TIME OF DEATH
Resource Guide

TO CONNECT WITH SUPPORT - GENERAL
• Whether you are caring for someone, grieving a loss, planning ahead or living with an illness, easy-to-follow resources are available through the Caring Connections Web site, created by the National Hospice and Palliative Care Organization (http://www.caringinfo.org/i4a/pages/index.cfm?pageid=1)

TO CONNECT WITH SUPPORT – IF YOU ARE LIVING WITH AN ILLNESS
• National Hospice and Palliative Care Organization – place to start http://www.caringinfo.org/i4a/pages/index.cfm?pageid=3343
• Compassion and Choices - resources including end-of-life consultation (http://www.compassionandchoices.org/)
• Aging with Dignity – organization promoting the “Five Wishes” that establish end-of-life care wishes (http://www.agingwithdignity.org/)

TO CONNECT WITH SUPPORT – IF YOU ARE A CAREGIVER
• Share the Care – how to create community around active care (http://www.sharethecare.org/index.html)
• Caring Bridge – social media portal for support (http://www.caringbridge.org/)
• Today’s Caregivers – resources for caregivers (http://www.caregiver.com/)

TO CONNECT WITH SUPPORT – IF YOU ARE GRIEVING
• Livestrong – articles, writers on grief (http://www.livestrong.com/grief/)
• GriefShare – grief support community (http://www.griefshare.org/)
• HealGrief – community, support and connections (http://www.healgrief.org)
• Compassionate Care Alliance – resources for processing grief http://www.caringresources.org/grief_recovery/support.html
• Compassionate Friends – grief support after the death of a child http://www.compassionatefriends.org/home.aspx

LISTS OF RECOMMENDED READING AND OTHER RESOURCES
• Our House Grief Support Center Recommends (http://www.ourhouse-grief.org/resources/recommended_reading/)
• Laurel L. Lewis’ Resource Page (http://laurelllewis.com/)
• Dying Matters (http://dyingmatters.org/)
• The Living/Dying Project (http://livingdying.org)

HOW CAN I HELP? TO SUPPORT END-OF-LIFE WORK
• 10 Ways to Make Your Difference through the National Hospice Foundation http://www.nationalhospicefoundation.org/files/public/NHF_How_Can_I_Help.pdf

HOW CAN I HELP? SUPPORT INDIVIDUALS/FAMILIES FROM THE DOCUMENTARY
• **MICHAEL MUTH** (Episode 101) - Memorial donations may be sent to Companion Hospice, 8130 Florence Ave., Suite 200 Downey CA, 90240.

• **LENORE LEFER** (Episode 102) – Lenore’s family requests that contributions be sent to: The Lenore Lefer Scholarship Fund for the Commonweal Cancer Help Program, Commonweal, PO Box 316, Bolinas, CA, 94924. Donations can also be made on-line at [www.commonweal.org](http://www.commonweal.org). Select the “Donate Now” button. In the remarks section, enter Lenore Lefer Scholarship.

• **TONI YANCEY** (Episode 104) - Toni’s family requests that donations be sent to the Yancey Edgley Scholarship Fund; checks can be mailed to Santa Monica College, Black Collegians, 1900 Pico Blvd., Santa Monica, Calif. 90405.

• **MORRIS BRADLEY, JR.** (Episode 105) – Morris’ family requests that donations be sent to the Alexander Bradley Scholarship Fund, 5205 Holt Avenue, Los Angeles, 90056.

**ORGANIZATIONS & INDIVIDUALS THAT SUPPORTED THE MAKING OF THIS DOCUMENTARY SERIES**

- First Descents - provides outdoor challenges for terminally ill patients ([www.firstdescents.org](http://www.firstdescents.org))

- Dream Foundation - grants wishes for terminally ill adults ([www.dreamfoundation.org](http://www.dreamfoundation.org))

- Stupid Cancer - empowers young adults affected by cancer through programs and services ([stupidcancer.org](http://stupidcancer.org))

- Motion Picture Television Fund – social and health support programs for members of the entertainment industry community ([http://www.mptf.com/](http://www.mptf.com/))


- Companion Hospice – Southern California and Arizona based healthcare organization that provides hospice, home health and palliative care services ([http://www.companionhospice.com/](http://www.companionhospice.com/))

- UCLA Palliative Care Program - facilitates multidisciplinary services and expertise to help care for patients with advanced or terminal illness, and their families ([http://www.uclahealth.org/body.cfm?id=453&action=detail&limit_department=33](http://www.uclahealth.org/body.cfm?id=453&action=detail&limit_department=33))

- City of Hope – named as one of the top cancer hospitals in the country by *U.S.News & World Report* over last 10 years ([www.cityofhope.org](http://www.cityofhope.org))

- Pro-Care Hospice – Southern California based program committed to providing quality of life for those who have a limited life expectancy ([www.procarenet.com](http://www.procarenet.com))

- Seasons Hospice & Palliative Care – multiple service areas across the U.S. for family-focused end-of-life care ([www.seasons.org](http://www.seasons.org))
• Visiting Nurse and Hospice Care of Santa Barbara – comprehensive home health, hospice and related services in the Santa Barbara area, available regardless of inability to pay (www.vnhsb.org)

• Chokhor Gepel Ling/Tibetan Buddhist Center – a Buddhist center founded in the inspiration and guidance of his Holiness the 14th Dalai Lama (http://www.chokhor-gepel-ling.org/)