



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

## **FOR IMMEDIATE RELEASE**

Date: October 18, 2017  
Contact: Adele Kelly, Customer Service Specialist  
360.963.2414; akelly@nols.org  
Re: Advanced Planning for the End of Life  
Attached: *CB-AdvancePlanningSeminar-Judy and Karen.jpg*

Have you been meaning to update your Health Care Directive or Durable Power of Attorney for Health Care, or just want to communicate better with your friends and family about their plans? The North Olympic Library System (NOLS) will offer an Advanced Planning Seminar at the Clallam Bay Branch Library on Friday, November 3, at 1:30pm. The seminar is expected to last about three hours. Judy McCay and Karen Griffith will lead this free, engaging, and practical seminar.

### **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 wish for at the end of life.

Participants will have the opportunity to work with the End of Life Washington Advance Directive which combines a Health Care Directive 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 size is limited and pre-registration is recommended. To register for the seminar, visit the Clallam Bay

Library events calendar at [www.nols.org](http://www.nols.org), call 360.963.2414, or email [ClallamBay@nols.org](mailto:ClallamBay@nols.org). All material 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 also a former board member 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. Five 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 two 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 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,” or contact the Clallam Bay Branch Library at 360.963.2414. The Clallam bay Library is located at 16990 Highway 112 in Clallam Bay.



*Judy McCay and Karen Griffith will lead a free Advanced Planning Seminar at the Clallam Bay Branch Library.*

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