



Maanaw Seva Association

IN THE SERVICE OF MANKIND

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Swarga Rohan – *Planning for the End of Life's journey*

Hinduism teaches that *Atma* (the soul) is permanent, even as the physical body is clearly not. A *good life* is one lived to its fullest – through ALL of its many stages – and perhaps especially during its final stages. Too often while busy in our daily lives we neglect the important preparations that can make the final years some of the very *best* time of life.

Yes, there will be the inevitable weakening of the body and perhaps the mind, but with proper planning, these transitions can be a lot less stressful and worrisome. Even a lot more comfortable - for you and your loved ones. The *Swarga Rohan* seminar will help you and your family plan for *that time of one's life* by addressing the essentials of **medical** and **advanced care planning** and what **government support** is available. Equally important, especially for those left behind, the critical **legal preparations** will be addressed.

The **Maanaw Seva Association** organized the first seminar on this topic in 2018, sponsored by the **Hindu Society of Alberta**. The first *Swarga Rohan* brought many families *mano-shanti* (peace of mind). Yet our communities continue to see many families distressed and left in a medical and legal limbo because they were not properly prepared for the end of life's journey. Based on the positive response from our first *Swarga Rohan*, this two-hour seminar will again promote a greater understanding of vital issues around the specialized health care available, the need for legal documents like *Personal Directives* and *Wills*, as well as financial help that may be available.

Next Swarga Rohan Seminar is on Sunday – April 28, 2019, at 2:00 p.m., at Hindu Society of Alberta – 14225 133 Avenue – NW Edmonton.

TOPICS:

- **MEDICAL ISSUES:** Advanced Care Planning, Goals of Care Designation, and Green Folder, etc, by Nurse Practitioner with the Palliative Institute.
- **LEGAL ISSUES:** Critical Legal Documents to guide care, Living Directives, Wills and Estate Planning, and more – by Family Lawyer.
- **GOVERNMENT SERVICES:** Assistance Available from Various Levels of Government, – by a Knowledge Person.

Our hope is that this *Swarga Rohan* will once again help many families not just *cope* with practical end-of-life concerns, but allow them to *make the best* of the final stages of the journey we all share.

The best way to find yourself is to lose yourself in the service of others ~ Mahatma Gandhi

www.maanawseva.org