

## SIMS Death and Dying Support Project

### History of meetings and topics covered:

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5/8/2010

Topic: Defining the project: what this group is about

Facilitated by: Tracy Bell

Our own experiences with death and dying

All the ways we deny death

Fears and aversions

Willingness to be with dying

Postures and attitudes for being with dying

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11/3/2010

Topic: Denial of death

Dealing with fear

Anticipating our own deaths

Making a practice of being with dying in our lives: turning toward

Facilitated by: Tracy Bell

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2/26/2011

Topic: Dharma teachings on death

How our personal experience with death impacts the way we live

Dharma talk: Norman Fischer "Teachings on Death"  
2005 from everydayzen.org

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6/4/2011

Topic: Spiritual aspects of the dying process:

Spiritual transformation at the time of death

Audio talk: Kathleen Dowling Singh

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9/10/2011

Topic: Physical signs and symptoms of dying:  
Psycho-spiritual and behavioral signs we often see  
How hospice manages pain and symptoms

Guest speaker: Sharmon Figenshaw, hospice ARNP

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12/10/2011

Topic: Being in the home (volunteering with someone who is dying)

Audio talk: Frank Ostaseski "Service"  
Compassionate approach to being with dying

Tracy Bell: Handout of SIMS Guidelines  
for D&D Support Volunteers

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2/18/2012

Topic: Listening to ourselves as we prepare to listen to others

Guest speaker: Gerri Haynes RN, leader, facilitator and administrator  
in the field of hospice and palliative care in the  
Seattle, WA state, and worldwide.  
Death and dying teacher/mentor.

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4/28/2012

Topic: Finishing Business (and forgiveness)

Presented by: Sooz Appel  
Co-facilitated by: Tracy Bell

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9/15/2012

Topic: When the Body Dies

Co-facilitated by: Ellen McCown  
Tracy Bell

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11/17/2012

Topic: When the Body Dies, part 2

Guest speaker: Char Barrett, director of "A Sacred Moment"  
Funeral services

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2/16/2013

Topic: What and how we learn from caring for someone who is dying

Guest speaker: Gerri Haynes, RN, death and dying teacher/mentor

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6/22/2013

Topic: Four stages of spiritual transformation using death as a guide

Guest speaker: Rodney Smith

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2/1/2014

Topic: Upajjhatthana Sutta: discourse on the Five Remembrances

Guest speaker: Bonnie Duran  
Co-facilitated by: Tracy Bell

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11/8/2014

Topic: Palliative Care

Guest speaker: Sharmon Figenshaw, hospice ARNP

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3/7/2015

Topic: Thich Nhat Hanh: The Gift of No Fear

Audio talk: selection from CD set "Living Without Stress or Fear"

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11/14/2015

Topic: Hospice in Real Life: How hospice works

Guest speaker: Stephanie Mehl, community educator  
Hospice of Seattle

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6/4/2016

Topic: End of Life Washington (Compassion and Choices): what they do  
End of life planning  
The "Death with Dignity" law

Guest speaker: Sally McLaughlin, current Executive Director  
Director of Community Education

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10/1/2016

Topic: Environment of care: where we die

We took a field trip to Enso House  
Zen-based in-patient hospice on Whidbey Island

Guest speaker: Ann Cutcher MD, Medical Director of Enso House

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4/22/2017

Topic: Postures and attitudes for being with dying

Facilitated by Tracy Bell  
Summary of teachings we've had here: Rodney Smith, Gerri Haynes,  
Frank Ostaseski

Panel of experienced volunteers in our group:  
Hospice volunteers, No One Dies Alone (NODA), etc.

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10/14/2017

Topic: What is a Good Death

Guest speaker: Ed Lorah, Hospice MSW  
Manager at Kaiser Permanente Hospice

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6/23/2018

Topic: Who Am I: how death and dying informs us about loosening and losing  
“who we are” when we’re dying

Facilitated by: Tracy Bell

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12/15/2018

Topic: The Power of Storytelling

Guest speaker/facilitator: Donna Oiland  
End of Life Consultant, Author, Speaker

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5/18/2019

Topic: Having Conversations about End of Life Wishes with Family  
and Loved Ones

Guest speaker/facilitator: Sharmon Figenshaw

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12/14/2019

Topic: Being with Dying: Deepening our Practice

Facilitated by: Tracy Bell

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