

NCM Talks Being Mortal With Palliative Care Director

Mary Jones, the Director of Family Support Services, Hospice and Palliative Care of the St. Lawrence Valley, has a conversation with North Country Matters host Bess Kirnie about Being Mortal.

They explore end-of-life issues, both globally and in our local communities, discussing a variety of programs available locally through Hospice to help families deal proactively with death.

Being Mortal is the name of a book by Atul Gawande, who looked through the lens of his own family at how modern medicine, which has triumphed in modern times in overcoming disease, often fails when it comes to the inescapable realities of aging and death.

This North Country Matters show examines how to deal



Mary Jones

successfully with this reality for everyone involved. The show is available at https://www.youtube.com/watch?v=gYLZo_mHlwg.

This is Mrs. Jones' second guest appearance on NCM. She did a show in 2015 on Suicide Awareness and Prevention. That show link is <http://www.youtube.com/watch?v=pq6tUOKw7cA>

You can learn more about the work of Hospice and Pal-

liative Care of the St. Lawrence Valley by visiting <https://seriousillness.org/stlawrence/>.

North Country Matters is a local public affairs video magazine now in its 13th year. The NCM civic partners working to educate North Country residents about critical public policy issues facing our region include AAUW-St. Lawrence County, the League of Women Voters of St. Lawrence County, and The Potsdam Public Library. The shows are filmed in the Fred W. Cleveland Computer Center at the Potsdam Library.

Check the websites for AAUW-St. Lawrence County (<http://stlawrence.aauw-nys.org/>) and the League of Women Voters of St. Lawrence County (<http://slc-leaguewv.org/>) for specific program links as they become available.