



START TODAY: Create Your Advance Directive



Get ahead of National Healthcare Decisions Day in April by completing your advance directive! An advance directive is a general term for a document that contains instructions pertaining to your desired medical treatment in the event you can't make decisions on your own. Despite how critical this resource is, 2 out of 3 U.S. adults have not completed one. There is no better time than now to create your advance directive, and [we have all the resources you need](#) to get started today.

Watch and listen to [Elaine S. Saunders](#), Chair of the Genevieve N. Johnson Senior Day Care Center Advisory Council in Washington D.C., tell us why she uses our resources to navigate the advance directive and end of life.

[WATCH NOW](#)

SUCCEEDING TOGETHER: The Healthcare Proxy Webinar Series



Agreeing to be the legal healthcare surrogate or proxy for a loved one means being ready to advocate on their behalf when they simply cannot. Important medical choices may come up, and you'll have to make them during stressful and emotional times. Join Clinical Education Manager Meagan Williams and LGBTQ+ Engagement Director Osha Towers as they lead [an interactive webinar to prepare you to act as a proxy](#). Whether you have already agreed to be one, or if you would like to attend with your proxy so they better understand their role, this workshop is designed for you. To learn more about picking a healthcare proxy, watch [our recent webinar](#) on demand now.

[RSVP TODAY](#)

LIVE WEBINARS: Exciting Learning Opportunities

If It Please The Court: Inside Compassion & Choices' Legal Docket and Courtroom Updates — Including SCOTUS

[Thursday, April 17, 2025 at 4:00 PM ET](#) join us for an exclusive dive into Compassion & Choices' most pressing cases, groundbreaking legal strategies and recent courtroom battles. Discover how our top-tier legal team, alongside dedicated pro-bono law firms, is defending the right to chart your end-of-life journey in courts across the nation. Kevin Díaz, Interim President, CEO, Chief Legal Advocacy Officer and General Counsel, along with special guests, including Jon Eisenberg, counsel in the Terri Schiavo case and appellate law expert, will join Mickey MacIntyre, Chief Strategy & Marketing Officer, to unpack these pivotal cases and answer your questions.

[SIGN UP](#)

MAiD in the U.S.A: March Medical Aid-in-Dying Campaign Updates

[Thursday, March 20, 2025 at 4:00 PM ET](#) learn more about our advocacy work. Legislative season is in full swing, with 15 states considering medical aid-in-dying bills plus efforts to improve and defend access to this compassionate option across 11 authorized jurisdictions. Hear the latest news from the states you care about as well as the national movement to expand this end of life option.

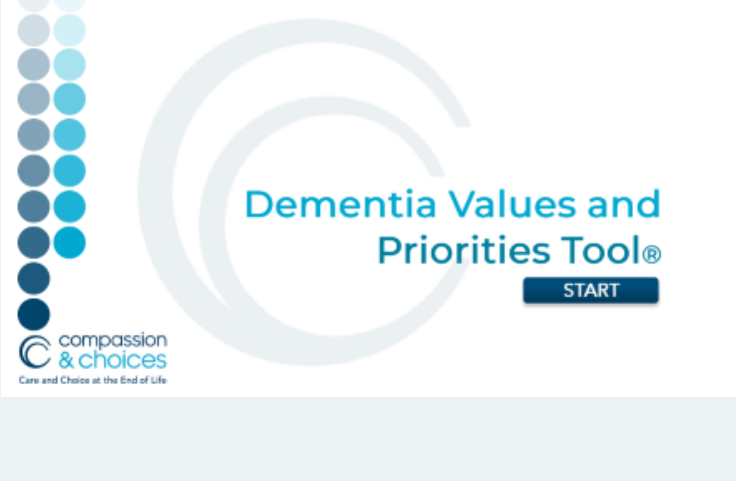
[SIGN UP](#)

American Society on Aging: How to Advocate

[Thursday, April 10, 2025, at 10:00 AM PT](#) End-of-life care touches us all, both personally and professionally. If you're in medicine, community health, finance, or a related field, you're already in a position to advocate. But where do you start? Join Compassion & Choices experts Bernadette Nunley, JD; Elizabeth Armijo; and Ashley Fry, DNP, for a practical overview of advocacy and the many ways you can make a difference in end-of-life care. This course is eligible for one free Continuing Education (CE) credit.

[SIGN UP](#)

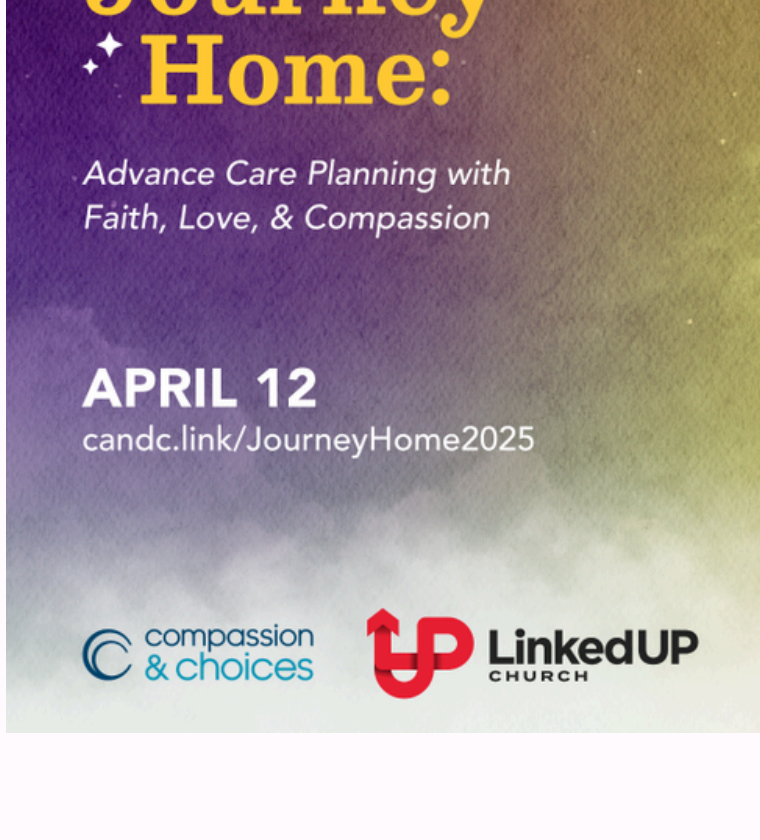
HIGHLIGHT YOUR VALUES: Explore the Dementia Values and Priorities Tool



Our recent supporter survey showed that only one-third of our supporters with a completed dementia directive have shared it with their healthcare team. The best way to ensure your wishes are honored in the future is by communicating them today. That's why we developed the [Dementia Values and Priorities Tool](#) — so you can clearly communicate your wishes regarding future care in the event of a dementia diagnosis. Guided by a series of questions and explainer videos, you will be able to summarize your preferences regarding future care to ensure it aligns with your priorities. Also available in [Español](#).

[EXPLORE TOOL](#)

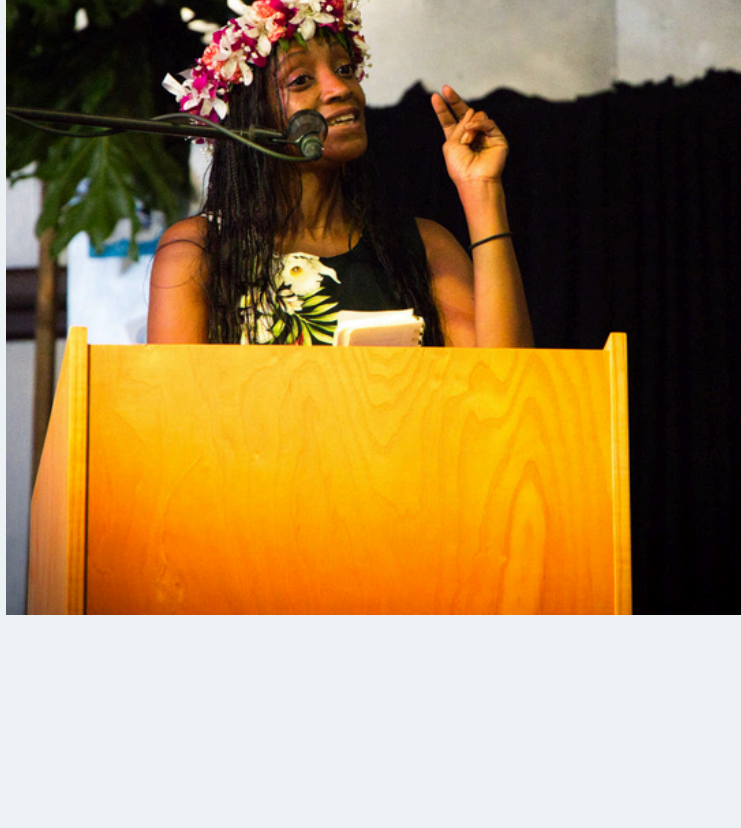
ADDRESSING HEALTH INEQUITIES: The Journey Home Event



Everyone should have equal access to the full range of end-of-life care options. [Yet research reveals persistent barriers](#) to accessing hospice care and end-of-life planning support for African Americans. To help unpack this complex issue, Compassion & Choices is hosting The Journey Home, a summit providing practical tools and insights to guide you through the essential steps of end-of-life planning. We hope to inspire attendees to foster cultural and spiritual awareness as part of your end-of-life planning journey. If you're in the Atlanta metro area we encourage you to join us in person for this free event where a complimentary lunch will be served — and anyone can register to watch the event virtually. Reserve your spot today!

[SECURE YOUR SPOT](#)

CONTINUED COMMITMENT: An Open Letter to Hawai'i



Compassion & Choices continues our work to ensure you can access end-of-life care that aligns with your values in the Aloha State, and we are working hard to build equitable access to end-of-life care that is more critical than ever in Hawai'i. Over the past decade, we supported passage of the Our Care, Our Choice Act and improved the law by removing unnecessary barriers in 2023. We continue to expand our outreach by bringing end of life planning resources to new communities throughout the Islands. In recognition of our ongoing efforts, Chief Engagement Officer Brandi Alexander penned an open letter celebrating all that is to come in 2025.

[READ IT TODAY](#)

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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