



Dear {{Salutation or 'friend'}},

[This Wednesday, August 7, at 12 p.m. PT](#) I have the privilege of joining Hanna Olivas as we discuss her new book *Plan a Life You Love: A Women's Guide to Health, Wealth and Happiness Without Limitations*. I was delighted when she asked me to be one of her co-authors. My chapter, "Wisdom From the Brink: Lessons to Live a More Meaningful Life," allowed me to share my learnings from years of discussions with terminally ill advocates. [Now I want to share these learnings with you - so register today!](#)

Since being diagnosed with multiple myeloma in 2017 she has been active as a Compassion & Choices storyteller, a public speaker and fierce advocate for compassionate end-of-life care. Her journey is inspiring and I am so glad to be able share a stage with her as we share our insights with you. [Don't miss out, RSVP today.](#)



[REGISTER NOW](#)

With gratitude,  
Kim Callinan  
President and CEO  
Compassion & Choices

Compassion & Choices strives to **improve end-of-life care** through systemic and policy change, **expand options** for the end of life, **defend and protect** those options and **empower everyone** to chart their own end-of-life journey. Learn more at [CompassionAndChoices.org](https://CompassionAndChoices.org).



©2026 Compassion & Choices 8156 S  
Wadsworth Blvd #E-162 Littleton, CO 80128

You can [update your preference](#) or [unsubscribe](#) from this list.



Dear {{Salutation or 'friend'}},

February is Black History Month, and it's an opportune time to learn more about the experiences of Black and African American communities and the obstacles they face, especially in the medical industry. At Compassion and Choices, we recognize the importance of this cultural acknowledgment and are determined to endorse and support Black History Month through our work. Recently, we hosted a panel of future African American doctors who spoke about the issues felt by Black and African American patients, families, and communities in the medical community

[The webinar](#) featured a panel of soon-to-be Student National Medical Association (SNMA) doctors who shared their perspectives on creating a more inclusive and equitable future for end-of-life care, focusing on the unique needs and experiences of African American individuals and their families. Our long-standing National Medical Director, Dr. Sonja Richmond, hosted this webinar, who has done profound work in the palliative and medical aid-in-dying fields.

[WATCH WEBINAR ON-DEMAND](#)

Dr. Richmond and the panelists discuss deep and personal issues and share personal experiences, including watching a family member make the journey home as an aware and empowered patient. After watching this informative and touching seminar, viewers will better understand the importance of self-advocacy and pursuing self-empowerment. Viewers are left with an understanding that end-of-life care is a part of medical care and does not need frightening and distant associations. You can discuss, understand, learn, and become empowered anytime. Whether you're a healthcare professional, a community advocate, or curious to engage in meaningful dialogue, we invite you to enjoy this webinar's valuable insights.

*Curious to learn more about the Doctors For Dignity Program? Please [checkout our website](#).*

Thank you,  
Compassion & Choices

Compassion & Choices strives to **improve end-of-life care** through systemic and policy change, **expand options** for the end of life, **defend and protect** those options and **empower everyone** to chart their own end-of-life journey. Learn more at [CompassionAndChoices.org](https://CompassionAndChoices.org).



©2026 Compassion & Choices 8156 S  
Wadsworth Blvd #E-162 Littleton, CO 80128

You can [update your preference](#) or [unsubscribe](#) from this list.



Dear {{Salutation or 'friend'}},

[We're thrilled to invite you to join us as we honor one of our dedicated volunteers, Deb Robertson, with the Allyne Hammer Excellence in Advocacy Award on Thursday, May 2, at 4 p.m. ET.](#) Deb, a Compassion & Choices storyteller, has a rare terminal cancer called neuroendocrine carcinoma. Her diagnosis compelled her to pass medical aid-in-dying legislation in her home state of Illinois, and she dedicates her time to advancing this critical and compassionate option.

Compassion & Choices is proud to have over 7,000 volunteers nationwide, people like you who make our progress possible. This Thursday at 4 p.m. ET, we are celebrating our volunteers with a first-of-its-kind virtual event! Volunteers will share what drives them to do this work and how to keep up the momentum in every state.

**Event:** End-of-Life Advocacy Changemakers: Why We Volunteer With Compassion & Choices!

**Date/Time:** [Thursday, May 2, at 4 p.m. ET](#)

**Where:** Virtual, from your phone or computer.

Deb's advocacy has garnered both local and national attention from the [Chicago Sun-Times](#), and the [Chicago Tribune](#) and a nationally circulated [Associated Press article](#). She also had a 30-year career developing housing programs for homeless LGBTQ+ youth in the Chicago area. We are excited to share Deb's story at this national webinar – and your story too. When you sign up, please share the name of another Compassion & Choices volunteer who makes a difference.

See you this Thursday!

Osha Towers (they/them)  
LGBTQ+ Engagement Director  
Compassion & Choices

Compassion & Choices strives to **improve end-of-life care** through systemic and policy change, **expand options** for the end of life, **defend and protect** those options and **empower everyone** to chart their own end-of-life journey. Learn more at [CompassionAndChoices.org](https://CompassionAndChoices.org).



©2026 Compassion & Choices 8156 S  
Wadsworth Blvd #E-162 Littleton, CO 80128

You can [update your preference](#) or [unsubscribe](#) from this list.



Dear {{Salutation or 'friend'}},

Thank you for taking time to honor the tremendous impact of our volunteers across C&C!

We hope it was inspiring to see how much you and so many others have given to this movement.

You can find a full [recording of the event here](#) as well as view the [Powerpoint here](#).

If you would like to share your reason for volunteering, kind words with the awardees or thoughts on the event, please use this form.

Thank you as always,

Osha Towers (they/them)  
LGBTQ+ Engagement Director  
Compassion & Choices

---

Compassion & Choices strives to **improve end-of-life care** through systemic and policy change, **expand options** for the end of life, **defend and protect** those options and **empower everyone** to chart their own end-of-life journey. Learn more at [CompassionAndChoices.org](https://CompassionAndChoices.org).



©2026 Compassion & Choices 8156 S  
Wadsworth Blvd #E-162 Littleton, CO 80128

You can [update your preference](#) or [unsubscribe](#) from this list.



Dear {{Salutation or 'friend'}},

Thank you for signing up for last week's webinar Train the Advocate 101: Proud and Prepared. In it, LGBTQ+ Engagement Director Osha Towers walked participants through the new [LGBTQ+ Advance Care Planning Toolkit](#), developed in partnership with SAGE.

This resource addresses end-of-life considerations unique to LGBTQ+ people. The webinar sparked meaningful conversations delving into challenges, fears and opportunities faced by this community. To rewatch the webinar or if you missed it, you can [view a discussion recording here](#).

Thank you for your continued support of our work and your dedication to health equity. For other upcoming events or webinars, please visit the Compassion & Choices [event page](#).

All my best,

Angela

Angela Schultz  
States Advocacy Director  
Compassion & Choices

---

Compassion & Choices strives to **improve end-of-life care** through systemic and policy change, **expand options** for the end of life, **defend and protect** those options and **empower everyone** to chart their own end-of-life journey. Learn more at [CompassionAndChoices.org](https://CompassionAndChoices.org).



©2026 Compassion & Choices 8156 S  
Wadsworth Blvd #E-162 Littleton, CO 80128

You can [update your preference](#) or [unsubscribe](#) from this list.



Dear {{Salutation or 'friend'}},

Applications for the [The Patient Choice at the End of Life Grant Program](#) close tomorrow, Friday, May 22, at 5 p.m. PST.

This initiative was created to support healthcare professionals and organizations developing patient-centered end-of-life care models that thoughtfully integrate medical aid in dying (MAID). Through financial support and technical assistance, Compassion & Choices aims to help providers navigate the implementation of new MAID laws and expand access to compassionate end-of-life care.

Available opportunities include:

**End-of-Life and MAID Education (\$2,500 award)**

- Deliver professional education and training, establish a staff and volunteer education program, host grand rounds, host a workshop series

**MAID Policy Development (\$2,500 award)**

- Develop MAID policy and procedure, establish documentation and patient care protocols

**Patient and Community Resources (\$2,500 award)**

- Create educational materials, create/update website content, translate new/existing materials

**Innovation (\$5,000 award)**

- Design specialized supportive services, create a MAID care coordination model, implement a MAID navigation program

[ACCESS APPLICATION](#)

While we recognize that support for patients will be ongoing, projects must be initiated by June 30. This could be demonstrated by the completion of a **project plan or progress report** submitted to Compassion & Choices by that date, which would elaborate on how MAID will be implemented into ongoing practice or operations. In your application, you will be asked to describe the deliverables you intend to complete by June 30.

For more information, questions, or to discuss your application, contact [Claire Cepuran](#), Manager of Clinical Advocacy.

Sincerely,

Claire

Claire Cepuran  
Manager of Clinical Advocacy  
Compassion & Choices

Compassion & Choices strives to **improve end-of-life care** through systemic and policy change, **expand options** for the end of life, **defend and protect** those options and **empower everyone** to chart their own end-of-life journey. Learn more at [CompassionAndChoices.org](https://CompassionAndChoices.org).



©2026 Compassion & Choices 8156 S  
Wadsworth Blvd #E-162 Littleton, CO 80128

You can [update your preference](#) or [unsubscribe](#) from this list.



Dear {{Salutation or 'friend'}},

There is still time to provide feedback on our [Dementia Values and Priorities Tool](#). Whether you used the tool yourself, assisted someone else or shared with others, we want to hear from you! The survey should take no more than 5-10 minutes.

[TAKE THE SURVEY](#)

We would appreciate your feedback by this Friday, December 6. Please check out [Tools to Finish Strong](#) to learn more about Compassion & Choices' other patient-directed resources.

With Gratitude,

Jessica Empeño, MSW  
National Director of Clinical Engagement & Education  
Compassion & Choices

Compassion & Choices strives to **improve end-of-life care** through systemic and policy change, **expand options** for the end of life, **defend and protect** those options and **empower everyone** to chart their own end-of-life journey. Learn more at [CompassionAndChoices.org](https://CompassionAndChoices.org).



©2026 Compassion & Choices 8156 S  
Wadsworth Blvd #E-162 Littleton, CO 80128

You can [update your preference](#) or [unsubscribe](#) from this list.



Dear {{Salutation or 'friend'}},

Advance care planning helps ensure that your health care wishes are known and respected if you are ever unable to speak for yourself.

Compassion & Choices California is hosting a free webinar on [Wednesday, July 15, from 1 - 2 p.m. PST](#) to provide clear, practical guidance on documenting your wishes, choosing a health care decision-maker, and starting conversations with loved ones.

Participants will hear from our volunteers Eva Navarrete and Melissa McClave, who will walk through the basics of advance care planning and answer questions. This session is designed to support individuals who are beginning their planning or updating existing documents.

[REGISTER](#)

Advance care planning is essential for ensuring that care aligns with your values and preferences. We hope you can join us for this important conversation.

With Gratitude,  
Leslie

Leslie Chinchilla  
State Campaign Manager  
Compassion & Choices

Compassion & Choices strives to **improve end-of-life care** through systemic and policy change, **expand options** for the end of life, **defend and protect** those options and **empower everyone** to chart their own end-of-life journey. Learn more at [CompassionAndChoices.org](https://CompassionAndChoices.org).



©2026 Compassion & Choices 8156 S  
Wadsworth Blvd #E-162 Littleton, CO 80128

You can [update your preference](#) or [unsubscribe](#) from this list.



Dear {{Salutation or 'friend'}},

Thank you for joining last week's webinar, Solving the Mysteries of Palliative Care. This live event featured healthcare experts National Director of Clinical Engagement and Education Jessica Empeño, National Medical Director Dr. Susan Wilhoit, and CEO Emerita Kim Callinan. [If you missed last week's event, you can view the recording here.](#)

Our experts had an in-depth discussion about using palliative care as a holistic approach to treating serious illnesses, and utilizing individualized end-of-life care. Many valuable resources were mentioned during the event, and we want to make sure you can easily access them:

- Find general information about palliative care [here](#).
- If you need a resource for developing your own palliative care team, you can find one [here](#).
- If you are still determining if this type of care is right for you, [please utilize this quiz to determine if palliative care is right for you.](#)
- Voluntary stopping eating and drinking (VSED) is often chosen to accompany palliative care; learn more about VSED [here](#).

As always, we're excited to explore new ways to connect with you and continue discussing crucial topics surrounding compassionate options at the end of life.

With Gratitude,

Compassion & Choices

---

Compassion & Choices strives to **improve end-of-life care** through systemic and policy change, **expand options** for the end of life, **defend and protect** those options and **empower everyone** to chart their own end-of-life journey. Learn more at [CompassionAndChoices.org](https://CompassionAndChoices.org).



©2026 Compassion & Choices 8156 S  
Wadsworth Blvd #E-162 Littleton, CO 80128

You can [update your preference](#) or [unsubscribe](#) from this list.



Dear {{Salutation or 'friend'}},

Thank you for attending our National Summer Arts & Culture webinar earlier this week. We had a wonderful conversation with documentary photographer Oliver Farshi. [You can view the recording here if you missed yesterday's event or any previous events.](#)

We have been overjoyed by the response to this series. Each talented artist demonstrates how their art offers a unique perspective on people with terminal illnesses and the need for compassionate end-of-life care.

We are excited to continue this series in September with more special guests! Once we have the dates finalized we will send you an invite.

With Gratitude,

Compassion & Choices

---

Compassion & Choices strives to **improve end-of-life care** through systemic and policy change, **expand options** for the end of life, **defend and protect** those options and **empower everyone** to chart their own end-of-life journey. Learn more at [CompassionAndChoices.org](https://CompassionAndChoices.org).



©2026 Compassion & Choices 8156 S  
Wadsworth Blvd #E-162 Littleton, CO 80128

You can [update your preference](#) or [unsubscribe](#) from this list.



Dear {{Salutation or 'friend'}},

Thank you for attending the finale of our *National Summer Arts & Culture Series* last week. We had a wonderful conversation with Chief Engagement Officer Brandi Alexander and Suzanna Tiapula, the Asian American, Native Hawaiian and Pacific Islander engagement lead. [If you missed last week's event or any previous events, you can view the recordings here.](#)

We are overjoyed at the response to this series. Each talented artist demonstrates how their work offers a unique perspective on people with terminal illnesses and the need for compassionate end-of-life care.

Even though the series has concluded, we're excited to explore new ways to connect with you and continue discussing crucial topics surrounding end-of-life care.

With Gratitude,

Compassion & Choices

---

Compassion & Choices strives to **improve end-of-life care** through systemic and policy change, **expand options** for the end of life, **defend and protect** those options and **empower everyone** to chart their own end-of-life journey. Learn more at [CompassionAndChoices.org](https://CompassionAndChoices.org).



©2026 Compassion & Choices 8156 S  
Wadsworth Blvd #E-162 Littleton, CO 80128

You can [update your preference](#) or [unsubscribe](#) from this list.



Dear {{Salutation or 'friend'}},

I hope you will join us for our next Healthcare Advisory Council meeting, scheduled for **May 13 at 4 p.m. EST/ 1 p.m. PST.**

Our agenda for this meeting is as follows:

- Introductions & welcome to our new council member!
- Board meeting update
- Updates from the states
- CMS RFI
- Discussion & feedback

Please add this event to your calendar if you have not already. The Zoom conferencing details are below:

**Topic:** May 2026 Healthcare Advisory Council

**Time:** May 13, 4 p.m. Eastern Time (US and Canada)

[Join Zoom Meeting](#)

One tap mobile

[+13092053325](#).,88466858704# US

We hope to see you there!

Best,

Claire

Claire Cepuran

Manager of Clinical Advocacy

Compassion & Choices

Compassion & Choices strives to **improve end-of-life care** through systemic and policy change, **expand options** for the end of life, **defend and protect** those options and **empower everyone** to chart their own end-of-life journey. Learn more at [CompassionAndChoices.org](https://CompassionAndChoices.org).



©2026 Compassion & Choices 8156 S  
Wadsworth Blvd #E-162 Littleton, CO 80128

You can [update your preference](#) or [unsubscribe](#) from this list.