

# Life Transitions

A workshop to help you prepare for the future with Faith & Confidence



We prepare for all kinds of important life transitions ... starting a family, a first home, college.  
Why not the transitions toward the end of our lives?

Holy Trinity Lutheran Church  
1080 Main St.  
Buffalo, NY 14209  
716-886-2400

[www.HolyTrinityBuffalo.org](http://www.HolyTrinityBuffalo.org)  
[www.Facebook.com/HolyTrinityBuffalo](https://www.Facebook.com/HolyTrinityBuffalo)

## Highlights

Date: October 19, 2024

Time: 8:00am - 1:00pm

Cost: \$5.00 suggested donation

Registration:

- ❑ By phone (716-886-2400)
- ❑ Online using the QR code or at [www.HolyTrinityBuffalo.org/lifetransitions](http://www.HolyTrinityBuffalo.org/lifetransitions)
- ❑ By paper form available at church

## Schedule

Time	Event
8:00a – 8:30a	Gathering & Registration [entry area]
8:30a – 9:00a	Welcome & Introduction [Redeemer Hall]
9:15a – 10:00a	Session 1
10:15a – 11:00a	Session 2
11:15a – 12:00p	Session 3
12:15p – 1:00p	Panel Discussion & Conclusion [Redeemer Hall]

## Workshop Sessions

**Palliative and Hospice** – Bruce Naughton, MD Hospice and palliative care are crucial components of end-of-life healthcare. Dr. Naughton will describe how these programs play a vital role in ensuring that individuals receive the care and support they need to live their days with comfort and dignity.

**Navigating the End of Life with your Faith Community** – Pastors Jeff Wilson and Rich Neal of Holy Trinity Lutheran Church will talk about conversations with loved one, planning a service, talking with your religious leader about your plans, and what a “good death” is.

**End of Life Legal Issues** – Valerie Stanek, Esq, CFP will share information on the tools to used to transfer assets to your heirs, how to pass real estate to your heirs without going through probate, what is probate and why should you avoid it, planning for long term care, what is a trust and who needs one.

