



**NEWS RELEASE**  
**North Olympic Library System**  
**2210 South Peabody Street**  
**Port Angeles, WA 98362**

## **FOR IMMEDIATE RELEASE**

Date: February 21, 2017  
Contact: Mary Coté, Customer Service Specialist  
360.683.1161; mcote@nols.org  
Re: Advance Planning for the End of Life

Have you been meaning to update your Living Will and Health Care Power of Attorney or just want to communicate better with your friends and family about their plans? The North Olympic Library System (NOLS) will offer Advanced Planning Seminars at the Port Angeles Main Library on Tuesday, March 7, at 1:30pm and at the Sequim Branch Library on Monday, March 13, at 9:30am. The seminars are expected to last about 3 hours. Judy McCay and Karen Griffith will lead these free, engaging, and practical seminars.

### **Advanced Planning**

In this Advanced Planning Seminar, participants will learn how to communicate their end-of-life wishes to loved ones and to physicians. End-of-life choices and the free services offered by End of Life Washington will be covered during the seminar. Participants will also be guided through the process of documenting their wishes about the kind of medical care they do or do not want at the end of life.

Participants will have the opportunity to work with the End of Life Washington Advance Directive which combines a Living Will and a Durable Power of Attorney for Health Care into one document.

There is no cost for the seminar, documents or Advance Directive notarization. Class sizes are limited and pre-registration is recommended. To register for the Port Angeles seminar, visit the

Port Angeles Main Library events calendar at [www.nols.org](http://www.nols.org), call 360.417.8500 or email [portangeles@nols.org](mailto:portangeles@nols.org). To register for the Sequim seminar, visit the Sequim Branch Library events calendar at [www.nols.org](http://www.nols.org), call 360.683.1161, or email [sequim@nols.org](mailto:sequim@nols.org). All materials will be provided.

### **About Karen Griffith and Judy McCay**

Karen and Judy are sisters who became interested in end-of-life planning as they were taking care of their father who was in hospice. Karen is a former Director of Volunteer Services at a hospice in Salt Lake City. She is currently on the board of the Hospice Foundation for Jefferson Healthcare. Judy is as passionate about end of life issues as she cared for her husband in the months before his death. It was at that time that they become familiar with the work of End of Life Washington (EOLWA) and the Death with Dignity option. Four years ago, Karen became a Client Support Volunteer with them, assisting clients through the process to obtain life-ending medications and attending their deaths. Judy joined her 2 years ago as a member of EOLWA's Speakers Bureau.

The sisters now travel around the state educating people on their end-of-life options and particularly the need to have Advance Health Care Directives. As they get older, the end-of-life choices become less theoretical and much more real and they have a real passion to educate and help people walk that final journey.

### **More information**

For additional information about this program, visit [www.nols.org](http://www.nols.org) and select “Events,” contact the Sequim Branch Library at 360.683.1161, or send an email to [Discover@nols.org](mailto:Discover@nols.org). Programs like these are offered free to the public with the generous support of the Port Angeles Friends of the Library and the Friends of Sequim Library. To receive regular updates about upcoming library events and programs, “Like” NOLS on [Facebook](https://www.facebook.com/nols). The Port Angeles Main Library is located at 2210 South Peabody Street in Port Angeles. The Sequim Branch Library is located at 630 North Sequim Avenue in Sequim. The Library is always open at [www.nols.org](http://www.nols.org).



Judy McCay and Karen Griffith

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