



FREE SPRING 2023 SEMINAR SERIES

Approaching End of Life



Crossroads Church
220 Church Street, Palmerston North
Wednesdays 2.15 – 4.00pm

This seminar series is organised by U3A Manawatu. It is open to the public. After the presentations, audio recordings and PowerPoint presentations will be made available on the Manawatu U3A website. See: <https://www.u3amanawatu.org.nz/seminars/>

Our four speakers have been given the question: “What should people be thinking about in advance to make their end of life as positive an experience as possible for all concerned?” Based on their expertise and experience, they will each give us their perspectives on these matters.

October 25th: Your Bucket List - What Should Be On It!

Apryl Cadman FNZILE (Registered Legal Executive at Manawatu Community Law Centre)

When considering our end-of-life journey, we embrace the things we would "like" to do, without sometimes thinking about what we "should" do.

Learn the importance of having a Will and Enduring Power of Attorney and how, by getting your affairs in order, you can save time, money and stress for you and the ones you leave behind.

November 1st: Advance Care Planning

Dr Kirsten Holst (Geriatrician, MidCentral DHB)

While we would all like to live long and healthy lives, often as we age, we "collect" health problems, mostly that we would like NOT to have.

How can you plan around things so you get to "live your best life"? Who should you be talking to about this, beyond Dr Google?!! How you can "take charge" even if there are health problems causing issues... this is about Advance Care Planning.

November 8th: Funeral Process

Hayden and Kylie Cotton (at Robert J. Cotton Funeral Directors)

Are your funeral wishes known? Are you contemplating burial or cremation? Have you considered the choice of embalming? Are you inclined towards a funeral or a memorial service, and are you aware of the potential costs? Is your will current with a chosen executor? Where do you imagine your final resting spot? What is the role of a funeral director, when does it start and finish? Get some insights and ask your questions.

November 15th: Assisted Dying Services New Zealand

Dr Annette Forrest (Intensivist at Northshore Hospital and Waikato Hospital)

This talk will cover the following topics: The assisted dying care pathway; How to respond when someone you care for or support may choose to access assisted dying services; Code of Rights and the Act; An overview of feedback from people accessing the service and the practitioners who provide it; Overview of the number of people who have used the service and also what diagnoses.

Admission Free: Gold coin for tea/coffee and biscuits.

Crossroads Church is situated opposite the Railway Land close to the Church Street-Cook Street corner. There are car parks with entrances from Church Street and Cook Street.