



THE LIVING WAKE

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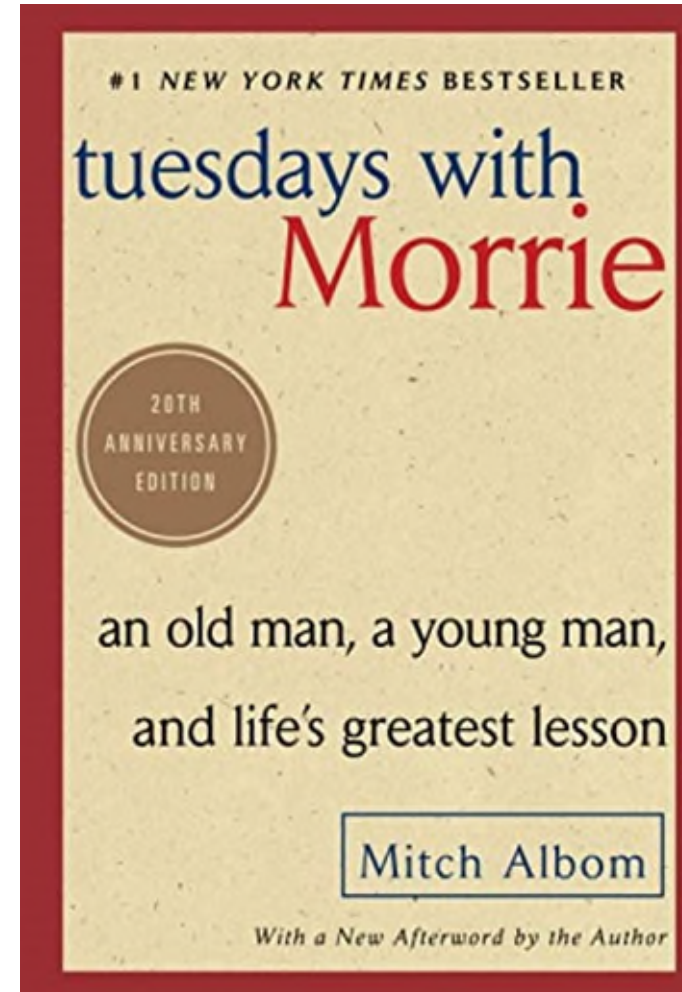
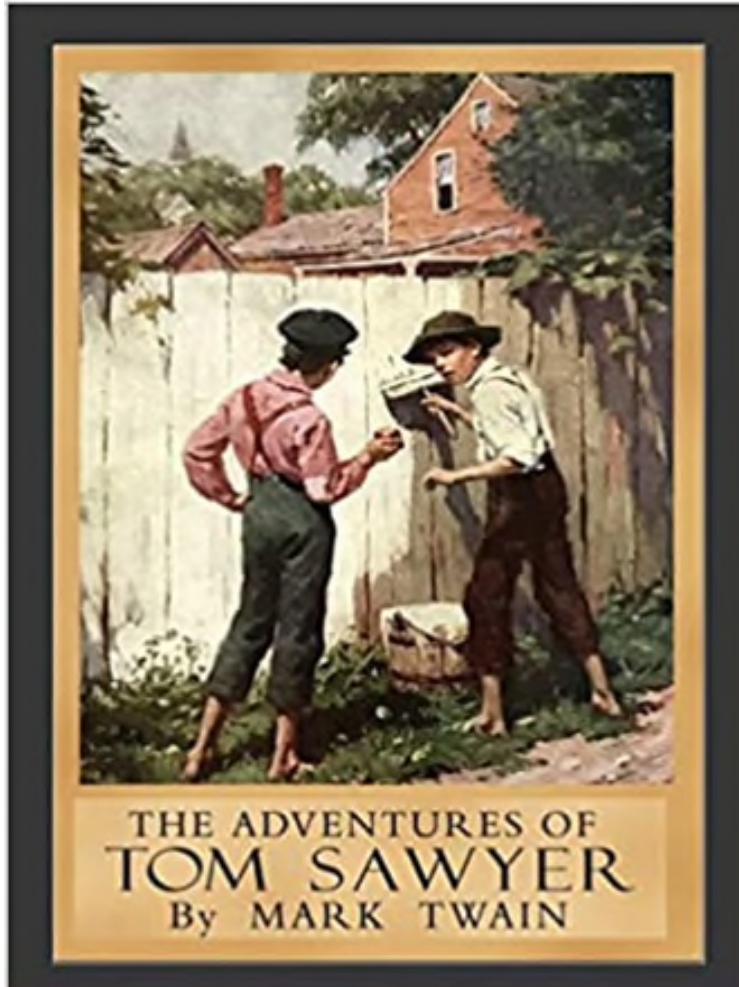
Assistant Clinical Professor
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Disclosures




- Husband works for and holds stock in Xencor Antibodies by Design

Introduction to the Living Wake



<https://images-na.ssl-images->

 City of Hope. [amazon.com/images/I/51DbxHs00VL._SX331_BO1,204,203,200_.jpg](https://images-na.ssl-images-amazon.com/images/I/51DbxHs00VL._SX331_BO1,204,203,200_.jpg)

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[amazon.com/images/I/415H5S1kVqL._AC_SY780_.jpg](https://m.media-amazon.com/images/I/415H5S1kVqL._AC_SY780_.jpg)

Evolving traditions



- Pre-modern society: death as a family/community/religious affair
- Mid-20th century: institutionalization of death
- 1970s: hospice movement in the US
- Modern times: individualization and secularization

Dame Cicely Saunders



https://cicelysaundersarchive.files.wordpress.com/2015/02/cropped-cropped-cs_portrait_b32_0242.jpg

Foresight of Death as Prerequisite to the Living Wake



- Terminal neurologic illness
- AIDS epidemic of 1980s
- JPM 2001 article: cessation of dialysis
- Cancer
- Medical Aid in Dying



https://americanhistory.si.edu/sites/default/files/blog_files/a/6a00e553a80e1088340133f40aa02c970b-250wi.jpg

Value of the Living Wake



■ Practical

- Relieve family from the “burden” of death
- *Seizenso*: “funeral-while-alive”
- Reduced cost, increased flexibility

■ Emotional

- Honor successes and leave a legacy
- Reflect on past/current relationships
- Say goodbye and assist with grief
- Celebrate life and togetherness

Takiko Mizunoe



<https://blog.sevenponds.com/wp-content/uploads/2020/09/Takiko-Mizunoe-192x300.jpg>

Preparation for the Living Wake



- Timing
- Invitations and guests
- Location
- Comfort

It's A Party!

For: _____

Why: _____

When: _____

Where: _____

Directions: _____

RSVP: _____

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The Party



- Food
- Music
- Create new memories
- “Pay it forward”



https://p.kindpng.com/picc/s/108-1081182_taco-png-street-street-tacos-png-transparent-png.png

Physical Tributes

- Photo displays, albums, or slide shows
- Exhibition of personal artwork
- Treasured items or heirlooms



https://cdn.pixabay.com/photo/2012/12/21/10/06/gnome-71550__480.jpg



https://img.freepik.com/free-photo/set-russian-folk-wooden-dolls-covered-with-patterns_273893-944.jpg?size=626&ext=jpg

Spiritual Tributes



- Prayer
- Passages from sacred text
- Religious songs or chants
- Symbolic gestures



<https://media.istockphoto.com/photos/holiday-candlelight-service-or-memorial-vigil-picture-id157187128?k=20&m=157187128&s=612x612&w=0&h=4IMml80BxIGCrPkHksvawx4KbZbTtuqBLqI80KIGEWw=>

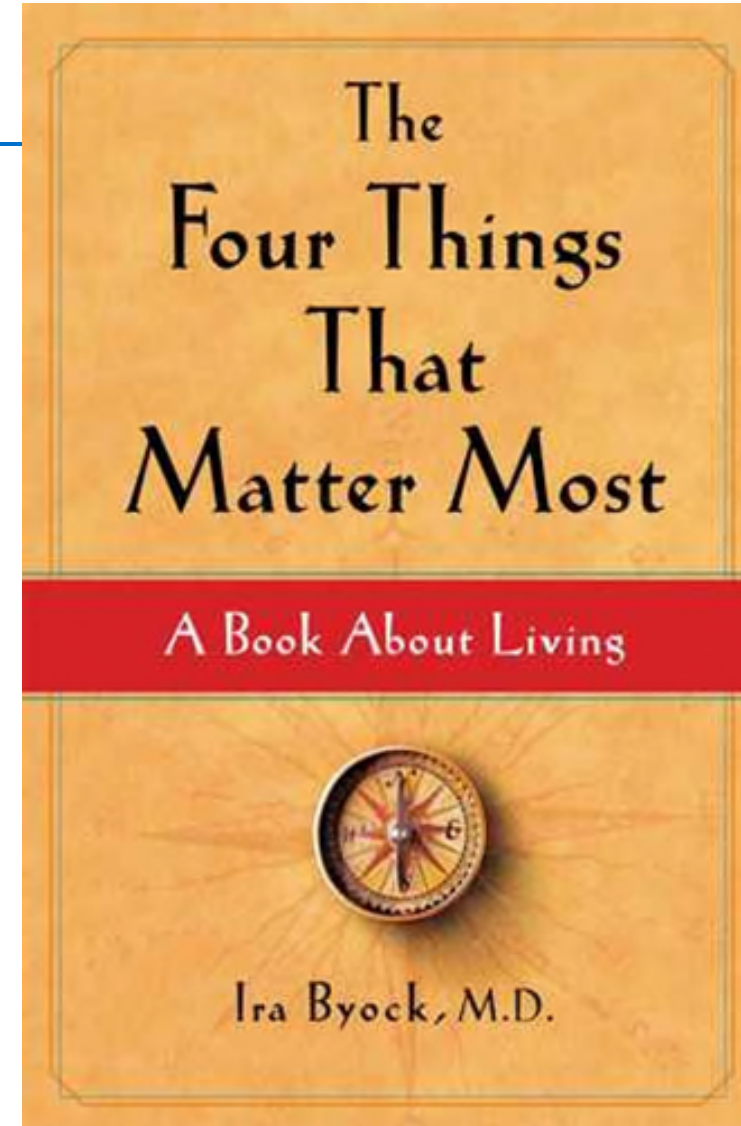
Verbal Tributes



- Poems
- Eulogy
- Personal stories

Last Thoughts

- “The Four Things that Matter Most”
 - Please forgive me
 - I forgive you
 - Thank you
 - I love you
- You will not be forgotten; we will be okay
- Permission to let go



<https://i.gr-assets.com/images/S/compressed.photo.goodreads.com/books/1398191911/6985448.jpg>



FOR MORE INFO

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