

# BOOK DISCUSSION

MONDAYS

Nov: 4 & 18

Dec: 2 & 16

1:00 - 2:30 p.m.  
Community  
Room

## Finish Strong

Putting **Your** Priorities First at Life's End

Barbara Coombs Lee

Foreword by Dr. Haider Warraich

Author of *Modern Death: How Medicine Changed the End of Life*

You are invited for discussion of a new book *Finish Strong* written by Barbara Coombs Lee, President, Compassion & Choices.

### SYNOPSIS

It's hard to talk about death in America. But even though the topic has been taboo, life's end is an eventual reality. So why not shape it to our values? *Finish Strong* is for those of us who want an end-of-life experience to match the life we've enjoyed. We know we should prepare, but are unsure how to think and talk about it, how to live true to our values and priorities, and how to make our wishes stick. The usual advice about advance directives and conversations is important but woefully inadequate. This book describes concrete action in the here and now to help live our best lives to the end. *Finish Strong* will guide you through:

- Finding a partner-doctor to honor your values and beliefs with humanity, deference and candor.
- Identifying what matters most as vigor wanes and stating your priorities.
- Having meaningful conversations with doctors and family about expectations and wishes.
- Staying off the "overtreatment conveyor belt."
- Knowing when "slow medicine" is the best option to maintain quality of life.
- Navigating home hospice, the ultimate healing experience.

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## BIO

Over more than five decades, Barbara Coombs Lee worked in healthcare as a clinician, policy-maker and advocate. Her indelible bedside experiences forged a deep respect for individual values and beliefs and eventually led her to a career in law and health policy.

For the last 25 years, she has advocated for initiatives that allow individuals a full range of options and much greater agency in their healthcare decisions. Barbara's work in public policy culminated in her roles as CEO and now President of Compassion & Choices, the nation's oldest and largest organization working to empower everyone to chart their end-of-life journey.

Thousands of personal experiences and the teachings of scholars and thought leaders around the globe inform her perspective. She is a seasoned writer, speaker and commentator. Barbara's passion for transforming the end-of-life experience by informing and empowering patients infuses her new book *Finish Strong*. She calls for all Americans to join a patient-driven movement to dismantle the institutional and cultural barriers to living well to the very end.

"Adults have the right to decide their own course of treatment at the end of life. Lee's book shows how best to do that."

Betty Rolin, author of *Last Wish*

"*Finish Strong* is an important book full of helpful candid advice for people navigating the final stage of their lives."

J. Phillips *Dear Abby* columnist

Participants are encouraged to purchase books prior to attending if possible.