



# Our Lives, Our Choices: End-of-Life Planning

The Mayor's Council on African American Elders and the Central Area Senior Center invite you to attend a special presentation on end-of-life planning, featuring **Dr. Jim deMaine**, a retired pulmonary/critical care Group Health physician

**Thursday, April 19, 2018**

10:00–11:30 a.m.

Optional lunch served at 12 noon (\$4 for individuals age 60+ or \$10 if younger than age 60)

**Central Area Senior Center  
500 30th Avenue South, Seattle**

Plan to arrive early. Parking is limited. For directions, visit <http://bit.ly/2EXH4PI>

Plan and make it known how **you** want to *live* in the last part of your life. This practical presentation will help you collect the tools you need to *live* more comfortably in later life. Topics include:

- Advance care planning
- Quality of life
- What is a good death?
- Palliative care
- Comfort care
- Hospice
- POLST
- Living wills
- Durable power of attorney

## RSVPs & Accessibility

For reservations, information, or to request an accommodation, contact Karen Winston at 206-684-0706 or [karen.winston@seattle.gov](mailto:karen.winston@seattle.gov).



**City of Seattle**

Mayor's Council on African American Elders



The mission of the Mayor's Office for African American Elders is to promote a better quality of life for African American older adults in Seattle and King County by advocating for accessible, culturally appropriate, comprehensive services with a focus on the isolated, frail, and low-income. [www.seattle.gov/MCAAE](http://www.seattle.gov/MCAAE)

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