*Wallingford UMC Purple Group*

**A Few of Our Favorite Resources**

Books *(with links to descriptions on Amazon)*

* + [A Beginner's Guide to the End: Practical Advice for Living Life and Facing Death](https://www.amazon.com/Beginners-Guide-End-Practical-Advice/dp/1501157167)
  + [Being Mortal: Medicine and What Matters in the End](https://www.amazon.com/Being-Mortal-Medicine-What-Matters-ebook/dp/B00JCW0BCY/ref=sr_1_1?s=books&ie=UTF8&qid=1499470591&sr=1-1&keywords=being+mortal)
  + [Can’t We Talk about Something More Pleasant?](https://www.amazon.com/Cant-Talk-about-Something-Pleasant-ebook/dp/B00JA9JE0Y/ref=sr_1_1?s=books&ie=UTF8&qid=1499469084&sr=1-1&keywords=let%27s+talk+about+something+more+pleasant)
  + [Dying Well](https://www.amazon.com/Dying-Well-Ira-Byock-MD-ebook/dp/B004FPYZEI/ref=sr_1_1?s=books&ie=UTF8&qid=1499469588&sr=1-1&keywords=dying+well)
  + [I'm Dead, Now What?: Important Information About My Belongings, Business Affairs, and Wishes: Peter Pauper Press: 9781441317995: Amazon.com: Office Products](https://www.amazon.com/Important-Information-Belongings-Business-Affairs/dp/1441317996)
  + [Making Rounds with Oscar](https://www.amazon.com/Making-Rounds-Oscar-Extraordinary-Ordinary-ebook/dp/B0034EJL72/ref=sr_1_1?ie=UTF8&qid=1499468950&sr=8-1&keywords=making+rounds+with+oscar)
  + [Modern Death: How Medicine Changed the End of Life](https://www.amazon.com/Modern-Death-Medicine-Changed-Life/dp/1250104580/ref=sr_1_1?s=books&ie=UTF8&qid=1499469535&sr=1-1&keywords=modern+death)
  + [Stiff](https://www.amazon.com/Stiff-Curious-Lives-Human-Cadavers/dp/0393324826/ref=pd_bxgy_14_2?_encoding=UTF8&pd_rd_i=0393324826&pd_rd_r=98F0TAFBMBDG17E951KX&pd_rd_w=ymjXT&pd_rd_wg=1Wb7j&psc=1&refRID=98F0TAFBMBDG17E951KX)
  + [The Divine Art of Dying: How to Live Well While Dying](https://www.amazon.com/Divine-Art-Dying-Live-While-ebook/dp/B00LV8R9N6/ref=sr_1_9?s=books&ie=UTF8&qid=1499469626&sr=1-9&keywords=art+of+dying)
  + [The Gentle Art of Swedish Death Cleaning: How to Free Yourself and Your Family from a Lifetime of Clutter (The Swedish Art of Living & Dying Series): Magnusson, Margareta: 9781501173240: Amazon.com: Books](https://www.amazon.com/Gentle-Art-Swedish-Death-Cleaning/dp/1501173243/ref=sr_1_1?ie=UTF8&qid=1516323365&sr=8-1&keywords=the+gentle+art+of+swedish+death+cleaning+margareta+magnusson)
  + [The Undertaking: Life Studies from the Dismal Trade](https://www.amazon.com/Cant-Talk-about-Something-Pleasant-ebook/dp/B00JA9JE0Y/ref=sr_1_1?s=books&ie=UTF8&qid=1499469084&sr=1-1&keywords=let%27s+talk+about+something+more+pleasant)
  + [When Breath Becomes Air](https://www.amazon.com/When-Breath-Becomes-Paul-Kalanithi/dp/081298840X/ref=sr_1_2?ie=UTF8&qid=1516305600&sr=8-2&keywords=when+breath+becomes+air)

Articles

* + [Cancer: What to Say](https://www.nytimes.com/2018/01/26/opinion/sunday/cancer-what-to-say.html,) NY Times, JAN. 26, 2018
  + [Condolence Letter](https://www.huffingtonpost.com/kathleen-buckstaff/condolence-letter_b_4215557.html) , Huffington Post, Dec 6, 2017
  + [I’m Dying Up Here: Books on How to Grieve and How to Die](https://www.nytimes.com/2017/06/16/books/review/help-desk-death-good-grief-theresa-caputo.html), NY Times, June 16, 2017
  + [Let’s Talk About Death Before It’s Too Late](http://www.seattletimes.com/nation-world/lets-talk-about-death-before-its-too-late-a-doctor-writes/), reprinted in Seattle Times, May 10, 2017.
  + [Understanding Grief](https://www.nytimes.com/2018/01/15/well/live/understanding-grief.html?em_pos=small&ref=headline&nl_art=0&te=1&nl=well&emc=edit_hh_20180118), [Jane E. Brody, NY Times](https://www.nytimes.com/by/jane-e-brody) JAN. 15, 2018
  + [Why I Hope to Die at 75](https://www.theatlantic.com/magazine/archive/2014/10/why-i-hope-to-die-at-75/379329/), from The Atlantic (Oct 2014), by Ezekiel Emanuel

More Good Stuff

* **Ways to discuss end of life issues with family and friends**
  + “The Conversation Project:” [http://theconversationproject.org/](https://nam03.safelinks.protection.outlook.com/?url=http%3A%2F%2Ftheconversationproject.org%2F&data=02%7C01%7C%7C3658685a6c6649d5ecb408d59ff32ff2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C636590789762213381&sdata=%2FoWMjrhc5UfcF6blB6MNBtipFfIre%2BtIrfYqCBuq%2Bco%3D&reserved=0)
  + Let’s Have Dinner and Talk About Death: [http://www.deathoverdinner.org/](https://nam03.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.deathoverdinner.org%2F&data=02%7C01%7C%7C3658685a6c6649d5ecb408d59ff32ff2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C636590789762213381&sdata=fgUaukT8XtFYzAdgrmG%2Bb8HdkXnhX%2FGEEoZc0sgB4lc%3D&reserved=0)
  + Death Café: [www.deathcafe.com](https://nam03.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.deathcafe.com&data=02%7C01%7C%7C3658685a6c6649d5ecb408d59ff32ff2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C636590789762213381&sdata=9BJiDrEj171TJqbAaRa7%2B6Q6MDfgNspCAzQmp%2FVXGgU%3D&reserved=0)
* **Other advance directive programs**
  + End of Life Washington has Alzheimer’s advance directives & Death with Dignity information: [http://endoflifewa.org](https://nam03.safelinks.protection.outlook.com/?url=http%3A%2F%2Fendoflifewa.org&data=02%7C01%7C%7C3658685a6c6649d5ecb408d59ff32ff2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C636590789762213381&sdata=%2FEbZ96mqm3FKm%2BbJ7HXMs0NQWa7jJ1EEmCi%2BP0xVtPU%3D&reserved=0)
  + My Directives, an online database: [www.mydirectives.com](https://nam03.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.mydirectives.com&data=02%7C01%7C%7C3658685a6c6649d5ecb408d59ff32ff2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C636590789762213381&sdata=TnUsxSbmVXxOvMIbApveGKvGZzfPx6Z%2BaBNuxO9V1Dg%3D&reserved=0)
  + Five Wishes: [http://www.agingwithdignity.org/forms/5wishes.pdf](https://nam03.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.agingwithdignity.org%2Fforms%2F5wishes.pdf&data=02%7C01%7C%7C3658685a6c6649d5ecb408d59ff32ff2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C636590789762213381&sdata=KO2mhtqUSZwiiDt3%2B%2BieWyWlVqQ2JAx2j6J7EqqcT7w%3D&reserved=0)
* **Health Care Advocacy**
  + Washington State Health Advocacy Association is an organization that you can request someone to be your medical advocate during appointments and/or be your DPOA for Health Care: [http://www.washaa.org](https://nam03.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.washaa.org&data=02%7C01%7C%7C3658685a6c6649d5ecb408d59ff32ff2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C636590789762213381&sdata=CiNj0aYYUfQC%2FQ7qRpqXDt2btbcrknGcX6SiqiR8on4%3D&reserved=0)
* **Organ & Body donations**
  + Become an organ donor: [http://www.dol.wa.gov/driverslicense/organdonor.html](https://nam03.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.dol.wa.gov%2Fdriverslicense%2Forgandonor.html&data=02%7C01%7C%7C3658685a6c6649d5ecb408d59ff32ff2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C636590789762213381&sdata=6FrQ5MLKasNAYxhsCe66tsL6eocjyANZk3Xv7u3eTy8%3D&reserved=0)
  + University of Washington’s Willed Body Program: [http://uwmedicine.org/education/abuot/willed-body-program](https://nam03.safelinks.protection.outlook.com/?url=http%3A%2F%2Fuwmedicine.org%2Feducation%2Fabuot%2Fwilled-body-program&data=02%7C01%7C%7C3658685a6c6649d5ecb408d59ff32ff2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C636590789762213381&sdata=quifoob9fBGy5MgNrNx5D46UmzcyOpwA9Xy7vmoABO4%3D&reserved=0)
* **Funeral Planning information**
  + People’s Memorial Funeral Cooperative: [http://peoplesmemorial.org/](https://nam03.safelinks.protection.outlook.com/?url=http%3A%2F%2Fpeoplesmemorial.org%2F&data=02%7C01%7C%7C3658685a6c6649d5ecb408d59ff32ff2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C636590789762213381&sdata=Q5Mt4%2Bo8TmRwqRoetDgHmH3LldyXyKk9joh5hXVcP4g%3D&reserved=0)
  + Neptune Society Cremation Services: [http://www.neptunesociety.com/](https://nam03.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.neptunesociety.com%2F&data=02%7C01%7C%7C3658685a6c6649d5ecb408d59ff32ff2%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C636590789762369620&sdata=jMb1dJ44NDC7%2F5gj6%2FC7JEilhy2GcAGbHCE0dnDKgvo%3D&reserved=0)
  + Recompose: [Human Composting | Ecological Death Care | Recompose](https://recompose.life/)
* **Village Movement:** Local chapters of a world-wide [**movement**](https://www.phinneycenter.org/village/village-movement/) that champions an alternative approach for adults as they grow older.
  + NEST – North East Seattle Together Click [here](http://nestseattle.org/) to visit website
  + PNA Village: <https://www.phinneycenter.org/village/services/>