

SIMS Death and Dying Support Project
History of meetings and topics covered:

5/8/2010

Topic: Defining the project: what this group is about

Facilitated by: Tracy Bell

Our own experiences with death and dying

All the ways we deny death

Fears and aversions

Willingness to be with dying

Postures and attitudes for being with dying

11/3/2010

Topic: Denial of death

Dealing with fear

Anticipating our own deaths

Making a practice of being with dying in our lives: turning toward

Facilitated by: Tracy Bell

2/26/2011

Topic: Dharma teachings on death

How our personal experience with death impacts the way we live

Dharma talk: Norman Fischer "Teachings on Death"
2005 from everydayzen.org

6/4/2011

Topic: Spiritual aspects of the dying process:

Spiritual transformation at the time of death

Audio talk: Kathleen Dowling Singh

9/10/2011

Topic: Physical signs and symptoms of dying:
Psycho-spiritual and behavioral signs we often see
How hospice manages pain and symptoms

Guest speaker: Sharmon Figenshaw, hospice ARNP

12/10/2011

Topic: Being in the home (volunteering with someone who is dying)

Audio talk: Frank Ostaseski "Service"
Compassionate approach to being with dying

Tracy Bell: Handout of SIMS Guidelines
for D&D Support Volunteers

2/18/2012

Topic: Listening to ourselves as we prepare to listen to others

Guest speaker: Gerri Haynes RN, leader, facilitator and administrator
in the field of hospice and palliative care in the
Seattle, WA state, and worldwide.
Death and dying teacher/mentor.

4/28/2012

Topic: Finishing Business (and forgiveness)

Presented by: Sooz Appel
Co-facilitated by: Tracy Bell

9/15/2012

Topic: When the Body Dies

Co-facilitated by: Ellen McCown
Tracy Bell

11/17/2012

Topic: When the Body Dies, part 2

Guest speaker: Char Barrett, director of "A Sacred Moment"
Funeral services

2/16/2013

Topic: What and how we learn from caring for someone who is dying

Guest speaker: Gerri Haynes, RN, death and dying teacher/mentor

6/22/2013

Topic: Four stages of spiritual transformation using death as a guide

Guest speaker: Rodney Smith

2/1/2014

Topic: Upajjhatthana Sutta: discourse on the Five Remembrances

Guest speaker: Bonnie Duran
Co-facilitated by: Tracy Bell

11/8/2014

Topic: Palliative Care

Guest speaker: Sharmon Figenshaw, hospice ARNP

3/7/2015

Topic: Thich Nhat Hanh: The Gift of No Fear

Audio talk: selection from CD set "Living Without Stress or Fear"

11/14/2015

Topic: Hospice in Real Life: How hospice works

Guest speaker: Stephanie Mehl, community educator
Hospice of Seattle

6/4/2016

Topic: End of Life Washington (Compassion and Choices): what they do
End of life planning
The "Death with Dignity" law

Guest speaker: Sally McLaughlin, current Executive Director
Director of Community Education

10/1/2016

Topic: Environment of care: where we die

We took a field trip to Enso House
Zen-based in-patient hospice on Whidbey Island

Guest speaker: Ann Cutcher MD, Medical Director of Enso House

4/22/2017

Topic: Postures and attitudes for being with dying

Facilitated by Tracy Bell
Summary of teachings we've had here: Rodney Smith, Gerri Haynes,
Frank Ostaseski

Panel of experienced volunteers in our group:
Hospice volunteers, No One Dies Alone (NODA), etc.

10/14/2017

Topic: What is a Good Death

Guest speaker: Ed Lorah, Hospice MSW
Manager at Kaiser Permanente Hospice

6/23/2018

Topic: Who Am I: how death and dying informs us about loosening and losing
“who we are” when we’re dying

Facilitated by: Tracy Bell

12/15/2018

Topic: The Power of Storytelling

Guest speaker/facilitator: Donna Oiland
End of Life Consultant, Author, Speaker

5/18/2019

Topic: Having Conversations about End of Life Wishes with Family
and Loved Ones

Guest speaker/facilitator: Sharmon Figenshaw

12/14/2019

Topic: Being with Dying: Deepening our Practice

Facilitated by: Tracy Bell
