

November 5, 2017, together with Faith Communities across the Fox Valley, our FVUUF will celebrate Compassion Sabbath.

## ***Tell Them I Said Yes to Life*** by Rev. Christina Leone-Tracy

As we head toward the "holiday season" when families will likely be spending more time with each other, let's spend some time exploring ways to have meaningful conversations about life and end-of-life. These conversations are hard, but they don't need to be painful. What does our faith say about the ways we face life, and death, with love?



Imagine you have been in an accident or have a sudden illness and you are unable to communicate. *Who would speak for you? How would you want to be cared for?*

Advance Care Planning is a **process** of understanding, reflecting on, and discussing future medical decisions regardless of age and current health status.

### **Advance Care Planning includes:**

- **Identifying** who you would want to speak for you (your health care agent)
- **Understanding** your health care treatment options
- **Clarifying** your health care goals
- **Communicating** your wishes and any documents with your loved ones and health care providers

***Health care providers cannot respect your wishes if they are not known.***

***Make a plan to discuss this with your family during the holidays!***

Dr Nancy Homburg will be available in the front lobby following both services November 5 and with our FVUUF Faith Ambassador Nel Govek November 12 to answer questions and provide more information.

### **Community Advance Care Planning Class Opportunities:**

- 2<sup>nd</sup> Tuesday of each month at St. Elizabeth Hospital in Appleton
  - Time: 1:00pm-2:30pm and 6:00pm-7:30pm
  - Location: Fowler Conference Room
- 3<sup>rd</sup> Thursday of each month at Encircle Health in Appleton
  - Time: 5:00pm-6:30pm
  - Location: 3<sup>rd</sup> Floor Conference Room

Visit [www.fvacpp.org/community-calendar](http://www.fvacpp.org/community-calendar)  
or call (920) 997-8412 for registration information.