

Care Prepare

April 2019

Tarrant County Bar - Dr. Belfi

Thanks to **Patty Gearhardt Turner, JD** and **Karen Telschow Johnson, JD** working with **Dr. Belfi** to create a Continuing Legal Education event.

Dr. Belfi shared with the **Tarrant County Probate Bar** some of the **new changes in the law. About 100 attorneys on April 4th** attended the lunch and learn event. Since Dr. Belfi was a part of the **original task force on Advance Care Planning in Texas** she was able to share the history and evolution of the current law.

If your congregation or civic organization would like more information on ACP please contact us at info@careandprepare.org



Dr. Kendra Belfi presenting to the Tarrant County Probate Bar



Dr. Kendra Belfi at the Petroleum Club



Patti Gearhardt Turner, Dr. Kendra Belfi & Karen Telschow Johnson, (Treasurer)



Let's Talk!
A Community Conversation about Advance Care Planning

SPEAKERS:
Dr. Janet Lieto
Associate Professor of Medicine
UNHS/TCOM
Chaplain David Lowe
Director of Pastoral Care for the
Community Hospitals in North Texas
for Baylor Scott & White Health
Chaplain Lee Ann Franklin
Director of Spiritual Care & Ethics,
JPS Health Network
Karen Telschow Johnson
Telschow Johnson Law PLLC
Trey Harper
Managing Director,
Robertson Mueller Harper

Friday, June 21, 2019
8am-1:30pm

James L. West Alzheimer's Center
1111 Summit Avenue
Fort Worth, TX 76102

Join us for an informative and invaluable discussion
about all aspects of Advance Care Planning including:
Medical Directives, Funeral Pre-planning, Estate Planning, and how

"Let's Talk!"

Friday, June 21st, 8:00 AM-1:30 PM

A community seminar covering all aspects of Advance Care Planning, from medical, legal & financial: What it is? Why do we need it? And how to do it.

James L. West Alzheimer's Center
[1111 Summit Avenue](https://www.jlwestcenter.com)
[Fort Worth TX 76102](https://www.jlwestcenter.com)

RSVP to: info@careandprepare.org

Now for something new:

"Opted IN"

Wondering if you are on the right list? You can be! We want to keep you updated on our upcoming events, info, and more.

Text **LETSTALK** to **51555** to stay up to date, or enter your information here: <https://app.mobilecause.com/form/uWu7ZQ?vid=n3fl>

OPTING in will let you register for conferences, respond to surveys & support [Care & Prepare](https://careandprepare.org) all on your cell.

Spring Clean that gray thang!

Neuroplasticity is a wonderful attribute of our brains. [Social Scientist studies](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4511111/) have shown it is more difficult to get rid of a Negative association than a positive one. Author & speaker, [Will Bowen](https://www.willbowen.com/), offers some practical ways & insight into complaining, & how to go 21 days to go without complaining.

Next week is NHDD!

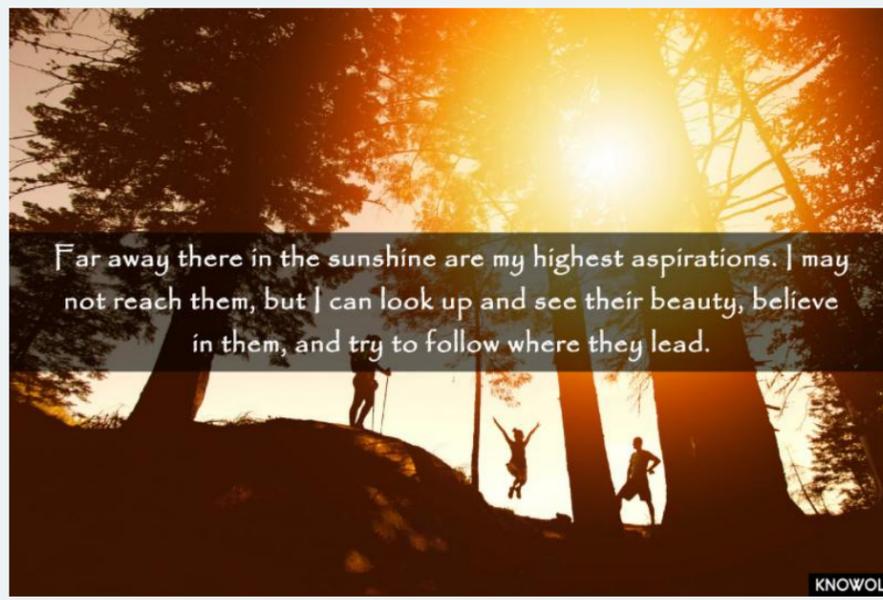
April 14-20, 2019

In honor of **NHDD (National Healthcare Decision Day / Week)** we encourage you to discuss your wishes with friends and family.

Sometimes a movie is a good conversation starter. Have you seen [End Game?](https://www.netflix.com/title/80018318) It's an Oscar-nominated documentary that spotlights palliative and hospice care available on [Netflix](https://www.netflix.com/title/80018318). The 40 minute short film looks at a day in the life of a palliative care physician, Dr. Steven Pantilat. As one of his patients says,

"Healthy people want to talk about how they want to die. Sick people want to live."

In the words of the immortal Louisa May Alcott:



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