the presence of mortality. Anchoring into the continuity of compassion and mindful of the collective and individual capacities we possess for it, together we embark on a courageous exploration of transformational ideas and practices that are able to both enhance and sustain our connection to self, spirit and community. Welcome to End Well 2024, we're so happy to have you with us!

9:10 AM - 9:25 AM: Inside Compassion In Coming Alongside The Dying

Speaker: Roshi Joan Halifax, PhD

Who and how are we when we walk in the door to care for someone who is seriously ill or dying? This question gets to the heart of medical anthropologist and Zen Buddhist Abbot Roshi Joan Halifax's work with clinicians and other caregivers. Learn how we might all cultivate

attention and empathy and bring awareness of our own somatic, affective, and cognitive biases so as to more fully provide compassion informed care—for others and ourselves.

9:25 AM - 9:40 AM: What's In A Word: Improving Clinician Messaging About Palliative Care

Speaker: Jared Rubenstein, MD

The data shows that people with life limiting illnesses live better and longer when engaged with a palliative care team. Yet, as pediatric palliative care physician Jared Rubenstein knows too well, that's not the story other clinicians are telling their patients. Learn how Jared is using humor to help his colleagues understand his specialty, overcome their own fear of death, and refine their communication so patients with serious illness get the timely care they need to live comfortably through to the end—whenever that might be.

9:40 AM - 9:55 AM: Centering Aliveness In A World Full Of Loss

Speaker: Lisa Keefauver, MSW

How do we tip the scale from numbness to aliveness? Grief activist, widow and cancer survivor Lisa Keefauver shares how she's built the musculature it takes to put herself in the way of wonder and why new research into the importance of awe is confirming what her body has been telling her all along: That by centering aliveness in a world full of loss we can crack open the hard shell of pain.

9:55 AM - 10:10 AM: Talk To Me: Inviting Conversations About Death

Speaker: Anthony Chin-Quee

When otolaryngologist Anthony (Tony) Chin-Quee chose to specialize in diseases of the ear, nose and throat he had no idea that one of his dearest friends would be diagnosed with a related form of aggressive cancer. However, it wasn't medical advice that was most valuable to his friend, it was Tony's invitation to acknowledge and speak of death that brought the most relief—a conversation he now believes was essential to both of their wellbeing towards the end.

10:10 AM - 10:35 AM: Fireside Chat: Stacy London with Shoshana Ungerleider, MD

Speakers: Stacy London, Shoshana Ungerleider, MD

Best known as the host of What Not to Wear, style icon Stacy London opens up about how a whirlwind of grief, illness, and menopause taught her that we're never just dealing with one thing at a time. In her fiercely original way, Stacy explains why conforming to stereotypes about grief and aging can diminish joy and even affect our health and longevity. She'll be in conversation with Dr. Shoshana Ungerleider.

10:30 AM - 11:00 AM: Feelings Space - All Day

Speakers: Anu Gorukanti, MD, Laura Holford, Sarah Warren, RN

You can drop into this space at any time throughout the conference.

Feelings Space is a beautiful clinician-created drop-in space designed to meet the diverse sensory, somatic, and emotional needs that may arise when contemplating end-of-life topics. Attendees are free to come and go, inviting you to remain engaged with the conference while having the option to step away when needed. Whether through playful expression, creativity, or contemplative solitude, this space offers a chance to connect with one's inner child, process grief, and find healing. Co-created by Introspective Spaces, Laura Holford, RN, and Anu Gorukanti, MD and Don't Clock Out's Sarah Warren, RN.

10:35 AM - 11:00 AM: Networking Break

11:00 AM - 11:15 AM: Embodied Understanding: Feeling Feelings

Speaker: Sah D'Simone

Somatic artist Sah D'Simone guides us through an immersive experience of movement and breathwork. Rooted in the body's nonverbal wisdom, Sah's practice invites us to process life as it happens. This session is designed to help you open your mind, integrate the learnings from today, and become more receptive to whatever comes tomorrow. By tuning into where emotions reside in the body, we can cultivate a deeper awareness and connection to our true selves.

11:15 AM - 11:30 AM: End of Life Care: An Individual Cultural Perspective

Speaker: Andrya R. Rivera-Burciaga DNP, APRN, FNP-BC, ACHPN

Despite being a nurse, Andrya Rivera-Burciaga found that her training hadn't prepared her to know how to help her grandparents when they were dying. Since then, she's been on a one-woman mission to bring better end-of-life care to her rural Texas, Rio Grande Valley community. In so doing, Andrya has become a voice and inspiration for how to deliver palliative and hospice care in ways that honor the culture and network of relationships that surround patients and their families.

11:30 AM - 11:45 AM: Bringing Death Education To High Schoolers

Speaker: Austin Roy

Educator Austin Roy hopes for a future where death is no longer a taboo subject and everyone has the tools to advocate on behalf of themselves and their loved ones in the dying process.. To help make that dream a reality, he teaches a Death Education class to 12th graders and regularly conducts multi-generational workshops that combine movement, theory and reflection to help participants complete their Advanced Care Directives. (Please say hello to the students

from Austin's high school class who will be in attendance today.)

11:45 AM - 12:05 PM: 57 Fridays: Living with Dying

Speakers: Myra Sack, Matthew Goldstein MD, PhD

When Myra Sack and Matt Goldstein learned that their young daughter Havi had a year left to live, they chose to celebrate her by transforming Fridays into "Shabbirthdays", a combination of Shabbat and birthdays. From Havi's diagnosis to her death fifty-seven Fridays later, they lived a story about how to show up, about taking risks and adventures, about living right on the edge between this physical world and the mystical one beyond it.

12:05 PM - 12:30 PM Moment of Beauty (this activity is not accredited for CE credit)

Speakers: Kelly Cervantes, Miguel Cervantes

"Dear Theodosia" as performed by Broadway Star Miguel Cervantes, with an introduction by Kelly Cervantes.

LUNCH ACTIVITIES: 12:30 PM - 2:00 PM (these activities are not accredited for CE credit)

12:45 PM - 1:30 PM: Serving Communities of Color in Deathcare: BIPOC Meet-and-Greet

Speaker: Alica Forneret

PAUSE invites all BIPOC End Well attendees to join this meetup.

Hosted by Alica Forneret / PAUSE, the BIPOC MeetUp is a gathering over lunch focused on connecting, sharing and learning about grief in a beautiful environment. The space features a variety of literature, a grief book nook and installations by Tida Beattie of [MESO](#) and Jasmine Godinez-Gomez of [Mirrored Heart](#).

12:45 PM - 1:30 PM: Staging Your Grand Exit

Speakers: Hilary Thomas, Austin Roy

You plan your whole life out minute by minute. Why not choreograph your end of life? This is a creative workshop for anyone and everyone who plans to die one day. Obviously, we don't want that day to come any time soon. But we do want you to think about it, to talk about it, to write about it, to move about it, to connect with others about it, and to make "it" something we can be a little less afraid of. Join us for live music, movement, writing, creativity and connection. Participants will receive the 5 Wishes document, through which they can learn more about what goes into end of life planning.

12:45 PM - 1:30 PM: LAST[ing] LETTERS: The How and Why of Writing Your Essential Letter

Speaker: Frish Brandt

Meet Frish Brandt, founder of My Lasting Letters, over lunch for an engaging conversation and hands-on exercise exploring the unique role letters play in healing relationships, transforming lives, bridging distances, and resolving conflicts. In the process, Frish will share how her path as a Letter Midwife began in 2014 by serving people in palliative care and hospice quickly grew to be a powerful exercise for anyone reflecting on what matters most.

12:45 PM - 1:30 PM: Feelings Space

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Table Talks: 12:45 PM - 1:30 PM

End Scene: Writing Our Stories in Advance Care Planning

Speakers: Linda Healy, MSN, FNP, GNP, ACHPN, Dina Kuperstock

When your time comes, if you could direct, write and produce your end, what would it look like? That's the question the chaplains at the Motion Picture Television Fund ask their residents to better understand their wishes for end of life care. Learn how this 103-year-old institution is asking the right questions to truly meet the needs - and dreams - of those at the end of their last act.

Caring for the Caregiver: Challenges and Solutions.

Speakers: Jenny Rhodes, Shekinah Eliassen, MBA

Family members providing care for their loved ones through serious illness and end of life often describe caregiving as an honor, as a sacred time. Caregivers of both adult and pediatric populations can also experience overwhelm and strain in trying to manage the daily care of their loved ones. We would love to invite story-telling around this topic of caregiving, including both the joys and the strains, as well as resources (such as George Mark Children's House) and

strategies to try to meet the need for respite, care, and rejuvenation for these important caregivers.

Family Systems Approach to Supportive Care

Speaker: Shannon LaCava, PsyD

A change in health status, feelings of uncertainty for the future, and the loss of a loved one may leave a lasting impact on an individual and members of their biological family or family by choice. Please join the discussion on how a life-changing medical diagnosis impacts the family system. By communicating with each other, we can prepare for meaningful communications within our families.

Navigating Loneliness: The Power of Creativity to Connect

Speaker: Jeremy Nobel, MD, MPH

Dying can be a lonely experience, including for caregivers, making it a topic we all need to better understand. Join national thought leader on loneliness, Jeremy Nobel, MD, MPH, as he unpacks, humanizes, and demystifies loneliness. He'll share insights from his book, "Project UnLonely: Healing Our Crisis of Disconnection," and suggest how creative expression can help us all feel more connected and less lonely. Dr. Nobel will share more on the Project UnLonely workshop model as a supportive mechanism, including an interactive demonstration of the power of the arts to shift the experience of loneliness through a fun and easy creative-making exercise.

After-death Communications and the Physics Behind Them

Speaker: Michelle Starr, MD

Have you had one or more of those "funny coincidences" after a loved one died? Anesthesiologist and widow Michelle Grua had several before she began to think there might be more going on than meets the eye. Since then, she's been researching the physics principles that help explain how these interactions might happen and will share how understanding these principles has brought comfort and greater healing in her grief.

A New Dawn in Deathcare: Embracing Empathy-Driven Technology

Speaker: Ami Gosalia

The deathcare industry stands at a transformative crossroads, where innovation is not just beneficial but vital for its future. Head of Growth of Alix, Ami Gosalia will lead a conversation about strategies for breaking down existing silos within the industry and leveraging technology to create a seamless experience for families and those who support them in deathcare.

Expanding Palliative and End of Life Care to Prison

Speakers: Susan Barber, Laura Musselman, Lisa Deal, Fernando Murillo

Join us for a dynamic roundtable exploring the urgent need for compassionate end-of-life care in correctional settings. We'll highlight our efforts to expand program implementation in California and provide updates on our goal of establishing a national model of care for aging and terminally ill individuals experiencing incarceration. This session will address growing public health concerns and the critical need for humane models of care in these often-overlooked settings. Attendees will also learn about ways to support this vital work and get involved. Bring your questions, and we'll see you there!

Experience Camps: Supporting Grieving Children

Speaker: Carly Basile

One of the hardest parts about being a grieving young person is how lonely the experience is, and the constant feeling of being misunderstood. Carly Basile, Chief Development Officer at Experience Camps, an award-winning nonprofit for grieving children, shares concrete ways to support grieving young people based on what we've learned from thousands of campers.

Champions for Change: Use Your Voice to Make a Difference

Speaker: Ashley Fry

Join Compassion & Choices for a passion-fueled discussion of ways to use your experience and voice to drive positive change for end of life practice, policy, and laws.

Becoming a Cultural Kinkeeper

Speaker: Anika Chabra

"The shortest distance between two people is a story." Join Anika Chabra, co-founder of Root & Seed, a culture and family story preservation platform to share the rituals, traditions, and recipes that bond generations. Through meaningful conversation, relationships strengthen, wounds mend and personal insights are uncovered. With greater agency and awareness of the stories that shape us, one can sift & sort and decide what to take forward and importantly, what to leave behind. Past, present, future: let's discuss anticipatory loss, the role of practicing cultural traditions in grief and secondary losses of cultural kinkeepers as they navigate the world without their loved one.

Dougy Center: Supporting Grieving Children Before and After a Death

Speaker: Brennan Wood

Join Brennan Wood, Executive Director of Dougy Center: The National Grief Center for Children & Families, to discuss meaningful and relevant support and resources for children and families who are grieving before and after a death.

Modernizing the Business of Death: Challenges & Opportunities

Speakers: Daniel Shaw, Sarah Grifferty

Loss is hard, no matter the circumstance. Then add in complicated legal, financial, and logistical tasks, and even the most well-prepared executor can be overwhelmed. If there's so much need, and so much room for improvement, why are modern end-of-life businesses so difficult to build?

Join Daniel and Sarah, two entrepreneurs creating better ways to navigate life after loss, for a dynamic conversation about the enormous opportunities and unique challenges to building in this space. Whether you're a business owner with an innovative approach, a practitioner with a strong point of view, or you've experienced these challenges personally, we hope to see you because, well, it takes a village.

We will share the collective wisdom of the session afterwards, so come by to collaborate, or sign up to receive more information afterwards!

Palliative Support for Cancer Patients

Speakers: Tori Larrick, Ericka Ramirez

The Pancreatic Cancer Action Network will discuss the benefits and importance of incorporating supportive care into the cancer journey.

Passing On: Genetic Testing, End-of-Life Planning, and Family Impact

Speaker: Natalie Richeimer

This session will explore how genetic counselors handle terminal diagnoses across various specialties. It will review life-limiting genetic conditions and the ways that they manifest in different settings, such as oncology, pediatrics, cardiology and obstetrics. This session will also delve into the potential implications of genetic findings for surviving family members and their impact on management and decision-making.

MAINSTAGE

2:00 PM - 2:15 PM: Growing Up While Grieving: Supporting Young People Through Loss

Speaker: Kennedy Murphy

After her father's death at the age of five, Kennedy Murphy learned all too well that grieving children are not just small adults. Kids need an extra layer of support in their formative years to help navigate the many milestones that can bring up new layers of grief. Now sixteen, Kennedy shares how a very special summer camp changed her life and why she's committed to sharing her story to help grieving people of all ages.

2:15 PM - 2:30 PM: Healing In Community: How Reverence Creates Resilience in Medicine

Speaker: Lindsay Brant, RN, BSN, CCRN, EOLD, MFA

For nurse and artist Lindsay Brant healing clinician burnout and reverence for the dying process go hand in hand. To help deliver care that benefits both patients and clinicians Lindsay founded COMMUNITY, a nurse-led committee with the goal to change the way death and dying is handled in her hospital. Learn what COMMUNITY is achieving and how they're measuring impact so they can become a model for teams everywhere.

2:30 PM-2:45 PM: When Walls Come Tumbling Down: Faith In The Face Of Suffering

Speaker: J.S. Park

Hospital chaplain J.S. Park has seen that for some, the first impact of grief emerges through the body; resulting in powerful and unexpected reactions. At times, the terrifying physicality of suffering threatened to rupture his faith. J.S. has since come to believe that it's not his faith that's too small, but the container in which he carries it. It's only by letting the walls of his box come down that he can stand in witness to all that is human.

2:45 PM-3:00 PM: Can I Trust You?: Support For Veterans At End Of Life

Speaker: Qwynn Galloway-Salazar PhD

Veteran, death doula and storyteller Qwynn Galloway-Salazar knows firsthand how important it is for Veterans to be able to share their truth, particularly at the end of life. Yet, the civilian/military divide often leaves them unsupported when they most need to be seen and honored. Qwynn is determined to bring specialized end-of-life care to all Veterans while also asking the rest of us to show up more fully for Veterans and their families.

3:00 PM- 3:30 PM: Networking Break

3:30 PM- 3:45 PM:Curiosity's Path to Radical Possibility

Speaker: Tembi Locke

As Tembi Locke stepped onto the set of From Scratch, a TV adaptation of her bestselling memoir of losing her husband, she knew her story was already changing. While she suspected

that this process would reawaken her grief, she did not expect that it would also teach her about the profound and exquisite beauty of owning our past in order to go forward — the profound and beautiful duality of pain and joy, past and future. She believes curiosity is the threshold to resilience, reclaiming and the radical possibility we carry within us as we begin again.

3:45 PM- 4:00 PM: Staying Alive: What Being Dead Taught Me About Living

Speaker: Sebastian Junger

Journalist, author and filmmaker Sebastian Junger was a healthy and athletic man when he suddenly died of a freak medical occurrence. What happened during and after that event fundamentally transformed his relationship to mortality. Leading him on a journey into physics, family and philosophy to try and understand what we can and can't know about what comes next; and, whether that ultimately matters in the here and now.

4:00 PM- 4:45 PM: Closing Conversation

Speakers: Alua Arthur, Ricki Lake

Description to come.

4:45 PM- 5:00 PM: Closing Thoughts

Speaker: Shoshana Ungerleider, MD

5:00 PM - 6:15 PM: Authors Lounge & Reception