

Care & Prepare

March 2019

Healthcare Heroes Dinner

Thanks to the generosity of **You our Partners** and **VITAS, James L. West & UNTHSC** our Co-sponsors, **Care & Prepare** was a Bronze Sponsor of Healthcare Heroes and was front & center at the Fort Worth Business Press' event honoring **Dr. Kendra Belfi** on February 20th.

You may have noticed the name change. The Board saw this as the perfect opportunity to **honor Dr. Belfi's legacy & introduce our new name** to the community.



Sheri Allen (President), Kendra Belfi, Jaime Cobb (Past-President), & Leah Wingard



Melinda Bailey (Webmaster), Victor Belfi



Joan Reynolds (Past President), Karen Telschow Johnson, (Treasurer), & Wendy Parker



[First Steps & Advance Care Planning Facilitator Reunion - 2019 Updates!](#)

Friday, March 27, 2019

12:00 PM - 1:30 PM

OR

5:00 PM - 6:30 PM

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

Newly revised First Steps Conversation Guides and New Respecting Choices videos!

RSVP by March 21 to: info@careandprepare.org

Now for something new:

"Grief is complicated..."

Sometimes extremely complicated. Could the way out be more simple than we might initially think?

That is a concept that one **survivor** has experienced for herself. Here is her TED talk detailing her trauma, her life story & exploring the complex nature of the brain and tragedy.

Mark your calendars!

NHDD - April 14-20, 2019

"Because I said so!" is our motto for National Healthcare Decisions Day/Week this year.

By saying so you can help your family & your healthcare providers by choosing a health care agent & executing Advance Care Planning.

https://youtu.be/joj7_brYWt8

Is this a resource you have tried? Let us know your thoughts & if you have tried this approach.

Liberating Unmourned Loss
Continuing Education Feedback:

Would you be interested in a small group 6-8 weeks Discussing [The Hero Within](#)?

Let us know info@careandprepare.org

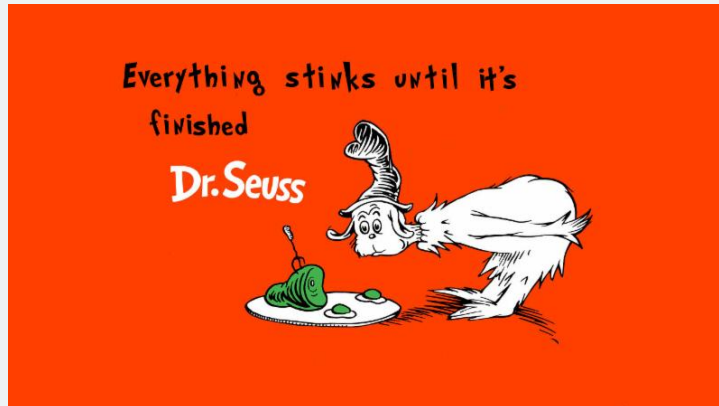
Want to help your community? By choosing how you want to steward your legacy - your estate could support causes long after you are gone.

"Let's Talk!"

Friday, June 21st, 8:00 AM-130 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.

In the words of the immortal Dr. Seuss:



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STAY CONNECTED

