

Our next **FCN-4 Regional Meeting** is scheduled for **Wednesday, April 3<sup>rd</sup>** (9:00 – 11:30 a.m.). This is your invitation to join our **Eleventh FCN-4 Zoom Meeting** (and **56<sup>th</sup> FCN-4 Regional Meeting**).

I am pleased to announce that the presentation topic and guest speaker for our upcoming *Zoom Meeting* will be:

**“Conversations About a Life that Matters. Taking Control of Our Health as We Age or Face a Serious Illness”**

**By Sandra Andreychuk, BScN, MSc, MHSc**

*(Advance Health Care Consultant, Health Care Ethicist, Registered Nurse, Cambridge LLP)*

**Description of Presentation:** Up to eighty percent of us will lose cognitive capacity at some point in our lives. It serves us all well to provide clear direction to those who will be in a position of having to make life, death, residency, and personal care decisions on our behalf. Sandra will explore the concept of advance healthcare planning, the benefits of good planning for our future health care needs as we age and become frail or experience a sudden, unexpected serious illness, the importance of making our wishes clear to others, and the rippling effects and harm that can occur when there is a lack of planning.

**Registration:**

Send an email to Carol Dueck, **Chair of our FCN-4 Advocacy Committee**, [AdvocacyFCN4@protonmail.com](mailto:AdvocacyFCN4@protonmail.com) to register and include:

- Your Name,
- Long-Term Care Home Name,
- Your email address and phone number

**Connection:**

You will receive an email with an invitation to join the meeting ... and only those who are registered will be **“admitted to the discussion”**. You are able to join with just a phone, if you do not have computer with a camera. You do not need a Zoom Account to join this discussion; you can join on your phone or computer via the invitation that will be sent to you. (You will be able to join the meeting about 10 minutes before the start.)

**Agenda:**

1. Introduction & Network Welcome
2. “Conversations About a Life that Matters ...” -- followed by a Q & A session
3. Update from the *FCN-4 Advocacy Committee*
4. Family Councils sharing *Promising (Best) Practices* from their LTC homes

The latest *FCN-4 Advocacy Committee Newsletter* (March 2024) is available on our website: <https://www.network4longtermcareadvocacy.com/>

Keep safe & stay healthy!