

“Are You Good to Go?”

Only astronauts leave the planet alive!



January 17th, 2024

1:00pm - 2:30pm

Speaker: Patty Barnett Mouton, MSGc

*VP, Alzheimer's Orange County
Director, Community Education,
Hoag Palliative Care*

Have you had the important conversations with your loved ones necessary to ensure they know your wishes in the event of serious or terminal illness? Planning for serious illness provides a gift of peace of mind for you, and those you love. This program will discuss how you can anticipate and identify your wishes, ensure those wishes are honored, and start the often-difficult conversations with loved ones.

This class will answer:

How do I record my wishes in the event I cannot speak for myself?

How do I start the conversation with loved ones and my doctor?

What is a POLST form?

What about CPR? Mechanical Ventilation?

What about Tube Feedings?

What is Palliative Care? When is hospice appropriate?

What makes an Advance Directive form legal?



OASIS Senior Center
Room 4

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