

00:45:00 Mary Jo Deering: Reposting Chris's bio.

Chris Palmer is an author, speaker, wildlife filmmaker, conservationist, professor, and grandfather. He is writing a book on death and dying for Rowman & Littlefield called How to Have a Good Death, is a trained hospice volunteer, and runs an aging, death, and dying discussion group for the Bethesda Metro Area Village.

Chris is on the Board of Montgomery Hospice & Prince George's Hospice, is vice president of the Funeral Consumers Alliance of Maryland & Environs, and is on the Advisory Council for the Maryland Office of Cemetery Oversight. He was formerly president of the Green Burial Association of Maryland.

Chris and his wife, Gail Shearer, have created and funded the "Finishing Strong Award" with the Washington Area Village Exchange to encourage villages to hold more discussions about end-of-life issues.

During his filmmaking career, he swam with dolphins and whales, came face-to-face with sharks and Kodiak bears, camped with wolf packs, and waded hip-deep through Everglade swamps.

He has written nine books, the latest of which is Finding Meaning and Success: Living a Fulfilled and Productive Life, published by Rowman & Littlefield in 2021. All proceeds from Chris's books go to fund scholarships for students at American University.

Chris and his wife Gail have lived in Bethesda, Maryland, for nearly 50 years and raised three daughters. They now have nine grandchildren. Chris was a stand-up comic for five years and has advanced degrees from London and Harvard. He has jumped out of helicopters, worked on an Israeli kibbutz, and was a high school boxing champion. Chris is currently learning to juggle, draw, dance, play tennis, and play the piano. He loves standing on his hands for exercise and keeps a daily gratitude journal.

00:54:21 Mary Jo Deering: If you live in Maryland, contact your state legislators to tell them you support the bill on Medical Aid in Dying which has been introduced.

00:58:45 Fran Lorenzi: It's more than just needing to live well, though. People may be super engaged Village members, but they still refuse to talk about or prepare for death because they find the topic too depressing and morbid. How can we (gently) help people discuss these issues and plan ahead

01:01:29 Mary Jo Deering: Sallie Tisdale author of becoming a good corpse: Advice for Future Corpses

01:03:42 Barbara Rosenfeld--AHA: Linda, would you share your village's program with the rest of us?

01:04:10 Mary Jo Deering: To Susanne's point about spouses, partners, loved ones who don't want to engage in these conversations and activities: is it reasonable for us to personally begin to undertake the planning, decluttering, activities etc that relate to ourselves and the other person can see that it need not be hard or unpleasant?

01:07:00 Paula O.: Does the medical decision-making role automatically "default" to the spouse if there is one? Children if there are any? Can an individual name WHOMEVER they want to be the medical decision maker??

01:07:29 Mary Jo Deering: Medical Order for Life Sustaining Treatments (MOLSLT) and Physician Order for Life Sustaining Treatment (POLST) are essential .

01:08:51 Julie Gentry-AHA: Make sure any documents for end of life are easily accessible - not in a bank

01:09:40 Karen Moe: Thanks Mary Jo; Maryland website: <https://www.miemss.org/home/molst>

01:10:48 Mary Jo Deering: Compassion & Choices.

01:11:45 Mary Jo Deering: Voluntarily Stopping Eating and Drinking. VSED

01:12:47 Mary Jo Deering: To Paula: YOU name the person/persons to be your health care representative.

01:18:53 Mary Jo Deering: The video and any additional material will be posted on in a few days. Wavevillages.org. -> WAVE Programs -> Archive of WAVE programs

01:19:10 Fran Lorenzi: [I don't need to take up time by saying this aloud:] It's important to discuss your wishes with your children and/or legally designated health proxy. You need someone who knows your wishes, is likely to be around when you're ill (as opposed to changing medical staff), and is willing to speak up for you when you cannot speak up for yourself. Yes, we should do all the planning that's being discussed, but a significant part of that process needs to involve lining up and preparing our advocates.

01:21:22 Mary Jo Deering: Workshop #2 May 4; #3 June 8. Go to [wavevillages.org](http://wavevillages.org) and then to

shared calendar to find these and register.

01:24:41 Mary Jo Deering: Christopher.n.palmer@gmail.com

01:33:10 Mary Jo Deering: WAVE will have its quarterly meeting April 17th 9:30 - 12 noon. Please go to calendar to register!

01:33:41 Paula O.: THANK YOU! So grateful to all involved for making this available.

01:34:27 Mary Jo Deering: mjd@mjdeering.net