

ABOUT THE PRESENTER:

Diane McDonald, CT is Pastoral Associate at St Ronald Parish in Clinton Twp, MI. She is certified through ADEC (Association of Death Education and Counselors) in Thanatology (study of life and death) and also as an Advance Bereavement Facilitator through AAB (American Academy of Bereavement). In addition, Diane is a Procurator Advocate for the Archdiocese of Detroit Metropolitan Marriage Tribunal and member of the Capuchin Retreat extended preaching staff.



Take comfort in simple pleasures.

Capuchin Retreat
62460 Mt Vernon Rd
P O Box 396
Washington, MI 48094

Phone: 248 651-4826
Web: www.capretreat.org
Email: info@capretreat.org

Capuchin Retreat

... a beautiful place to pray

**LIVING WITH
LOSSES IN
LATER YEARS**

**Tuesday,
May 8, 2012
9 a.m to 1 p.m.**



Tel: 248 651-4826

Living with Losses in Later Years



Taste the goodness of life

The issues associated with death and dying are becoming more complex as Americans are living longer. As we age, we search for meaning in our losses in our own lives while struggling to hold onto memories of a precious life lost. Part of this search for meaning leads us to take stock of our accomplishments, relationships and life experiences, while at the same time trying to remain joyful as we lose more of our loved ones and move closer to our own death. This program is intended for those coping with emotional burdens, especially for those who are 'retired' and/or older persons dealing with multiple losses, their own failing health and dwindling sources of support and comfort.

Part I — Age, Death and Life Review

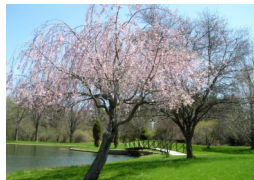
- What does it mean to age well?
- Why is it important to embrace death during life?
- Why doing a Life Review gives meaning to who and what you are.

Part II — Losses in Later Life

- How to recognize the lasting effects from multiple losses.
- Living through loss and transition.
- Doing Strength Assessments.

Part III — Opening up to Wonder & Awe

- Tools to becoming a resilient bereaved individual.
- The importance of belief, faith and hope.
- The importance of humor.
- Hosting your own pre-death ritual.



Glorify God in the beauty of Spring.

Don't miss this powerful program.

For more information, or to register, call Rose Ann Miller or you may register on-line.

Suggested donation for this program is only \$30 per person.

LIVING WITH LOSSES IN
LATER YEARS

Capuchin Retreat
62460 Mt Vernon Rd
P O Box 396
Washington, MI 48094

Phone: 248 651-4826
Web: www.capretreat.org
Email: info@capretreat.org