

***RETIRED MEN'S ASSOCIATION OF GREENWICH, Inc. (RMA)***  
***invites you to attend its meeting, on Wednesday, June 27, 2012.***  
***First Presbyterian Church, Lafayette Pl., Greenwich.***

***Paula Bruns and Brian Jin***

### **Advanced Directives: Making End-Of-Life Decisions**



Do not go gentle into that good night,  
Old age should burn and rave at close of day;  
Rage, rage against the dying of the light.

Dylan Thomas

There are many choices people have regarding end-of-life care, and the best time to learn about them is when one does not need them. Studies have shown that advance care planning reduces stress on patients, their families and health care providers. It results in greater patient and family satisfaction, and a lower incidence of depression and other signs of complicated grief among survivors. Advanced Directives are organic documents that can be changed at any time if circumstances or a person's wishes change. We should involve our families. Consulting with a lawyer is not enough; the reality is that trained medical professionals and social workers should be part of the team.

Two such experienced professionals are Paula Bruns, the Community Liaison with Masonicare Home Health and Hospice in Norwalk, and Brian Jin, a Medical Social Worker at Masonicare. Ms. Bruns educates families, community groups and healthcare providers on end-of-life choices. She serves on Masonicare's Dementia Task Force, and is responsible for recruiting, training and supervising hospice volunteers. Mr. Jin (who has also worked for the Veteran's Administration and on initiatives for the homeless) is part of Masonicare's Hospice Team, where he educates families on Advanced Directives, assists families in identifying available resources, and deals generally with issues that occur in life-limiting diseases.

There are many things that families need to know should one be unable to communicate with them. For example, hospice care is available at home, in a skilled nursing facility or an assisted living facility—and is fully covered by Medicare. Throughout the process, the focus is always on the quality of life.

**RMA members and their guests should arrive by 9:45 AM for our full meeting. The general public should plan to arrive at 10:45 AM. Meetings are held at the First Presbyterian Church, Lafayette Place, Greenwich. No Charge and No Reservations are required. Questions about any of the above, call Bernard Schneider, 203-698-2558; bgsesq@gmail.com.**