

FINISH STRONG: Order and Review Barbara Coombs Lee's New Book, *Finish Strong: Putting Your Priorities First at Life's End!*

For over five decades, Barbara Coombs Lee has worked to improve end-of-life care as a clinician, policy-maker and advocate. As former CEO and current president of Compassion & Choices, she has led the movement to improve end-of-life care and advance medical aid in dying across the country. *Finish Strong* is required reading for those of us who are committed to this movement and is a practical guide for everyone interested in ensuring they are doing all they can to take control of their end-of-life experience.

What can you do? Your challenge is to read *Finish Strong*. If you purchase the book on Amazon, you are eligible

to leave a verified book review on the site. This is an important step to keep the book's visibility high. Encourage your friends and family to do the same, and suggest they host a book club discussion. We know that an enthusiastic push from dedicated volunteers and advocates like you can make the book even more impactful. We are counting on you to help us dismantle the cultural and institutional barriers to living well to the very end.

Finish Strong is poised to help countless Americans achieve an end-of-life experience that reflects the values, priorities and beliefs of a lifetime. It is your guide to achieving the positive end-of-life experience you want

Action:

- › Order *Finish Strong*
- › Recommend *Finish Strong* to your network
- › Host a book club to share the book with friends and family

Resources:

- › [Purchase the book](#)
- › [Hosting a *Finish Strong* Book Club Fact Sheet](#)

and deserve. With your help on the launch, we can ensure this book reaches those who need it most.

“Finish Strong will help people who want to pass the gift of life back into the hands of their God thankfully and with dignity. It is a blessing.” — Archbishop Emeritus Desmond Tutu

GET INVOLVED: Join an Action Team or Start One in Your Area



Sedona Arizona Action Team and National Volunteer Program Manager Amy Hetzler (farthest on the right)

Action team leaders and action teams are the heart of our volunteer field advocacy. From Alaska to Florida, Cambridge to Phoenix, C&C volunteers are creating change where they live. Whether organizing a community screening, tabling at a health fair or conference, or writing a letter to an editor or lawmaker, each action contributes to the massive body of work Compassion & Choices takes on each year. Be part of this incredible team

whose actions are creating positive change across the country, and help grow the momentum of the movement we believe in so passionately.

Action:

- › [Join an Action Team](#)
- › [Start an Action Team](#)
- › [Make a Difference](#)

Resources:

- › If you're new to Compassion & Choices, [sign up to volunteer](#)
- › If you're getting our emails already and want to take action in your state, email National Volunteer Program Manager AJ Hetzler at Volunteer@CompassionAndChoices.org

TELL YOUR STORY: Storytelling is One of the Best Ways We Can Educate the Public and Policymakers

Compassion & Choices storytellers are courageous, determined and generous: generous with their time and with their energy in sharing the otherwise private details of their lives.

The importance of end-of-life options becomes real to people when they can put a face to a story, whether that story is about unnecessary suffering or about receiving exactly the care one wants. A real person sharing their experience strikes a completely different nerve than a fact sheet or

polling data. Storytellers are a vital component of our work, and we're so grateful for those who are willing and able to share their story.

Many types of compelling stories can help highlight the diversity of our work. If you have an experience with medical aid in dying, end-of-life medical care or a story that relates to any of Compassion & Choices' other work, visit our website to submit it today.

Action:

- › [Submit your story today](#)

Resources:

- › [Visit our Stories page](#) for examples of other people and their stories
- › [Volunteer Public Speaking and Storytelling Webinar](#)



LOBBY YOUR LAWMAKERS: Email, Write or Visit Your State and Federal Lawmakers and Continue a Dialogue With Them



Volunteer Advocate Debra Dunn at Compassion & Choices' New Jersey lobby day in December 2018

Make sure your state and federal lawmakers know that you support expanded end-of-life options, and adopting or protecting medical aid-in-dying legislation in your state and nationwide. Let them know that you are part of a strong majority of Americans who support these issues and that they can be confident in supporting them as well.

Use our most current materials designed to help you communicate effectively with lawmakers and help them understand how supporting Compassion & Choices' mission is not only the right thing to do to honor the wishes of their constituents, but that expanding end-of-life options is also a politically safe issue to run on.

Action:

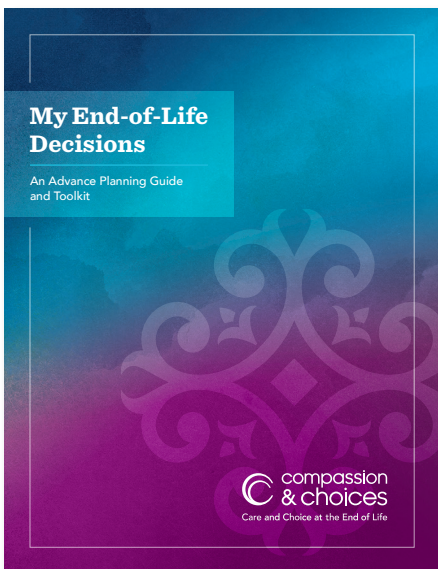
- › Email, write or visit your state and federal lawmakers
- › Make an appointment to see your state and federal lawmakers in person
- › Tell us your results!
Email Volunteer@CompassionAndChoices.org

Resources:

- › [Communicating With Your Legislators and the Media Toolkit](#)
- › [2017-2018 Elections & Medical Aid in Dying: A Politically Safe Issue to Run On](#)
- › [How to Lobby and Talk to Lawmakers Video Training](#)
- › [Basic Lobbying Toolkit](#)

To be most effective, plan on reaching out to your lawmakers multiple times and in various formats.

PLAN AND DOCUMENT: Start, Finish or Update Your Advance Directive



The importance of documenting your end-of-life wishes is impossible to measure. Completing an advance directive encourages you to spend some time reflecting and determining what your end-of-life wishes are. It spurs conversations with your loved ones and your healthcare proxy(s). Working on your advance directive may prompt other people close to you to work on theirs.

If you have not, take the time to complete your advance directive. It will provide important guidance to your family and loved ones, easing

Action:

- › Complete or update your advance directive
- › Make copies for your family, physician and others
- › File it with the state

Resources:

- › [My End of Life Decisions: An Advance Planning Guide and Toolkit](#)
- › [DNR and POLST Fact Sheet](#)
- › [A Letter to My Doctor Template](#)

the burden of making decisions for you. It will allow them to actually implement a course of treatment based on decisions that you have made.

FIND CARE: Try Our Find Care Tool Online

If you live in a state where medical aid in dying is authorized, find out whether your local healthcare facilities support end-of-life options. Our Find Care Tool is designed to help people in authorized states choose a facility, medical team and/or hospice that will support their end-of-life choices.

Choosing a healthcare team that supports your end-of-life wishes is essential. If medical aid in dying is an important end-of-life care option for you, this online tool can help you choose suitable resources.

Hawaii's Our Care, Our Choice Act took effect January 1, 2019, and we will be updating the tool with supportive facilities in the Aloha State as this information becomes available.

Resources:

- > [Find Care Tool](#)
- > [Introduction to Using the Find Care Tool](#)



Search for care near you

Zip Code:

Search Radius (Miles): 10

Search for Hospitals

Search for Hospices



VOLUNTEER OPPORTUNITY LISTINGS

Compassion & Choices is always looking to expand its base of hard-working, dedicated volunteers. If you are interested in any of these volunteer opportunities, please send your resume or bio to volunteer@CompassionAndChoices.org.

Compassion & Choices needs action teams in every state, and that means we need ...

LEADERS LIKE YOU



Step up and lead a Compassion & Choices volunteer action team!



We need your help! We're looking for an **illustrator** or **photographer** to help with media projects!