

# In the Q: MedQuarter Announces 'Speak Up' Series Events



**Phil Wasta**  
MedQuarter  
Executive Director

Providing a medical destination that offers a holistic approach – mind, body and spirit – was one of the main objectives in the creation of the MedQuarter Regional Medical District. This objective seeks to improve the quality of life for area residents. Recently, several medical and faith leaders in the District got together to discuss what could be done collaboratively to further this objective.

After some research, we discovered that our community lacks resources for critical end-of-life planning. Moreover, the research indicated that the topic of end-of-life planning is not broadly understood by its four most important groups: patients, physicians, the faith community, and the legal community. This is concerning because all four groups are interdependent when end-of-life issues arise, yet operate autonomously most other times. With this as the challenge, the MedQuarter set out to address the issue.

The MedQuarter Faith & Medicine Task Force was assembled and they developed a series of three events focused on end-of-life planning that will take place on the first Thursday of October, November and December from 6:30 – 8:00 p.m. at First Lutheran Church, 1000 3rd Avenue SE, Cedar Rapids. All are free and open to the public.



**Dr. BJ Miller**

## October 5 – Facing Life

Dr. BJ Miller is a renowned speaker on patient-centered care, palliative and end-of-life care. Drawing on his expertise as a physician and triple amputee, he is an advocate for a healthcare system that maximizes quality of life and minimizes unnecessary suffering.



## November 2 – Medical and Legal Decisions

William Galbraith, MD and Jo Kline Cebuhar, JD will discuss choices for health care advance directives and healthcare agents. An optional table top workshop will follow to provide individual assistance with documentation of your wishes.



## December 7 – Spiritual Perspectives

A panel of Christian, Humanist, Jewish and Muslim leaders will lead discussion and answers questions about how personal values affect end-of-life planning.

For additional information, go to  
[www.themedquarter.com/speakup](http://www.themedquarter.com/speakup).

I look forward to seeing you at one or all of these important community events!



*Promote this event  
and other important  
conversations with a  
flyer available [here!](#)*