

Downtown 3



Union Square Green Market

October 2014

Moving Forward

The topic of the October meeting was What Constitutes Moving Forward. Members explored the topic using a handout provided by the facilitator.

To do this we asked ourselves some questions and made some selections.

- The best definition selected from the handout was "moving toward the future or toward a more advanced state or condition"
- Do our thoughts about moving forward come more from guilt or from desire for positive change?
- Are goals necessary in order to move forward?

Do the following everyday things count?

- Taking care of others especially, those who are sick
- Appreciation of blessings, etc.



We closed the meeting after posing the question to ourselves:

What constitutes moving forward for you?

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November 2014

HealthCare Proxies and Directives

At the November meeting, members engaged in a lively conversation about this topic. Here are a few points regarding these issues:

- Choose your proxy, a friend or relative, carefully; he/she need not be a relative nor live in the same city.
- Choose your proxy before you are in an emergency situation, and discuss your wishes in detail with them.
- Your health care directive, written instructions, should clearly state which procedures you want a medical team to perform if you are unable to communicate with them; it should be clearly agreed upon with your proxy.
- A discussion of points made in “Being Mortal,” Medicine and What Matters in the End by Atul Gawande was helpful in exploring issues to be included in the Health Care Directive.
- A health care proxy form can be downloaded from https://www.health.ny.gov/professionals/patients/health_care_proxy/

