



Volunteer Hospice OF CLALLAM COUNTY

SOUL CARE SPEAKER SERIES



Talking about Death Won't Kill You: How to Have *That* Conversation

with Loretta Downs, MA, CSA

Wednesday January 10, 2024, noon – 1:30 PM

FREE – Online – Register [HERE](#)

Information: astrid.r@vhocc.org or 360-452-1511

Modern dying is burdened by a death phobia so great that it sends many of us to Emergency Rooms and ICUs where we accept aggressive and futile treatments, at great expense. “Hanging on by a



thread” deprives us of the transformational opportunities that appear only at the end of life. If we talked openly about death--the one thing we all have in common--how would our lives change? Loretta will explain the **Death Positive Movement** and how it is changing beliefs, treatment options, traditions, and end-of-life rituals. Her **Eight Practices for Creating Peaceful Transitions Through Life and Death** evolved from supporting thousands of people living the end of their lives, their loved ones, and on occasion their companion animals. These practices will guide you to recognize opportunities for conversations about end-of-life and to engage in the meaningful process of advance care planning.

Loretta Downs, MA, CSA, is an uplifting and inspiring speaker who is passionate about improving the end-of-life experience. She has studied death and supported the dying since her first friend died of AIDS in 1985. Her perspective comes from decades of serving the dying and their loved ones as a hospital, hospice, and nursing home volunteer, and a death doula.

She has a master's degree in Gerontology and is past president of the Chicago End-of-Life Care Coalition. She is a Certified Senior Advisor, End-of-Life Care Practitioner, Advance Care Planning Facilitator, and a Death Doula. She created the Chrysalis Room concept for loved ones of residents dying in long-term care settings to have a private, sacred space for keeping vigil.

She gives seminars and workshops, has published numerous articles, has been quoted in articles and books, interviewed for podcasts, and is featured in an award-winning documentary about the importance of advance care planning.

Loretta can be found at www.endoflifeinspirations.com.

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