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BlinkMacSystemFont, 'Segoe UI', Roboto, Helvetica, Arial, sans-serif, 'Apple Color Emoji', 'Segoe UI
Emoji', 'Segoe UI Symbol'; font-size: 18px; font-weight: 400; line-height: 28px; margin: 0 auto; max-
width: 720px; padding: 40px 20px 40px 20px;"><!-- Main content section. Main is a useful landmark
element. -->
<main><!-- Article elements can be used to section individual articles in an email. --><!-- This image uses
a responsive-by-default approach. It will scale across devices. -->
<table align="center" border="0" style="margin: 0px auto;background-color:#ffffff;" width="600px">
<tbody>
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<td>
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style="font-size: 18px;">SEASON OF&nbsp;SUPPORT: Navigating Holiday Grief</span></h2>
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<div><a href="https://www.youtube.com/watch?v=OJtQDT2nYMQ& t=10s" target="_blank"></a></div>
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right: 25px; font-family: Arial, Arial, Helvetica, sans-serif;"><span style="font-size:16px;"><strong>As the
holiday season draws families and loved ones together, it can also heighten feelings of loss and grief.
During this time, it can help to hold conversations to honor those we have lost during the holiday
season. Multicultural Death and Grief Care Academy& nbsp; Founder Joél Simone Maldonado and Chief
Strategy Officer& nbsp; Mickey MacIntyre led an intimate discussion on coping strategies and ways to
celebrate life, which you can <a href="https://www.youtube.com/watch?v=OJtQDT2nYMQ& t=10s"
target="_blank">watch now</a>. We hope this webinar and its& nbsp;<a
href="https://compassionandchoices.org/news/holiday-grief/" target="_blank">accompanying
blog</a>& nbsp; help you and your loved ones find peace during this holiday season and
beyond.</strong></span></td>
</tr>
<tr>
<td class="footer-text" style="display: block; padding: 15px 25px 20px 25px;">
<div style="text-align: center;"><strong><a
href="https://www.youtube.com/watch?v=OJtQDT2nYMQ& t=10s" style="-ms-text-size-adjust:

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none; display: inline-block; background-color: #752D62; padding: 0 10px; border-radius: 50px; font-family: 'Arial',Arial,sans-serif; color: #ffffff; font-size: 14px; line-height: 30px; text-align: center; text-decoration: none; width: 150px; -webkit-text-size-adjust: none; mso-hide: all;" target="_blank">WATCH NOW</a></strong></div>
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<td align="center" style="padding: 20px 15px; margin: 0 auto;">
<div><a href="https://compassionandchoices.org/news/concurrent-care-offers-patients-choice-at-the-
end-of-life-a-bridge-of-support/" target="_blank"></a></div>
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right: 25px; font-family: Arial, Arial, Helvetica, sans-serif;">
<p dir="ltr"><b><span style="font-size:16px;">Concurrent care allows patients to receive hospice
services alongside curative treatments for a limited time, enabling patients nearing the end of life to
receive comfort while still accessing some medical interventions. Currently, this option is mainly
available to certain veterans and pediatric patients. That is why Compassion & Choices is
advocating for reforms to promote concurrent care, aiming to enhance trust in healthcare teams and
improve access to end-of-life care. <a href="http://compassionandchoices.org/news/concurrent-care-
offers-patients-choice-at-the-end-of-life-a-bridge-of-support" target="_blank">Read our blog</a> to
learn why concurrent care could be a viable option for you and your loved ones</span>.</b></p>
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<tr>
<td class="footer-text" style="display: block; padding: 15px 25px 20px; text-align: center;"><span
style="font-size:20px;"><strong><a href="https://compassionandchoices.org/news/concurrent-care-
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display:inline-block; background-color:#00446d; padding:0 10px; border-radius:50px; font-
family:'Arial',Arial,sans-serif; color:#ffffff; font-size:14px; line-height:30px; text-align:center; text-
decoration:none; width:150px; -webkit-text-size-adjust:none" target="_blank">READ
ON</a></strong></span></td>
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<h2 style="color: #FFFFFF; font-size: 20px; line-height: 1px; margin: 15px 0 15px 0; text-align:
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<p><span style="color:#000000;"><em><strong><span style="font-size:18px;">A New Congress & amp;
Administration: An Uncertain Future for Federal End-of-Life Care
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Policy

Wednesday, January 29, 2025 at 4:00 PM ET join us as we discuss the future of our federal agenda. We face unprecedented opportunities and challenges as a new Congress and administration take office. What changes can we expect regarding Medicare and Medicaid, the Department of Health and Human Services and federal healthcare legislation? We will discuss important topics such as advancements in hospice and palliative care, access to telemedicine, medical aid in dying (especially in Washington, D.C.) and other priorities related to end-of-life care.

<https://join.compassionandchoices.org/a/new-congress-administration-uncertain-future-federal-end-life-care-policy> SIGN UP

STORIES OF LIGHT: The Journey of Deltra James

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<tr>
<td align="center" style="padding: 20px 15px; margin: 0 auto;">
<div><a href="https://join.compassionandchoices.org/a/donate-today" target="_blank"></a></div>
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<td style="font-family: 'Arial', Arial, Helvetica, sans-serif; font-size: 14px; line-height: 20px; color:
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right: 25px; font-family: Arial, Arial, Helvetica, sans-serif;">
<p><span style="font-size:16px;"><strong>This is an incredible story. Deltra James is a mother, a death
doula and an inspiring storyteller who shares her journey of co-existing with metastatic breast cancer for
the last five years. Why is she a passionate end-of-life care advocate? <em>"Caring about others being
able to make choices that they feel are right for them? That's just being a good
human.</em></strong></span><span style="font-size:16px;"><strong><em>"</em> <a
href="https://join.compassionandchoices.org/a/cye24" target="_blank">Listen to her full heartfelt
testimony.</a> If you're moved by her story, consider making a donation today. With your support we
can make a difference in improving the final stage of life for so many people. </strong></span></p>
</td>
<td>&nbsp;</td>
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<tr>
<td class="footer-text" style="display: block; padding: 15px 25px 20px 25px;">
<div style="text-align: center;"><strong><a href="https://join.compassionandchoices.org/a/donate-
today" style="-ms-text-size-adjust: none; display: inline-block; background-color: #00446D; padding: 0
10px; border-radius: 50px; font-family: 'Arial',Arial,sans-serif; color: #ffffff; font-size: 14px; line-height:
30px; text-align: center; text-decoration: none; width: 150px; -webkit-text-size-adjust: none; mso-hide:
all;" target="_blank">MAKE A DIFFERENCE</a></strong></div>
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center;">EMPOWER YOURSELF: Religion and Culture for End-of-Life</h2>
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<td align="center" style="padding: 20px 15px; margin: 0 auto;">
<div><a href="https://www.thegravewoman.com/store/p79/Faith%2C%20Religion%20and%20Culture%20for%20End-of-Life%20Deathcare%2012%20Course%20Series%20%E2%80%93%20Enrolling%20Now%20for%20January%202025.html"
target="_blank"></a></div>
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right: 25px; font-family: Arial, Arial, Helvetica, sans-serif;"><span style="font-
size:16px;"><strong>Compassion & Choices Board Member&nbsp;Joél Simone Maldonado is
excited to present&nbsp;<a
href="https://www.thegravewoman.com/store/p79/Faith%2C%20Religion%20and%20Culture%20for%20End-of-
Life%20Deathcare%2012%20Course%20Series%20%E2%80%93%20Enrolling%20Now%20for%20January%202025.html"
target="_blank"><em>Faith, Religion, and Culture for End-of-Life & Deathcare</em></a>,&nbsp;
12-course series, starting January 4, 2025. This instructor-led, 12-week course explores diverse death
and grieving traditions across major faiths and cultures, emphasizing cultural competence in death care.
The series is perfect for death doulas, funeral directors, healthcare professionals, nurses and grief care
specialists. Whether you want to enhance your skills or expand your cultural understanding, this course
is for you. <em>Please note: Each course provides 1.5 continuing education credit hours through
APFSP.</em></strong></span></td>
</tr>
<tr>
<td class="footer-text" style="display: block; padding: 15px 25px 20px 25px;">
<div style="text-align: center;"><strong><a
href="https://www.thegravewoman.com/store/p79/Faith%2C%20Religion%20and%20Culture%20for%20End-of-
Life%20Deathcare%2012%20Course%20Series%20%E2%80%93%20Enrolling%20Now%20for%20January%202025.html" style="-
ms-text-size-adjust: none; display: inline-block; background-color: #752D62; padding: 0 10px; border-

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radius: 50px; font-family: 'Arial',Arial,sans-serif; color: #ffffff; font-size: 14px; line-height: 30px; text-align: center; text-decoration: none; width: 150px; -webkit-text-size-adjust: none; mso-hide: all;" target="_blank">ENROLL TODAY</a></strong></div>
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<h2 style="color: #FFFFFF; font-size: 18px; line-height: 1px; margin: 15px 0 15px 0; text-align: center;">INSPIRED AND JOYFUL: 3 Takeaways from End Well 2024</h2>
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<div><a href="https://compassionandchoices.org/news/inspired-and-joyful-3-takeaways-i-learned-at-end-well-2024" target="\_blank"></a></div>

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<td class="cta-button-container footer-text" style="padding-top: 10px; padding-left: 25px; padding-right: 25px; font-family: Arial, Arial, Helvetica, sans-serif;"><span style="font-size:16px;"><b>What if conversations about death could be filled with hope and connection? At End Well 2024, hundreds of doctors, caregivers, artists&nbsp;and advocates gathered to rethink end-of-life discussions. This year’s event featured diverse presenters who shared insights on grief, aging&nbsp;and palliative care. The End Well Conference aims to instill “joy, wonder and hope” in end-of-life discussions, creating uplifting conversations throughout the event. <a href="https://compassionandchoices.org/news/inspired-and-joyful-3-takeaways-i-learned-at-end-well-2024" target="\_blank">Clinical Education Manager Meagan Williams</a> shares her insights and analysis from this thought-provoking event.</b></span></td>

<td>&nbsp;</td>

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<td class="footer-text" style="display: block; padding: 15px 25px 20px 25px;">

<div style="text-align: center;"><strong><a href="https://compassionandchoices.org/news/inspired-and-joyful-3-takeaways-i-learned-at-end-well-2024" style="-ms-text-size-adjust: none; display: inline-block; background-color: #00446D; padding: 0 10px; border-radius: 50px; font-family: 'Arial',Arial,sans-serif; color: #ffffff; font-size: 14px; line-height: 30px; text-align: center; text-decoration: none; width: 150px; -webkit-text-size-adjust: none; mso-hide: all;" target="\_blank">LEARN MORE</a></strong></div>

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<h2 style="color: #FFFFFF; font-size: 19px; line-height: 1px; margin: 15px 0 15px 0; text-align:
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right: 25px; font-family: Arial, Arial, Helvetica, sans-serif;"><span style="font-size:16px;"><strong>We
are proud to announce Aerica Worrell as&nbsp;the newest member of the <a
href="https://compassionandchoices.org/about-us/leadership-board-committees/african-american-
leadership-council/" target="_blank">Compassion & Choices African American Leadership
Council</a>. A Stamps Scholar and Foundation Fellow at the University of Georgia, she researches
maternal health and child development, focusing on degenerative diseases. Her passion for these issues
inspires her healthcare advocacy and desire to become a doctor. <a
href="http://compassionandchoices.org/news/meet-aerica-worrell-the-newest-member-of-the-
compassion-choices-african-american-leadership-council" target="_blank">In this interview</a>, Aerica
discusses her dedication to promoting health equity and expanding end-of-life options in the African
American community.</strong></span></td>
</tr>
<tr>
<td class="footer-text" style="display: block; padding: 15px 25px 20px 25px;">
<div style="text-align: center;"><strong><a href="https://compassionandchoices.org/news/meet-aerica-
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ms-text-size-adjust: none; display: inline-block; background-color: #752D62; padding: 0 10px; border-
radius: 50px; font-family: 'Arial',Arial,sans-serif; color: #ffffff; font-size: 14px; line-height: 30px; text-
align: center; text-decoration: none; width: 150px; -webkit-text-size-adjust: none; mso-hide: all;"
target="_blank">EXPLORE UPDATE</a></strong></div>
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<h2 style="color: #FFFFFF; font-size: 20px; font-weight: 600; line-height: 1px; margin: 15px 0 15px 0;
text-align: center;">About the <em>Charting Your Life’s Journey </em>Newsletter</h2>
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<p style="margin-left: 30px; margin-right: 30px;margin-top: 30px"><span style="font-
size:18px;"><strong><em>Charting Your Life’s Journey </em>is your trusted&nbsp;&nbsp;&nbsp;empowerment and
engagement&nbsp;&nbsp;&nbsp;resource for the path ahead. We know it's not just a journey —&nbsp;&nbsp;&nbsp;it's your life's
legacy, and we are here with you every step of the way.</strong></span></p>

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<p style="margin-left: 30px; margin-right: 30px;margin-top: 30px"><span style="font-
size:18px;"><strong>If you appreciate this newsletter, <a
href="https://join.compassionandchoices.org/a/donate-today" target="_blank"><span
style="color:#3498db;"><u>please consider making a donation today</u></span></a> using the links
below. We could not continue to offer you high quality resources without your support. We are grateful
for your passion, energy and dedication. It is an honor to be a part of your life's
journey.</strong></span></p>

```

```

</td>
</tr>
</tbody>
</table>
</td>

```

```
</tr>
</tbody>
</table>
```

```
<h2 style="color: #000000; font-size: 20px; line-height: 32px; margin: 15px 0 15px 0; text-align: center;"><strong>DONATE TODAY</strong></h2>
```

```
<hr /></td>
</tr>
</tbody>
</table>
```

```
<table align="center" border="0" height="26" style="margin: 0px auto;background-color:#FFFFFF;" width="600px">
```

```
<tbody>
```

```
<tr>
```

```
<td style="text-align: center;"><strong><a href="https://join.compassionandchoices.org/a/donate-today? ga=2.42389222.236871659.1645516591-174806523.1639166161" style=" display: inline-block; margin: 5px 10px; border-radius: 5px; min-width:100px; padding: 12px 20px 10px; line-height: 30px; font-size: 20px; cursor: pointer; background-color: #752D62; color:white; text-decoration:none; ">$30</a></strong>&nbsp;<strong><a href="https://join.compassionandchoices.org/a/donate-today? ga=2.42389222.236871659.1645516591-174806523.1639166161" style=" display: inline-block; margin: 5px 10px; border-radius: 5px; min-width:100px; padding: 12px 20px 10px; line-height: 30px; font-size: 20px; cursor: pointer; background-color: #752D62; color:white; text-decoration:none; ">$50</a></strong><br />
```

```
<strong><a href="https://join.compassionandchoices.org/a/donate-today? ga=2.42389222.236871659.1645516591-174806523.1639166161" style=" display: inline-block; min-width:100px; margin: 5px 10px; border-radius: 5px; padding: 12px 20px 10px; line-height: 30px; font-size: 20px; cursor: pointer; background-color: #752D62; color:white; text-decoration:none; ">$100</a></strong> <strong><a href="https://join.compassionandchoices.org/a/donate-today? ga=2.42389222.236871659.1645516591-174806523.1639166161" style=" display: inline-block; margin: 5px 10px; min-width:100px; border-radius: 5px; padding: 12px 20px 10px; line-height: 30px; font-size: 20px; cursor: pointer; background-color: #752D62; color:white; text-decoration:none; ">$250</a></strong><br />
```

```
<strong><a href="https://join.compassionandchoices.org/a/donate-today? ga=2.42389222.236871659.1645516591-174806523.1639166161" style=" display: inline-block; margin: 5px 10px; min-width:100px; border-radius: 5px; padding: 12px 20px 10px; line-height: 30px; font-size: 20px; cursor: pointer; background-color: #752D62; color:white; text-decoration:none; ">$500</a></strong> <strong> <a href="https://join.compassionandchoices.org/a/donate-
```

```
today?_ga=2.42389222.236871659.1645516591-174806523.1639166161" style="display: inline-block;
min-width:100px; margin: 5px 10px; border-radius: 5px; padding: 12px 20px 10px; line-height: 30px;
font-size: 20px; cursor: pointer; background-color: #752D62; color:white; text-
decoration:none;">$1,000</a> </strong></td>
</tr>
</tbody>
</table>
```

```
<hr style="width:600px" />
<article>
<table align="center" border="0" height="26" style="margin: 0px auto;background-color:#FFFFFF;"
width="600px">
<tbody>
<tr>
<td align="center" style="max-width:75px; border-radius:20px" width="100"><a
href="https://www.facebook.com/compassionandchoices/"> </a></td>
<td align="center" style="max-width:75px; border-radius:20px" width="100"><a
href="https://twitter.com/CompAndChoices"> </a></td>
<td align="center" style="max-width:75px; border-radius:20px" width="100"><a
href="https://www.instagram.com/compassionandchoices/"> </a></td>
<td align="center" style="max-width:75px; border-radius:20px" width="100"><a
href="https://www.linkedin.com/company/compassion-&choices"> </a></td>
<td align="center" style="max-width:75px; border-radius:20px" width="100"><a
href="https://www.youtube.com/user/CompassionChoices"> </a></td>
</tr>
</tbody>
</table>
```

```
<article>
<hr style="width:600px" />
<table align="center" border="0" height="26" style="margin: 0px auto;background-color:#FFFFFF;"
width="600px">
```

```
</table>
```

```
<article>
```

```
<table align="center" border="0" height="26" style="margin: 0px auto;background-color:#FFFFFF;" width="600px">
```

```
<tbody>
```

```
<tr>
```

```
<td style="font-family:'sans-serif', arial; color:#00446d;">
```

```
<p><strong>© <em>2024 Compassion & Choices</em></strong></p>
```

```
</td>
```

```
<td style="text-align: right; font-family:'sans-serif', arial; color:#00446d;"><em><strong>Care and Choice at the End of Life</strong></em></td>
```

```
</tr>
```

```
</tbody>
```

```
</table>
```

```
</article>
```

```
<!-- Footer information. Footer is a useful landmark element. -->
```

```
<footer><!-- This link uses descriptive text to inform the user what will happen with the link is tapped. -->
```

```
><!-- It also uses inline styles since some email clients won't render embedded styles from the head. -->
```

```
></footer>
```

```
<table align="center" border="0" height="26" style="margin: 0px auto;background-color:#FFFFFF;" width="600px">
```

```
</table>
```

```
<table align="center" border="0" height="26" style="margin: 0px auto;background-color:#FFFFFF;" width="600px">
```

```
<tbody>
```

```
<tr>
```

```
<td align="center">
```

```
<p style="font-size: 16px; font-weight: 400; line-height: 24px; margin-top: 48px;"><span style="font-size:10px;">{{Disclaimer}}<br />
```

```
{{UnsubscribeLink}}<br />
```

```
{{OrganizationAddress}}</span></p>
```

```
<p style="font-size: 16px; font-weight: 400; line-height: 24px; margin-top: 48px;">{{Self Service Portal Manage Preferences::vVeeb110Ee6ZNwAiSDLrcw2}}</p>
```

```
</td>
```

```
</tr>
```

```
</tbody>
```

```
<!-- The address element does exactly what it says. By default, it is block-level and italicizes text. You can
```

```
override this behavior inline. --><!--[if (gte mso 9)|(IE)]>
  </td></tr></table>
<![endif]-->
</table>
<style type="text/css">/* CLIENT-SPECIFIC STYLES */
  body, table, td, a { -webkit-text-size-adjust: 100%; -ms-text-size-adjust: 100%; }
  table, td { mso-table-lspace: 0pt; mso-table-rspace: 0pt; }
  img { -ms-interpolation-mode: bicubic; }
  h2 a, a h2{text-decoration: none; color: #00446d;}
  /* RESET STYLES */
  img { border: 0; height: auto; line-height: 100%; outline: none; text-decoration: none; }
  table { border-collapse: collapse !important; }
  body { height: 100% !important; margin: 0 !important; padding: 0 !important; width: 100%
!important; }

  /* iOS BLUE LINKS */
  a[x-apple-data-detectors] {
    color: inherit !important;
    text-decoration: none !important;
    font-size: inherit !important;
    font-family: inherit !important;
    font-weight: inherit !important;
    line-height: inherit !important;
  }

  /* GMAIL BLUE LINKS */
  u + #body a {
    color: inherit;
    text-decoration: none;
    font-size: inherit;
    font-family: inherit;
    font-weight: inherit;
    line-height: inherit;
  }

  /* SAMSUNG MAIL BLUE LINKS */
  #MessageViewBody a {
    color: inherit;
    text-decoration: none;
    font-size: inherit;
    font-family: inherit;
    font-weight: inherit;
```

```
    line-height: inherit;
  }

  /* These rules set the link and hover states, making it clear that links are, in fact, links. */
  /* Embrace established conventions like underlines on links to keep emails accessible. */
  a { color: #0797b9; font-weight: 600; text-decoration: underline; }
  a:hover { color: #000000 !important; text-decoration: none !important; }

  /* These rules adjust styles for desktop devices, keeping the email responsive for users. */
  /* Some email clients don't properly apply media query-based styles, which is why we go mobile-
  first. */
  @media screen and (min-width:600px) {
    h1 { font-size: 48px !important; line-height: 48px !important; }
    .intro { font-size: 24px !important; line-height: 36px !important; }
  }
</style>
</article>
</article>
</div>
</div>
<grammarly-desktop-integration data-grammarly-shadow-root="true"></grammarly-desktop-
integration></td>
</tr>
</tbody>
</table>
</main>
</div>
```