



MAKING PROGRESS: Normalizing End-of-Life Conversations



Since the introduction of hospice care in the U.S. in 1974, end-of-life options have greatly expanded, as people increasingly take control of their care and talk openly about it. Compassion & Choices is proud to be a key part of this movement, encouraging individuals to share their stories and advocating for changes in healthcare policy. Conversations and media portrayals of death and dying are becoming more common, and this increased dialogue allows a wider audience to learn about this issue and share their stories. To assist you in starting your planning and communication journey, we offer [The Conversation Tips & Resource Guide](#). Together, we can work towards greater acceptance of end-of-life conversations.

[LEARN MORE](#)

UPDATED RESOURCES: New Spanish Language Videos Available



We are excited to announce our dementia glossary videos are now available in Spanish. These videos explain key clinical terms succinctly and are a powerful addition to our [Spanish Dementia Values & Priorities Tool](#). With these resources, families can engage in meaningful discussions about their end-of-life preferences, enabling them to make informed decisions that reflect their values and wishes. Open conversations about these sensitive topics can help strengthen bonds with loved ones and ensure that they receive the care they desire.

[EXPLORE GLOSSARY](#)

LIVE WEBINARS: 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](#)

Crucial Decisions: Picking and Preparing Your Healthcare Proxy

[Monday, February 24, 2025 4:00 PM ET](#) Compassion & Choices is hosting an informative webinar led by LGBTQ+ Engagement Director Osha Towers and Clinical Education Manager Meagan Williams. We will discuss the important topic of healthcare surrogacy. End-of-life care often depends on a healthcare surrogate or proxy who can advocate for you when you are unable to do so. It is crucial that this person understands your values and wishes. If you are unsure about your current proxy or want to ensure that you have the right person selected, we invite you to join us for this valuable webinar.

[SIGN UP](#)

EXPLORING AUTONOMY IN MEDIA: The Room Next Door

"The film's critique of systemic barriers, portrayal of love and courage and advocacy for dignity in the face of mortality make it a poignant contribution to the conversation about medical aid in dying."



The Room Next Door, starring Tilda Swinton and Julianne Moore, offers a visually stunning and emotionally resonant exploration of bodily autonomy, the right to die and the societal and legal barriers surrounding these deeply personal decisions. Compassion & Choices Senior Campaign Director Corinne Carey recently screened this film with end-of-life options advocates who shared their reflections on the film. We hope the film can amplify the importance of equitable, compassionate options for dying people.

[READ MORE](#)

WELCOME: New Planned Giving Director Kathleen McKinstra



Please join us in welcoming Kathleen McKinstra as the Director of Planned Giving at Compassion & Choices. Kathleen has decades of experience as an elder law and estate planning attorney and she is available to answer questions you may have about estate planning and planned giving. "Many people want to begin the process but simply don't know where or how to start," Kathleen says. "The counsel I've offered countless clients is to thoughtfully determine what's really important to you. You can then use your estate planning to honor people and organizations you find meaningful." If you'd like to connect with Kathleen, please email her at kmckinstra@compassionandchoices.org.

[PLAN YOUR GIFT](#)

SUMMER 2025 OPPORTUNITY: Legal Fellowship



Compassion & Choices is pleased to offer a law student or recent law graduate an in-person, 10-week, full-time summer legal fellowship. Working alongside experienced staff attorneys, the legal fellowship provides an opportunity to contribute to impactful state and federal litigation efforts and may include opportunities to work on policy initiatives. This role will provide essential case support, research, and writing on vital end-of-life healthcare issues intersecting with constitutional, civil, and criminal law. Do you know a friend or loved one who could be a good fit? Please invite them to apply to join us in our nationwide effort to enhance end-of-life care and options.

[APPLY HERE](#)

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.

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