

SUGGESTED READINGS ON *CARE AT END OF LIFE*

GENERAL

Backstrom, Kirste. *In Beauty: A Quaker Approach to End-of-Life Care*. Pendle Hill Pamphlet 355, 2001.

This author shares the story of experiences in her monthly meeting to illustrate how our dying can be as fully centered in God as our living.

Butler, Katy. *The Art of Dying Well: A Practical Guide to a Good End of Life*. Scribner, An Imprint of Simon & Schuster, Inc., 2019.

A reassuring and thoroughly researched guide to maintaining a high quality of life—from resilient old age to the first inklings of a serious illness to the final breath. “Belongs on the same shelf as Atul Gawande’s best-selling *Being Mortal*”—*The Washington Post*

_____. *Knocking on Heaven's Door: The Path to a Better Way of Death*. Scribner, A Division of Simon & Schuster, Inc., 2013.

Butler recounts her experience accompanying her parents in their dying and in the process exploring her parents’ desires for “good deaths” and the forces within medicine that stood in the way. It chronicles the rise of the “Slow Medicine” movement as a counterbalance to modern medicine’s imperative to maximize longevity, often creating more suffering than it prevents.

Callanan, Maggie. *Final Journeys: A Practical Guide for Bringing Care and Comfort at the End of Life*. Bantam, 2009.

Longtime hospice nurse Maggie Callanan passes along the lessons she learned from the experts—her patients. Her poignant stories illustrate ways to meet the physical, emotional, and spiritual challenges of end of life, clarify medical and ethical concerns, and explain what to expect at every stage. Designed to be a companion, resource, and advocate from diagnosis through the final hours.

Callanan, Maggie, and Kelley, Patricia. *Final Gifts: Understanding the Special Awareness, Needs, and Communications of the Dying*. Simon & Schuster, 2012.

In this moving and compassionate classic, two longtime hospice nurses share their intimate experiences with patients at the end of life. Filled with practical advice on responding to the requests of the dying and helping them prepare emotionally and spiritually for death, the authors show how we can help the dying person live fully to the very end.

De Hennezel, Marie (author), Janeway, Carol Brown (translator). *Intimate Death: How the Dying Teach Us How To Live*. Knopf, 1997.

The author, a French psychologist, recounts her experiences serving the terminally ill. This is another useful and tender resource for those who are with people as they are dying. A best seller in France when it was published.

Halifax, Joan. *Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death*. Shambala, Boston, 2009.

A Zen priest and a world-renowned pioneer in care of the dying, Halifax has helped many people face death with courage and has trained caregivers in compassionate

end-of-life care. In this book, Halifax offers lessons from dying people and caregivers, as well as guided meditations to help readers contemplate death without fear, develop a commitment to helping others, and transform suffering and resistance into courage.

MacPherson, Myra. ***She Came to Live Out Loud: An Inspiring Family Journey Through Illness, Loss, and Grief.*** Scribners, 1999.

The story of a strong young woman as she journeys to her death from breast cancer, surrounded by family and friends. Fairly detailed description of actual death and several comments on experiences of hospice.

McIver, Lucy Screechfield. ***A Song of Death, Our Spiritual Birth: A Quaker Way of Dying.*** Pendle Hill Pamphlet 340, 1998

As a Cadbury scholar at Pendle Hill, the author researched seventeenth century and modern experiences of death and dying among Friends. She offers guidance for pastoral care in our meeting communities.

Smith, Rodney. ***Lessons from the Dying.*** Wisdom Publications, 1998

The writer, using his own experience and his years as a hospice worker, guides the reader through the subtleties and nuances of our own assumptions, hopes and fears, showing the possibility of living and dying with an open heart. Each chapter concludes with reflections and exercises.

Volandes, Angelo E, M.D. ***The Conversation: A Revolutionary Plan for End-Of-Life Care.*** Bloomsbury USA, 2015.

A Physician discusses the “dark side” of American medicine in which patients are kept alive at any price and argues for a radical revisioning of the doctor-patient relationship to place the patient at the center and in charge of their medical care. Through the stories of seven patients, he demonstrates that what people approaching the end of their lives need most is one simple thing: The Conversation.

Yoder, Greg. ***Companioning the Dying: A Soulful Guide for Caregivers.*** Companion Press, 2011.

Yoder, a hospice counsellor, describes beautifully the art of companioning the dying, which he adapted from Dr. Alan Wolfelt’s theory and practice of companioning the bereaved. Yoder offers clear, practical advice, grounded in his experiences, on how to listen and be present to the dying without taking on the burden of fixing them.

CARING FOR THOSE WITH DEMENTIA

Hoblitzelle, Olivia Ames. ***Ten Thousand Joys, Ten Thousand Sorrows: A Couple’s Journey through Alzheimer’s.*** Green Mountain Books, 2008.

A tender and loving account of how the author, her husband, their children, and friends accepted and lived through the process of aging, diminishment, and loss. Each chapter concludes with suggestions and “seed thoughts’ for further reflection.

Pearce, Nancy. ***Inside Alzheimer’s.*** APG Sales & Distribution, 2011.

Offers basic principles for how to connect with those with dementia and addresses the dramatic need to provide a compassionate community of care for caregivers of those with dementia.