



PLANNING AHEAD...CRUCIAL CONVERSATIONS

Helping families & seniors navigate end of life decisions

This dynamic FREE conference will provide participants with the tools to help identify values, goals of care and the communication skills required to making educated and informed health care planning and decision making!

Wednesday, October 23, 2013

9:30am to 3:00pm

****refreshments & lunch provided ****

Balboa Park Club

2150 Pan American Road West
San Diego, CA 92101

Please **RSVP** by **October 18, 2013**
1(800)82-SHARP/1(800)827-4277

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For Improving End-of-Life Care



SanDi-CAN

San Diego County Community Action Network

MISSION

To be the community based action partnership of providers, volunteers and consumers of services dedicated to improving the quality of life for older adults and adults with disabilities living in the City of San Diego.

AGENDA

- 9:30am **Registration/Exhibitors/Light Refreshments**
Music provided by Beth Bolwerks, Healthcare Harpist
- 10:00am **Welcome/Introductions**
Marty Dare, Family Caregiver Support Program, San Diego County
- 10:15am **Five Important Documents**
Richard Scott Stewart, Esq., The Elder Care Law Firm
- 10:45am **Palliative Care: Living with Chronic Illness**
Caroline Boaz MSN,RN, ACNS-BC
The CSU Institute for Palliative Care, California State University San Marcos
- 11:15am **Break & Exhibitors**
- 11:30am **Care Options: Knowing When is the Right Time**
Bill Mathis, Owner, Always Best Care Senior Services
- 12:00pm **Lunch/Exhibitors**
Entertainment provided by "Senior Sassy Gals" Dance Group, Gonzalez Community Center
- 12:30pm **Grief versus Depression: How to Recognize the Difference**
Bryan McNutt, M.A., LMFT, GC-C
Psychotherapist & Certified Grief Counselor, Silverado Hospice
- 1:00pm **Final Arrangements: All You Need to Know and Plan For**
Vic Savino, Owner, Legacy Funeral & Cremation
- 1:30pm **Physician Panel: Essential Documents & Conversations**
Community physicians share their thoughts on their own Advance Directives
Margaret Elizondo, MD Associate Medical Director Sharp HospiceCare
Rebecca Ferrini, MD, MPH, CMD Medical Director Edgemoor DP SNF
Emmet Lee, MD Lightbridge Hospice
James Sinclair, MD Medical Director Vitas Innovative Hospice
Karl Steinberg, MD, CMD Hospice by the Sea & Scripps Coastal Medical Center
Mitsuo Tomita, MD Retired, Kaiser Permanente, Family Practice
- 2:45pm Evaluations, Exhibitors
- 3:00pm **Adjourn**

**THANK YOU to our SanDi-CAN Members & COMMUNITY
Providers for making this day possible!!**