



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

## **FOR IMMEDIATE RELEASE**

Date: November 14, 2023  
Contact: Corrina Desmarais, Older Adult Services Librarian  
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Re: Intentional Aging group welcomes speakers to discuss services and care options

The North Olympic Library System (NOLS) offers Intentional Aging, a monthly discussion group for anyone who wants to live well while aging. **Meetings are held on Zoom at 11am on the third Tuesday of every month.** Register at [nols.org/intentional-aging](https://nols.org/intentional-aging) or by contacting your NOLS branch.

### **Nov. 21**

#### **Olympic Area Agency on Aging**

Olympic Area Agency on Aging (O3A) provides free consultation, assistance, and advocacy for adults with disabilities and for people aged 60 and older. Petra Reininger, Information and Assistance Specialist from the O3A Sequim office, will speak about the needs addressed by the agency. Long-term care, which is one of those needs, will eventually be required by an estimated 70% of seniors, many of whom do not have the means to pay for it. Learn how O3A can help.

### **Dec. 19**

#### **Palliative and Hospice Care**

Priya Jayadev, Executive Director of Volunteer Hospice of Clallam County, will discuss palliative and hospice care. These patient- and family-centered care options provide comfort and

improve quality of life for people experiencing life-limiting illness. Learn about the unique choices available in Clallam County, and how to know when care is appropriate.

For additional information on programs and services happening at your library, visit [nols.org](https://nols.org), email [Discover@nols.org](mailto:Discover@nols.org), or follow North Olympic Library System on Facebook and Instagram.

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