

2026 Advance Directive Workshop Series

Bennington Senior Center

Simple, Step-by-Step Planning for Your Health Care Wishes

This community workshop series walks through the VT Ethics Network Short Form Advance Directive one section at a time. Each session focuses on a single topic, allowing participants to learn at a comfortable pace, ask questions, and reflect on what matters most to them. You may attend one workshop or the full series. No medical or legal background is required.

Location: Bennington Senior Center, 124 Pleasant St #3, Bennington, VT 05201

Facilitators: Ed Keating, Kathy Clark, and Carol Steinmetz (Volunteers - VNA & Hospice of the Southwest Region)

Workshop 1 (Tuesday, February 10, 1pm): Getting Started – Thinking About Your Health Care Wishes
An introduction to advance care planning, personal values, and what to prepare before completing an advance directive.

Workshop 2 (Tuesday, March 10, 1pm): Choosing a Health Care Agent
Learn how to choose and name someone you trust to speak for you if you cannot speak for yourself.

Workshop 3 (Tuesday, April 14, 1pm): Your Health Care Goals & What Matters to You
Explore quality of life, comfort, treatment goals, spiritual wishes, and care preferences.

Workshop 4 (Tuesday, May 12, 1pm): Understanding Medical Treatment Choices
Plain-language explanations of CPR, breathing machines, feeding tubes, and other common treatments.

Workshop 5 (Tuesday, June 9, 1pm): Organ Donation & After-Death Wishes
Discuss organ donation options, burial or cremation preferences, and how to record your wishes.

Workshop 6 (Tuesday, July 14, 1pm): Signing, Witnessing & Sharing Your Advance Directive
Learn how to sign your form correctly, choose witnesses, and share your wishes with others.

Workshop 7 (Tuesday, August 11, 1pm): Dartmouth Dementia Directive - Planning Ahead for Memory Changes
An introduction to the Dartmouth Dementia Directive and planning for future memory or thinking changes.

Sponsored by: VNA & Hospice of the Southwest Region, Bennington, VT

For more information or to register: Ed Keating

Email: Ed.Keating@vnahrs.org | Phone: 802-445-5520