



VC55+ EVENTS

For technology assistance for any VC55+ virtual program contact Shenae McPherson at 919-245-4243. Requests must be received no later than 2 days prior to event.

END OF LIFE AUTONOMY: MAKING CHOICES THAT ARE RIGHT FOR YOU

End of Life Care can be a daunting task as we attempt to navigate and absorb all of the information. Join the Project EngAGE End of Life Choices Senior Resource Team as we proudly welcome Fran Schindler and her presentation on *Existential Angst and the Practicalities of "Getting Dead"*. Ms. Schindler will offer valuable information regarding end of life choices and making choices that honor your wishes.

Fee: FREE

Wed, Oct 14 (355001-02)

4 – 5:15 pm

GO_TO Meeting Platform

Please join the meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/717060525>

You can also dial in using your phone.

United States: [1 \(312\)757-3121](tel:13127573121) Access Code: 717-060-525

END OF LIFE CARE PLANNING

There is so much to consider when thinking of end of life care, that it can become overwhelming. Join our panelists as they provide information on, *The Conversation Project*, how to select a Health Care Power of Attorney, understanding the Standard Advance Directive form for North Carolina, and the Supplemental Advance Director for Dementia Care form. Together, we will learn valuable information that will assist in making well-informed decisions, and provide us with the tools to ensure that we convey what we really want at the end of our lives. This event is hosted by the Project EngAGE, End of Life Choices Senior Resource Team.

Fee: FREE

Mon, Nov 16 (355002-03)

4 – 5:15 pm

Go_To Meeting Platform

Please join my meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/678865637>

You can also dial in using your phone.

United States: [+1 \(408\) 650-3123](tel:+14086503123) **Access Code:** 678-865-637

Personal Reflections: How are you finding peace during COVID?

As we all continue this journey to finding our own personal happiness and peace during COVID, we want to know what has inspired you. We're seeking personal reflection pieces to share with and inspire our community. Send us your stories, your poems, your art that reflects upon your struggles and triumphs while living through the COVID pandemic. The Mental Wellness SRT will select submission to present during a virtual program honoring our community and the progress we have made together.

Submissions due by Friday October 9th at 5pm to Shenae McPherson at shmcpherson@orangecountync.gov or 919-245-4243

Virtual Presentation Program will be held :

Thu, Nov, 12

4 -5:15 pm

GO_TO Meeting Platform

Please join my meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/539521381>

You can also dial in using your phone.

United States: [+1 \(786\) 535-3211](tel:+17865353211) **Access Code:** 539-521-381

MAKING YOUR VOTE COUNT THIS FALL

The Orange County Department on Aging and the Project EngAGE Policy and Advocacy Senior Resource Team invite the public to attend a virtual presentation, Voting Safely in the 2020 Election.

Make sure you make your voice heard and your vote count in the 2020 election! Join us on Thursday August 13th from 4:00 – 5:15pm to hear a presentation from You Can Vote about how to safely vote this fall. The presentation will cover how to vote by mail, including the new rules about how to complete the absentee ballot request form and how to complete the absentee ballot. Information will be provided on how to find your sample ballot, check your voter registration, and tools to share with all eligible voters to successfully vote on November 3, 2020. You Can Vote is a nonpartisan voting rights group that works to educate and empower voters each year.

Fee: **FREE**

Thu, Aug 13 (323412-02)

4 – 5:15 pm

GO_TO Meeting Platform

Please join my meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/911185093>

You can also dial in using your phone.

United States: [+1 \(786\) 535-3211](tel:+17865353211) Access Code: 911-185-093

STORY TIME ADVENTURE WITH LAW ENFORCEMENT (Intergenerational)

Come on a magical journey with the Intergenerational SRT as members from our local law enforcement agencies perform *We're Going on a Bear Hunt* by Michael Rosen. Officers from Chapel Hill, Carrboro, and Hillsborough Police Departments along with Deputies from the Orange County Sheriff's Office will entertain you with story, music and laughter. Let's go on an adventure! (*Play will be viewed from family's vehicle to ensure social distancing practices*) Free hotdog meals available.

Fee: FREE

Please RSVP by Monday Nov 2 with the Seymour Center Front Desk at 919-968-2070

Seymour Center (344092-01)

Sat, Nov 7

12 – 2 pm

VOLUNTARY STOPPING OF EATING AND DRINKING (VSED):

A LITTLE KNOWN END OF LIFE OPTION

As modern technology prolongs our lives, a life well-lived can often end with a long and painful struggle. Increasingly there are choices available about end-of-life options that afford greater personal control over the time and manner of death. A "good death" is more likely when medical practitioners and those supporting the dying person are more informed about these options.

The Project EngAGE End of Life Choices Senior Resource Team proudly hosts Elliott and Susan Schaffer for a discussion of the medical, ethical and legal issues involving VSED, Voluntary Stopping of Eating and Drinking, a little known end of life option. They will share with us the end of life story of Susan's mother, Beatrice Belopolsky, a resident of a retirement community in New Jersey.

Fee: FREE

Tue, Sept 22 (355001-04)

4 – 5:15 pm

GO_TO Meeting Platform

Please join the meeting from your computer, tablet or smartphone.

<https://global.gotomeeting.com/join/646340357>

You can also dial in using your phone.

United States: [+1 \(646\) 749-3122](tel:+16467493122) Access Code: 646-340-357