

FCA REPORT

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FCA-GKC



Gathering with strangers to talk about death

By Ginny Farney, FCA-GKC President



"It is my mission to ease the fears and misconceptions about dying."

I wrote those words in 2009, in a cover letter that landed my first hospice job.

Conversations and information are key to easing these fears and misconceptions. An increasingly popular program called "Death Cafe" provides a safe space to explore these issues. In a group setting, you may find that others share your concerns, that it is easier to be vulnerable with strangers, and that plenty of people are willing to listen to you, even if your friends or family are uncomfortable with such topics.

At a Death Cafe, people drink tea, eat cake, and discuss death. The Death Cafe model was created by Jon Underwood and Sue Barsky Reid in London in 2011 and has spread across Europe, North America, and Australia.

Death Cafe's objective is "to increase awareness of death with a view to helping people make the most of their (finite) lives." The principles of Death Cafe state that the discussion itself will have no agendas, objectives, or themes. Death Cafe is not intended to be a grief or bereavement support group.

Each cafe has a host who sets the ground rules for fair and confidential conversations and keeps the conversation flowing to ensure that all participants have time to address their concerns.

The only Death Cafe currently held locally is hosted by Heather Schaller and Lee Ottman. Lee began hosting Death Cafes while living in California. Heather is a licensed funeral director, embalmer, and insurance agent. She is the funeral pre-plan director at Penwell-Gabel Funeral Home.

At their most recent cafe, the first participant comment was, "What can we talk about?"

The response: "Whatever you *want* to talk about."

Conversations may cover funeral planning, durable power of attorney, the experience of dying, what happens

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'Water cremation' is new local option

By Joe Walker

As our culture embraces a more "green" way of living, people frequently ask how they can engage in green death: How can they be respectful of the body of a deceased loved one while caring for our planet, which provided sustenance throughout the loved one's life?

To achieve both goals, two burial practices that are gentle to the body and return loved ones to the earth from which they came are growing in popularity. **Water cremation** (alkaline hydrolysis) and **green (natural) burial** are respectful and environmentally friendly options available in Greater Kansas City. Any funeral home can provide these choices to families, though some may be less familiar with these services as the industry adapts to changing market preferences. Both options allow the family to observe religious rituals or other customs in the same way as do traditional burials.

Water cremation, or alkaline hydrolysis

In the Kansas City metro, H.T. May & Sons Funeral Home, serving central and western Missouri, provides water cremation through Hughes Funeral Alternatives of St. Louis, Mo. H.T. May offers the service for a competitive price of \$1,095, a fee that includes receiving the body into the firm's care, transporting it to St. Louis, and returning the cremated human remains to the family for the chosen disposition. Hughes Funeral Alternatives uses a system manufactured by the leader in water cremation technology, Bio-Response Solutions, Inc., of Danville, Ind. Water cremation through Hughes is currently available from 22 funeral homes.

While the alkaline hydrolysis process is new to our part of the country, the Mayo Clinic has used it since 2006. The Cremation Association of North America explains that the process uses "water, alkaline chemicals, heat, and sometimes pressure and agitation, to accelerate natural decomposition..." Neither tissue nor DNA remain after the process is complete. The remaining bones are then pulverized and returned to the family for burial or other final disposition. Medical appliances are readily retrieved for recycling.

See Water, page 7

Five things I've learned by hosting Death Cafes

By Megan Mooney, MSW

Impermanence is the core of life.

I've learned that nothing in life is permanent, including life itself. Observing nature shows us this; there is change, life, and death. When you are able to apply this exercise correctly, your whole outlook on life changes. You discover that days and minutes are not to be taken for granted. Living *fully* and *in the present* is the only way to live.

You love with your whole heart, but you concede that the people you love do not belong to you and that you will one day have to say goodbye through death, divorce, or some other form of loss. You appreciate and savor the good days. And on terrible days or in times of deep sorrow and loss, you contemplate and remember that this heartbreak is not permanent and that "This, too, shall pass."

"The way to see how beautiful life is, is from the vantage point of death." —Ursula Le Guin

To see life as complete and bright is to view it as a mortal being. We are all going to die. I will die and so will you. What would be the point of life if there were no death? Death makes life possible in many ways. Our views on death usually inform the way we live. When you start to come to terms with your own mortality, it pushes you to really live your life and to be the best version of yourself. Many studies show that thinking about or talking about death can make you a happier and more giving, thoughtful person.

Talking about death helps you be your true, authentic self.

Death is intimate, and most of us have stories, memories, and questions starting from way back in our childhood to bring to the table at a Death Cafe. When you talk about death, it forces you to take your mask off and reveal your hidden and true self. It causes the pretense to disappear, and people are able to talk very openly with others about such an important topic. When we talk about

Cafe, from page 1

after we die, societal shifts in perceptions and practices at the end of life, and leaving a legacy.

Professionals frequently attend death cafes; social workers, hospice nurses, and lawyers appreciate the chance to share their knowledge and experiences. Heather lends her knowledge of funerals, insurance, and even humorous funeral facts. No sales pitches are allowed. This local group typically has six to 12 participants.

Death Cafe is an official library program held at the Olathe Downtown Public Library, 201 E. Park St. The next meeting will be from 4:00 to 5:00 p.m. on Tuesday, November 5. For more information, visit www.penwellgabelolathe.com/Event/Death-Cafe. □



Megan Mooney

life from the view of death, it helps us become aware and brings us closer to our authentic selves. By sitting down and discussing death, people are able to self-reflect, question their assumptions, and get honest about what they really want to achieve and who they really want to be.

Relationships matter the most in life.

One of the number-one themes that comes up at a Death Cafe is the type of legacy people want to leave—to be remembered for being a good mother, father, husband, wife, and so on. We all want to leave a legacy of having made a difference in the life of someone else. When we confront our own mortality, we see things in sharper focus. We see that our material possessions, social status, jobs, and all the other things we thought were so important don't really matter. We see that our loved ones—those we turn to and who turn to us, the people we love and who love us—are what truly matters.

Metaphors hurt people.

People do not "win" or "lose" their "battle" with cancer. Using these war metaphors in regard to people with cancer or other serious illnesses is just plain cruel. It implies that one person deserves to live and another person deserves to die. It implies that if you get diagnosed with cancer, you must go to "war," "battle," and "fight." Many people seek treatment only because they're hearing these metaphors from their family members and society. Perhaps they don't *want* to "keep going and stay strong." Perhaps they want to stop treatment, which is *not* "giving up"; it is taking control of their own life and death. This is the time they need their loved ones the most. □

Megan Mooney, MSW, is a leader in the Death Cafe movement. She runs Death Cafe's Facebook page and hosts a Death Cafe in St. Joseph, Mo.

Preplan, but don't prepay

Funeral homes like to see families arriving ahead of time to plan funerals, and FCA does, too. But the funeral home will try to sell a prepaid plan, and we advise against it. *Preplan*, we say, but don't *prepay*.

We suggest opening a bank or credit union savings account jointly with a trusted friend or relative who knows your wishes. □

Who pays for body disposition when the family can't?

Editor's note: A version of this article appeared in the FCA-GKC Fall 2010 newsletter. The piece has been rewritten and updated with current policies and benefits provided by six counties in the Kansas City area. To reach the FCA-GKC, phone 816-561-6322, visit funeralskc.org, or email fca.gkc@gmail.com.

Struggling family members frequently call the FCA-GKC seeking financial assistance to pay for the funeral expenses of a loved one. We have to tell them we are an all-volunteer organization with limited resources. But we do offer advice on where to go for the best prices and refer families to our website, where our latest metro-wide survey of funeral prices is posted.

Often our advice is too late because families have already made funeral arrangements costing thousands of dollars. Death forces rapid decisions when planning did not occur. FCA-GKC volunteers are disheartened by these calls. Plan ahead and set the money aside, we advise, but don't pre-pay.

There *are* places where help can be found:

- In Missouri and Kansas, state laws pin the responsibility for disposing of the remains of indigent persons on **county governments**.
- Sometimes **churches** will help in cases of hardship.
- Some **hospice organizations** have memorial funds.
- The **Salvation Army** has been known to step up.
- **Funeral homes** often discount their prices for families facing hardship.

Six counties in the metro area—Jackson, Clay, and Platte in Missouri and Leavenworth, Wyandotte, and Johnson in Kansas—carry out their charge to assist in different ways.

Jackson County: The county paid for an estimated 160 indigent cremations and burials in 2018, says Ashley Burke in the Public Information office. Ordinarily an application for burial or cremation assistance is made to the county counselor's office by a relative, hospital, or funeral home to determine whether the deceased is eligible. If the body is unclaimed and no family member can be found, the medical examiner sends the body for cremation. The county contracts with Muehlebach Funeral Home for cremations at the rate of \$525.



Platte County: Platte County pays for the cremation of indigent persons, said Jera Pruitt in the Public Administrator's office. The county usually receives a call from a hospital saying that an indigent person has died, and there is no investigation of finances or application process. Platte County works with Cashatt Funeral Home to facilitate the cremation.

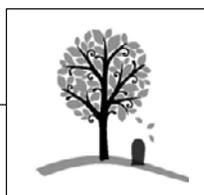
Clay County: Clay County pays for cremation only, said Victoria Vasquez, who handles applications in the Public Administrator's office. Residents are asked to complete an application, which can be found on the Clay County website. If the body is unclaimed and family cannot be located, Reflections Memorial Services provides the services at the county's expense.

Johnson County: Johnson County pays \$550 to cremate the remains of unclaimed indigent persons. County Coroner Dr. Diane Peterson said there have only been about five such cremations since she took office in January 2019. The county has an agreement with Amos Funeral Home to provide the service.

Wyandotte County: The county pays for cremation only, and has had an increasing number of cremations over the years. Most of the assistance provided was for families who were unable to cover the cost of cremation and signed a form to abandon the body. The county coroner, Alan Hancock, declined to state the number of cremations the county has paid for.

Leavenworth County: Leavenworth County pays for the lowest-cost funeral option in cases of indigence, said David Van Parys, county counselor. But cremation is not required. "We try to accommodate family wishes," he said. "We work well with our local funeral homes." □

This newsletter, past newsletter archives, and a treasure trove of information about funeral options are all available on our new website:



www.funeralskc.org

The big picture

By Ginny Farney
FCA-GKC President



I recently received a call from a woman I'll call Julie, in Lawrence, Kan. Her mother resides at a care facility in Topeka and is receiving hospice care.

Julie's mother paid for a cremation years ago and has now decided that she wants a natural burial. Julie visited Oak Hill Cemetery in Lawrence and felt it was a good burial place for her mother. She called FCA-GKC in search of advice on arranging a natural burial within her budget. I answered her questions and referred her to our expanded funeral home price survey. She called me back later to thank me.

"Thank you so much," she said. "I made a few calls. The arrangements are made, well within the budget I had hoped for."

Julie was thrilled to be able to honor her mother's wishes.

If you are one of the 40.4 million Americans caring for a loved one, you understand the complexity of honoring your loved one's wishes. There are 15.7 million adult family members caring for loved ones with Alzheimer's disease and other forms of dementia. At some time in our lives, we will all be *involved* with an aging or dependent family member, or we will *be* that family member. As a hospice nurse, I see families face these challenges every day.

I have also executed durable power of attorney (DPOA) for four of my family members. You might think that as a registered nurse I would be prepared for the task. But managing daily care needs as well as medical, financial, and legal issues can be overwhelming for anyone, because those functions also require us to consider family dynamics in our decision making and find time for our own lives.

I was blessed because my loved ones had prepared. Their DPOA, wills, financial documents, even funeral plans were all in order. Yet their most valuable gift to me was having deep, meaningful conversations about their beliefs and values about life, legacy, and death. These understandings guided the choices I made for them. I can say, "I have no regrets."

These topics will be explored at our Nov. 8 annual meeting (see the article on the back page of this newsletter). Our presenter is Helen Emmott, RN, nurse ethicist and author of *Without Regrets: A Nurse's Advice About Aging and Dying*. Helen weaves the lessons she learned while caregiving for family members with her knowledge of nursing and ethics, to guide us through the process and potential pitfalls.

Please join us! The event is free and open to the public. □

4 Funeral Consumers Alliance of Greater Kansas City

E-mail and donations brighten our day



It's a good day when we check our e-mail account at fca.gkc@gmail.com and find a message like the one Kevin Kenefick sent with his \$50 donation. He wrote:

"Just got your newsletter, which is a great reminder to me to send a donation to your group. Your newsletter and website helped me tremendously with my parents' final arrangements. I am forever grateful to the folks of FCA."

Thank you, Kevin. It makes us think our efforts are worthwhile. And thanks to the following supporters who contributed \$1,300 during the past six months:

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A humor break

A taxi passenger tapped the driver on the shoulder to ask him a question. The driver screamed, lost control of the car, nearly hit a bus, went up on the footpath, and stopped centimeters from a shop window.

For a second everything went quiet in the cab. Then the driver said, "Look, mate, don't ever do that again. You scared the daylights out of me!"

The passenger apologized and said, "I didn't realize that a little tap would scare you so much."

The driver replied, "Sorry, it's not really your fault. Today is my first day as a cab driver. I've been driving a funeral van for the last 25 years."

Thanks to the website Unijokes for this joke.

Funeral planning: Easy as 1, 2, 3

1. KNOW THE LAWS, KNOW YOUR RIGHTS.

The Funeral Rule: Enforced by the Federal Trade Commission, the rule provides protections for funeral consumers:

- ∞ You have the right to choose and pay for only the goods and services that you want or need (with some exceptions).
- ∞ The funeral provider must give you a general price list (GPL) that states, in writing, your right to choose what you want.
- ∞ If state or local law requires you to buy any particular good or service, the funeral provider must disclose it on the statement it provides describing the funeral goods and services you have selected, with a reference to the specific law.

Designated agent for body disposition: The right to choose or control final disposition of a body is given to the “next of kin.” However, in Missouri and Kansas, an alternate agent can be designated in your durable power of attorney (DPOA) for health care decisions. The DPOA form must include specific language giving the agent authority to make decisions regarding the disposition of remains.

Embalming: Embalming is not required by law, except in certain special cases. Refrigeration is almost always an alternative. No state requires embalming for public viewing.

- ∞ Many funeral homes and churches have regulations against allowing visitation with an unembalmed body, but no public health purpose is served by embalming.

Caskets: Caskets do not have to be purchased at the funeral home.

- ∞ Caskets can be hand-made or purchased online or from independent dealers.
- ∞ Funeral homes cannot charge an additional fee for using a casket obtained from another source.

Cemeteries: In addition to the cost of the plot, the cemetery will charge an opening and closing fee at the time of burial.

- ∞ Small, rural, nonprofit cemeteries have lower prices.
- ∞ Get a printed, itemized price list for all services and merchandise before you pay.
- ∞ Get a copy of the cemetery’s rules and regulations before purchasing. Pay particular attention to the type and size of monuments and decorations allowed.

Vaults/ Grave liner: No state requires the use of an “outer burial container.”

- ∞ Most traditional cemeteries require them to keep the ground level for ease of maintenance.

- ∞ Various types are available in a range of prices.

Veterans: All veterans are entitled to burial in a national cemetery at no charge. This includes the plot, opening and closing fee, headstone, and U.S. flag. The family must pay for all funeral home expenses, services, casket, and transportation.

2. KNOW YOUR OPTIONS.

Cremation: An alternative container, such as fiberboard or cardboard, is used for cremation.

Direct cremation (no services): Least costly option, includes transportation of the body, filing of the death certificate, and cremation in an alternative container. Ashes are returned to the family.

Cremation with services:

- ∞ May use rental caskets and embalming for a traditional viewing/ceremony before cremation.
- ∞ Some crematories allow a brief visitation of limited size immediately before cremation.
- ∞ Memorial service is arranged by funeral home or family.
- ∞ Urns are not required by law. May keep cremains in any container, scatter the ashes, place in a niche, or bury in a cemetery. Cemetery may require an urn and a cremation vault.

Immediate burial: Our funeral price survey listings include transportation of the body, burial, and the basic service fee*, including filing the death certificate. No visitation or services; least costly burial option.

Additional costs: Casket, grave liner, burial costs (plot, grave opening and closing) and marker

- ∞ Some of our past price surveys may include the price of a minimal casket.

Traditional funeral services: Our survey price includes transportation of the body, embalming, body preparation, visitation, funeral service, hearse, limousine, graveside service, filing the death certificate, and the basic service fee.*

Additional costs: Casket, grave liner, and burial costs (plot, grave opening and closing), and marker.

***Basic service fee:** Funeral homes charge a basic service fee to cover funeral planning, permits, death certificate, obituary preparation, holding of remains, coordinating arrangements, and overhead costs.

See Funeral planning, page 6

You may choose the services that you want to design a funeral that is meaningful and affordable for you and your family.

Our itemized price survey sheet lists the cost of each of these services.

OTHER OPTIONS

Whole-body donation:

Body donation to a medical school is an investment in the education of future physicians. Because the institution cremates or buries the remains of the donated body, this can be a helpful option for families with financial struggles. *There are national, corporate body donation companies, so choose with care.*

Local medical programs:

- Willed Body Program, The University of Kansas School of Medicine
- Gift Body Program, Kansas City University of Medicine and Biosciences
 - ∞ Most programs prefer that arrangements are made before death.
 - ∞ Body must arrive within a time frame, generally 24 hours. No embalming.
 - ∞ Have a back-up plan! Body may not be accepted at time of death.

Organ and tissue donation:

Donating organs and tissue can give the gift of life, sight, or social acceptance. Families are responsible for all final expenses. *Sign your driver's license or contact the Midwest Transplant Network, www.mwtn.org.*

Natural (green) burial:

- ∞ Green cemeteries maintain the natural ecosystem, burial containers are biodegradable, and embalming or concrete vaults are not allowed. Can have a home funeral or use a funeral home.
- ∞ Natural burial is less expensive than traditional burial.
- ∞ Hybrid cemeteries allow natural as well as traditional burial.

Home funerals and visitations:

In Missouri and Kansas, a family may care for its loved one after death without the use of a funeral home. You do *not* have to hire a funeral director in Kansas and Missouri. Family may perform all the functions or coordinate with funeral director for specific services.

Resources available:

"Final Rights" by Joshua Slocum and Lisa Carlson, www.funerals.org

National Home Funeral Alliance directory of providers, nhfa.org

3. SHOP.

Consider your rights and options, talk with your loved ones, and review our price surveys. A form titled My Funeral Wishes, available through FCA-GKC, will help you organize and document your decisions.

If you have special requests or circumstances, you may need to contact several funeral homes to be accommodated. Funeral homes have their own regulations; some are more flexible than others.

*A meaningful, heartfelt service does not need to cost your family more than you can afford.
The cost of a funeral is not related to your love for the deceased.*

Many funeral homes require payment at the time of service.

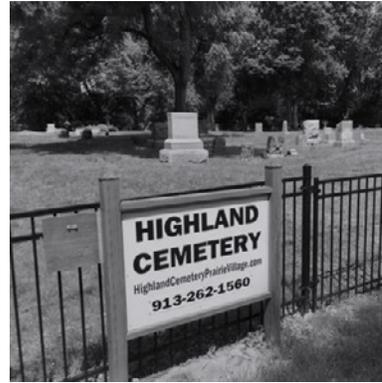
- ∞ Social Security may pay a death benefit.
- ∞ Veterans are entitled to burial benefits.
- ∞ Other: Employers, unions, victim assistance, fund-raising platforms
- ∞ Jackson County, Mo., County Counselor's office, 816-881-3355, assistance with indigent burials or cremations
- ∞ Platte County, Mo., Public Administrator's office, 816-858-2130
- ∞ Clay County, Mo., Public Administrator's office, 816-407-3250
- ∞ Wyandotte, Leavenworth, and Johnson County, Kan., generally assist only when deceased is unclaimed by family or friends.

For more information and your funeral home price survey, visit the Funeral Consumers Alliance of Greater Kansas City, an all-volunteer not-for-profit 501(c)(3):

www.funeralskc.org
PO Box 7021, Kansas City, MO 64113
816-561-6322
Fca.gkc@gmail.com

Permission to copy this two-sided guide is granted by the Funeral Consumers Alliance of Greater Kansas City.

Water, from page 1



Left: An alkaline hydrolysis, or water cremation, operation offers a more environmentally friendly alternative to flame cremation. Center: A cemetery dedicated to natural burial. Note that trees, rather than tombstones, are what you see. Highland Cemetery in Prairie Village, Kan., is a traditional cemetery that also allows natural burial. Right: Joe Walker, a local pastoral care minister, has been exploring alternatives to embalmed burial and cremation by fire. He is committed to helping metro residents understand that many options are open for themselves and their loved ones.

In Bio-Response systems, the process takes between eight and 16 hours. Powered by electricity, which can be generated by the sun or wind, the system requires no fossil fuels and uses 75 to 90 percent less energy overall than flame cremation. No harmful greenhouse gases are emitted and no mercury (from dental fillings, for instance) is released into the environment.

Joe Wilson, CEO of Bio-Response Solutions, states that water cremation “is true recycling of life’s nutrients, not burning them away into useless and detrimental air pollution.”

Each water cremation uses about 250 gallons of water. Wilson says that at the end of the process “the water is a sterile, EPA-neutral true solution of sugars, salts, small peptides, amino acids, soap, and minerals. It is high in nutrient value so it must go to land application (as fertilizer) or to a wastewater treatment plant, where the nutrients are beneficial.”

Natural burial

The other readily available environmentally friendly alternative is “green” or “natural” burial. In a green burial, the body is wrapped in a natural cloth or placed in a biodegradable box, wicker basket, or wood coffin. The body is then placed in a grave in a designated natural cemetery or a cemetery that allows natural burial. Green burials do not permit embalming, which is invasive and uses toxic chemicals, or metal caskets and vaults, which consume resources and energy.

Several local cemeteries offer a green or natural burial section. Historic Oak Hill Cemetery in Lawrence is recognized as the first municipally owned cemetery to have a natural section. A garden for cremated human remains is also in the planning stage there. Douglas County residents may purchase a plot for \$900, which does not include opening/closing of the grave, shroud, coffin, or other applicable fees. The fee for Douglas County non-residents is \$1,350. Like many natural-burial sections, Oak Hill allows native-stone markers. Prairie flowers and grasses adorn that portion of the cemetery.

Mount Muncie Cemetery in Lansing offers natural burial plots at \$1,025. Highland Cemetery of Prairie Village, the only place in the metro that welcomed natural burials in recent years, is now sold out. The Catholic Diocese of Wichita has created a natural area at Ascension Cemetery. Heartland Prairie Cemetery is Salina’s natural alternative.

The closest natural-burial option on the Missouri side of the metro is Green Acres, near Columbia, Mo., where a plot costs \$900. H.T. May & Sons Funeral Home will receive the body into their care and take it to Green Acres for \$1,500.

Options in the works

On the horizon, we see emerging green burial options such as Recompose, a public-benefit organization offering the patent-pending human composting legalized earlier this year in the state of Washington. In Recompose, the body is placed in a vessel among natural materials that accelerate decomposition. The resulting rich compost will most likely be placed in forest-like cemeteries.

Interestingly, while green alternatives are the growing trend, one proposal, open-funeral pyres, explores a very different direction. Legislation nicknamed “The Jedi” (or “Viking” or “Game of Thrones”) funeral bill was overwhelmingly approved by the Missouri General Assembly to allow the open-flame cremation of human bodies. Sponsored by state Sen. Jason Holsman (D-Kansas City), the bill harkens back to ancient funeral practices. But Missouri Gov. Mike Parson vetoed the bill, citing inadequate oversight to ensure that the procedure would “be conducted in a manner that fully disposes of the entire remains while also addressing the health and safety concerns of individuals who may be impacted nearby.”

Holsman pledged to reintroduce the bill in the next legislative session. □

Joe Walker is a pastoral care minister at Country Club Christian Church: joew@cccckc.org or 816-853-5875. To learn more about planning for green burials, visit greenburialcouncil.org.

Funeral Consumers Alliance of Greater Kansas City 7

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Being stubborn is NOT a plan: Family decision making regarding end-of-life dilemmas

Friday, Nov. 8, 2019 • 2:30–4:30 p.m.
Town Center Room • Kauffman Conference Center
4801 Rockhill Road, Kansas City, Mo.

For many people, *thinking about* future times of illness and frailty—*imagining* scenes when loved ones have to make the impossible decisions as our life draws to a close or when we have to make those decisions for others when they are unable to speak for themselves—is impossible. It's incomprehensible. There's something too frightening in contemplating our own mortality or that of the people we care for most.

But with some education, thoughtfulness, and guidance from caring professionals, *planning* for such times is doable. And that's all it takes, one step at a time.

Elements of end-of-life planning include quiet, inward thought and consideration about our own life or the life of a loved one; understanding about how that translates into concrete choices; communicating our decisions about those choices to those closest to us, including medical teams; and putting those decisions down in writing.

People who take these steps can avert hardship, tension, and strife within their families. And they are giving their families the priceless gift of preparedness.

To walk us through the steps of planning, we are pleased to have Helen Emmott, RN, who is also a published author, as this year's meeting presenter. Helen's comprehensive talk and question session will be titled



Helen Emmott, RN, will be this year's annual meeting presenter. Come get all your questions answered.

"Being Stubborn Is Not a Plan: Family Decision Making Regarding End-of-Life Dilemmas."

Helen is a nurse ethicist who educates on topics of aging, diversity, and health-care decision making. She was a program consultant for the Center for Practical Bioethics. In that role she managed projects centered on advance care planning, cultural diversity, nursing leadership, and end-of-life care.

She holds a master's degree in bioethics and health policy from Loyola of Chicago's Neiswanger Institute for Bioethics. She has been an adjunct faculty member in areas of bioethics at the University of Missouri–Kansas City and at Rockhurst University, and interim program director at the Center for Practical Bioethics.

Recently she has revised her book on aging and dying, *Without Regrets*, and published her first children's book, *MiMi and the Magic Potion*.

The meeting is free and open to the public. Preregistration is not required but is helpful for our planning. 1.5 free CEUs will be available for social workers (ethics) and nurses. The presentation will be of interest to other professionals and lay people as well. Call 816-561-6322 or email fca.gkc@gmail.com.

We look forward to sharing this stimulating and informative program with you! □

FCA-GKC Annual Meeting

1.5 ethics contact hours for social workers

New! 1.5 contact hours for nurses

Door prizes & refreshments