

I warmly invite you to a Zoom meeting of the Aging Well SIG on **Sunday, October 16 at 4 pm (next Sunday!)**. Our focus will be on the benefits of palliative care. Our speaker is the distinguished **Dr. Steven Wilks** from Suburban. Below is the official description:

[Aging Well Shared Interest Group](#), Sunday, October 16, 4-5 pm. Dr Steven Wilks, Hospice & Palliative Care Specialist at Suburban Hospital, will lead a discussion on palliative care, how it differs from hospice care, and strategies for families to effectively communicate about the care of a loved one. Dr. Wilks is a 1998 graduate of the Sackler School of Medicine, Tel Aviv University and brings over 23 years of experience working in family medicine. Hosted in partnership with **Suburban Hospital** and **registration required [here](#)**. Come with questions or share them ahead with [Chris Palmer](#).

All BMAV members are warmly invited to attend this popular shared interest discussion group led by Chris Palmer. So many of us die badly and expensively -- in fear, in pain, hooked up to tubes and ventilators, being overtreated, and in an ICU instead of being surrounded by loved ones at home. We can do much better, but to do better (i.e., die peacefully, gently, painlessly, and with life tasks completed) requires planning and forethought. Talking about death and dying may seem like a challenging conversation, but in our Aging Well meetings, it is fascinating, constructive, and useful.