

**ADVANCED DIRECTIVES WORKSHOP @ ORCAS
SENIOR CENTER NONPROFIT (Wednesday, August 7,
1:00-3:00pm)**

Join us for a hands-on tutorial Wednesday, August 7, from 1-3pm for step-by-step instructions in filling out an Advanced Directive/Living Will. You can visit endoflifewa.org to review the Advanced Directive form that we use. Copies will be available for all participants at the workshop. This workshop is FREE, but pre-registration is required. Please sign-up at the front desk or by calling 376-2677.

The workshop is led by RN Libby Garcia, who has spent most of her career in emergency situations, where she has glimpsed the near-to-last moments of many lives. After 16 years in that field, she worked as a hospice nurse. Bearing witness for the process of dying in these diverse settings emboldens her to speak out about planning for end of life.

Libby now volunteers, assisting people with tough concepts and conversations, translating medical jargon and illuminating what really happens in emergency situations. She brings compassion and practicality to end of life discussions, helping people navigate these tricky waters using their personal values as the compass.

For fun Libby plays a banjo-uke, fixes old boats, and makes some good hard ciders. Some may remember her grandmother Helen Buchan at Obstruction Pass, also an RN. We welcome Libby to the Senior Center for this important workshop and hope that you and your loved ones take advantage of this opportunity.

