

Book of the Month Club



Your Caregiver Relationship Contract
caregiving, burnout, self-care

Still Alice
Alzheimer, family, male caregiver perspective

Die Laughing
Jewish-American, growing older, humor

Crying in H-Mart
Korean, caregiving, cultural identity and rituals, mother-daughter

The Conversation: A Revolutionary Plan for End-Of-Life Care
relatable stories, advance care planning

From Scratch: A Memoir of Love, Sicily, and Finding Love
African American, grief, cancer

My Name is Lucy Barton
LGBTQ+, caregiving, importance of communication, self-reflection

Will my Cat Eat my Eyeballs?
humor, mortality and acceptance, cultural practices and funeral customs

Being Mortal: Medicine and What Matters in the End
person-centered care, aging & independence

The Brief Wondrous Life of Oscar Wao
Dominican-American, masculinity, family dynamic, cultural identity and belonging

When Breath Becomes Air
mortality, shared decision-making, physician as patient, cancer

Tin Man
LGBTQ+, grief, support, remembrance

Discussion Starters

- What themes, feelings, or thoughts does this book spur in you?
- What moments, characters, or ideas resonated with you while reading?
- Would you have handled the events in the book around advance care the same way? If not, how would you want it to be different?

@ Tag us on social - let us know your thoughts!



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COYL Watchlist

MAYORS WELLNESS CAMPAIGN



From Scratch

loss, grief, cancer, memoir, African American

Extremis

medical decision-making, family dynamics, quality of life

Last Flight Home

medically assisted death, documentary, chronic illness

End Game (2018)

shared decision making, palliative and hospice care, emotional and spiritual considerations

Coco

remembering and honoring ancestors, family support, hispanic, life meaning

The Midnight Club

terminal illness and mortality, autonomy, support, youth, hospice care, caregiving

The Nurse with the Purple Hair

patient advocacy, emotional and spiritual support, collaborative decision making

This is Us: This is Care A Conversation

family communication, aging and health issues, caregiving and support, autonomy

Being Mortal

patient-centered care, communication, shared decision making, palliative and hospice care

The Bucket List

older adult, end of life priorities, support systems, reflection

A Man Called Otto

male perspective, end of life considerations, mental health, social isolation, community

The Farewell (2019)

Chinese-American, cultural differences, family bonds, reflection

Discussion Starters

- What themes, feelings, or thoughts does this video spur in you?
- What moments, characters, or ideas resonated with you while watching?
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COYL Media List

MAYORS WELLNESS CAMPAIGN



"I'm Young and Healthy: Why do I Need an Advance Health Care Directive?"
young adult, medical complexity

"Seeing Death Clearly" Podcast
death, dying, grief, living, death doula

"My dad died five years ago. I've learned it's better to talk about death imperfectly than not at all"
grief, male perspective, loss, mourning

"Death" Normalize This Podcast
normalizing death, conversation

"A Conversation with Tembi Locke: Love, Loss and Fava Beans"
African-American, grief, love, healing through food

Matt's Story
palliative care, persons with disabilities, support

"Focusing on what matters most to LGBTQ+ individuals"
LGBTQ+, suggestions, strategies

Grief & Aspects of the African American Experience
grief, African-American, social inequities

Three Stories about Advance Care Planning – A Piece of My Mind
chronic illness, personal stories, value confliction

Advance Care Planning: A Community Conversation
Jewish, advance care planning, community

Table Talk: LGBTQ+ Values, Wishes & Plans at End of Life
LGBTQ+, honoring wishes, resources

Table Talk: South Asian Perspectives on Palliative Care
South Asian, palliative care, doula, art

Discussion Starters

- What themes, feelings, or thoughts does this piece of media spur in you?
- What moments, characters, or ideas resonated with you?
- Would you have handled the events in this piece of media around advance care the same way? If not, how would you want it to be different?

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