



PEACE

Promoting Engagement, Aloha, & Compassion in the Everyday Care of People Facing Serious Illness



HUI POHALA

PEACE - Munch and Learn Series 2026 #18

**Not Just at the End:
Upstream Palliative Care and the Emotional Landscape of Serious Illness**

**June 18, 2026
12:00 to 1:00 pm HST**

Sara-May Colon, BCC, MBA, MDiv



Grief is a journey that we all navigate in different ways. Grief is bigger than a definition or step by step process that fits in a specific timeline. Anticipatory grief is often an under-recognized part of sickness and death which affects patients, families and clinicians alike. Serious illness brings many layers of loss to the forefront. Some are nuanced to one's secret self, and others are blatantly visible to the naked eye. The value of upstream palliative care weaves in emotional, spiritual, and psychosocial support that is entwined with the medical realities. As caregivers, it is helpful to normalize, recognize and verbalize anticipatory grief: this empowers us to care deeper, bring support, hope, clarity, and compassion into every element.

Sara-May Colon, BCC, MBA, MDiv, is the director of Mission and Spiritual Care at Adventist Health Castle and a board-certified chaplain. She has worked in grief for over 20 years in different settings from disaster relief to chaplain support in universities and within the hospital setting. She is honored to stand alongside teams and the community as we all navigate life, death and the wonder that fills all the in-between!

This training has been verified for 1 Continuing Education Contact hour by NASW when appropriate conditions are met by participants. (Approval HI62792021-207)



Registration: <https://zoom.us/meeting/register/NlbVNtc6RHO9BbPZKhKdnKg#/registration>

Please register and attend this session to learn more about this exciting career enhancing opportunity. Questions: PEACE@huipohala.org

