

## Charting Your Life's Journey: Your Plan, Your Loved Ones, Your Community

### SEASON OF SUPPORT: Navigating Holiday Grief

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 Founder Joél Simone Maldonado and Chief Strategy Officer Mickey MacIntyre led an intimate discussion on coping strategies and ways to celebrate life, which you can watch now. We hope this webinar and its accompanying blog

[\[https://compassionandchoices.org/news/holiday-grief?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=finishstrongnewsletter&utm\\_content=241215FSNewsletter&sourceid=1085402\]](https://compassionandchoices.org/news/holiday-grief?utm_source=newsletter&utm_medium=email&utm_campaign=finishstrongnewsletter&utm_content=241215FSNewsletter&sourceid=1085402) help you and your loved ones find peace during this holiday season and beyond.

### WATCH NOW

[\[https://www.youtube.com/watch?v=OJtQDT2nYMQ&t=10s?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=finishstrongnewsletter&utm\\_content=241215FSNewsletter&sourceid=1085402\]](https://www.youtube.com/watch?v=OJtQDT2nYMQ&t=10s?utm_source=newsletter&utm_medium=email&utm_campaign=finishstrongnewsletter&utm_content=241215FSNewsletter&sourceid=1085402)

### CLINICAL COMMENTARIES: Concurrent Care at the End-of-Life

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. Read our blog to learn why concurrent care could be a viable option for you and your loved ones.

READ ON [\[https://compassionandchoices.org/news/concurrent-care-offers-patients-choice-at-the-end-of-life-a-bridge-of-support?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=finishstrongnewsletter&utm\\_content=241215FSNewsletter&sourceid=1085402\]](https://compassionandchoices.org/news/concurrent-care-offers-patients-choice-at-the-end-of-life-a-bridge-of-support?utm_source=newsletter&utm_medium=email&utm_campaign=finishstrongnewsletter&utm_content=241215FSNewsletter&sourceid=1085402)

### LIVE WEBINAR: Exciting Learning Opportunity

A New Congress & Administration: An Uncertain Future for Federal End-of-Life Care 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.

SIGN UP [\[https://join.compassionandchoices.org/a/new-congress-administration-uncertain-future-federal-end-life-care-policy?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=finishstrongnewsletter&utm\\_content=241215FSNewsletter&sourceid=1085402\]](https://join.compassionandchoices.org/a/new-congress-administration-uncertain-future-federal-end-life-care-policy?utm_source=newsletter&utm_medium=email&utm_campaign=finishstrongnewsletter&utm_content=241215FSNewsletter&sourceid=1085402)

### STORIES OF LIGHT: The Journey of Deltra James

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? "Caring about others being able to make choices that they feel are right for them? That's just being a good human." Listen to her full heartfelt testimony. 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.

MAKE A DIFFERENCE [[https://join.compassionandchoices.org/a/donate-today?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=finishstrongnewsletter&utm\\_content=241215FSNewsletter&sourceid=1085402](https://join.compassionandchoices.org/a/donate-today?utm_source=newsletter&utm_medium=email&utm_campaign=finishstrongnewsletter&utm_content=241215FSNewsletter&sourceid=1085402)]

#### EMPOWER YOURSELF: Religion and Culture for End-of-Life

Compassion & Choices Board Member Joél Simone Maldonado is excited to present Faith, Religion, and Culture for End-of-Life & Deathcare, a 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. Please note: Each course provides 1.5 continuing education credit hours through APFSP.

#### ENROLL TODAY

[[https://www.thegravewoman.com/store/p79/Faith%2C\\_Religion\\_and\\_Culture\\_for\\_End-of-Life\\_%26\\_Deathcare\\_12\\_Course\\_Series\\_%E2%80%93\\_Enrolling\\_Now\\_for\\_January\\_2025.html?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=finishstrongnewsletter&utm\\_content=241215FSNewsletter&sourceid=1085402](https://www.thegravewoman.com/store/p79/Faith%2C_Religion_and_Culture_for_End-of-Life_%26_Deathcare_12_Course_Series_%E2%80%93_Enrolling_Now_for_January_2025.html?utm_source=newsletter&utm_medium=email&utm_campaign=finishstrongnewsletter&utm_content=241215FSNewsletter&sourceid=1085402)]

#### INSPIRED AND JOYFUL: 3 Takeaways from End Well 2024

What if conversations about death could be filled with hope and connection? At End Well 2024, hundreds of doctors, caregivers, artists and advocates gathered to rethink end-of-life discussions. This year's event featured diverse presenters who shared insights on grief, aging 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. Clinical Education Manager Meagan Williams shares her insights and analysis from this thought-provoking event.

LEARN MORE [[https://compassionandchoices.org/news/inspired-and-joyful-3-takeaways-i-learned-at-end-well-2024?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=finishstrongnewsletter&utm\\_content=241215FSNewsletter&sourceid=1085402](https://compassionandchoices.org/news/inspired-and-joyful-3-takeaways-i-learned-at-end-well-2024?utm_source=newsletter&utm_medium=email&utm_campaign=finishstrongnewsletter&utm_content=241215FSNewsletter&sourceid=1085402)]

#### WELCOME: New African American Leadership Council Member

We are proud to announce Aerica Worrell as the newest member of the Compassion & Choices African American Leadership Council. 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. In this interview, Aerica discusses her dedication to promoting health equity and expanding end-of-life options in the African

American community.

EXPLORE UPDATE [[https://compassionandchoices.org/news/meet-aerica-worrell-the-newest-member-of-the-compassion-choices-african-american-leadership-council?utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=finishstrongnewsletter&utm\\_content=241215FSNewsletter&sourceid=1085402](https://compassionandchoices.org/news/meet-aerica-worrell-the-newest-member-of-the-compassion-choices-african-american-leadership-council?utm_source=newsletter&utm_medium=email&utm_campaign=finishstrongnewsletter&utm_content=241215FSNewsletter&sourceid=1085402)]

#### About the Charting Your Life's Journey Newsletter

Charting Your Life's Journey is your trusted empowerment and engagement resource for the path ahead. We know it's not just a journey — it's your life's legacy, and we are here with you every step of the way. If you appreciate this newsletter, please consider making a donation today 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.

#### DONATE TODAY

\$30 [[https://join.compassionandchoices.org/a/donate-today?\\_ga=2.42389222.236871659.1645516591-174806523.1639166161](https://join.compassionandchoices.org/a/donate-today?_ga=2.42389222.236871659.1645516591-174806523.1639166161)]

\$50 [[https://join.compassionandchoices.org/a/donate-today?\\_ga=2.42389222.236871659.1645516591-174806523.1639166161](https://join.compassionandchoices.org/a/donate-today?_ga=2.42389222.236871659.1645516591-174806523.1639166161)]

\$100 [[https://join.compassionandchoices.org/a/donate-today?\\_ga=2.42389222.236871659.1645516591-174806523.1639166161](https://join.compassionandchoices.org/a/donate-today?_ga=2.42389222.236871659.1645516591-174806523.1639166161)]

\$250 [[https://join.compassionandchoices.org/a/donate-today?\\_ga=2.42389222.236871659.1645516591-174806523.1639166161](https://join.compassionandchoices.org/a/donate-today?_ga=2.42389222.236871659.1645516591-174806523.1639166161)]

\$500 [[https://join.compassionandchoices.org/a/donate-today?\\_ga=2.42389222.236871659.1645516591-174806523.1639166161](https://join.compassionandchoices.org/a/donate-today?_ga=2.42389222.236871659.1645516591-174806523.1639166161)]

\$1,000 [[https://join.compassionandchoices.org/a/donate-today?\\_ga=2.42389222.236871659.1645516591-174806523.1639166161](https://join.compassionandchoices.org/a/donate-today?_ga=2.42389222.236871659.1645516591-174806523.1639166161)]

<https://www.facebook.com/compassionandchoices>

<https://twitter.com/CompAndChoices>

<https://www.instagram.com/compassionandchoices>

<https://www.linkedin.com/company/compassion-&-choices>

<https://www.youtube.com/user/CompassionChoices>