

“Are You Good to Go?”

Only astronauts leave the planet alive!



April 15th, 2024 | 1:00pm - 2:30pm

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.**



Patty Barnett Mouton, MSGc
*Vice President, Alzheimer's Orange County
Director, Community Education,
Hoag Palliative Care*

Mohana Kulkarni, MD
*Board Certified, Hospice &
Palliative Care, Internal Medicine
Geriatric Hospitalist*



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?



**Sea Country
Community & Senior Center**

**24602 Aliso Creek Road
Laguna Niguel, CA 92677**

RSVP: Aaron Leal at a.leal@alzoc.org

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