



Events are held in-person at the NEST office, Fireside Room (8008 35th Ave NE) unless otherwise specified and space is limited. Masks are encouraged but optional for all attendees. *\$5-\$10 sliding scale fee for all non-members.

***ON YOUR OWN TERMS: PREPARING FOR END OF LIFE**

NEST April Four Part Presentation Series

Open to the public

Register online or contact info@nestseattle.org/206.525.NEST(6378)



The 6 Essential Documents To Have in Place for Estate Planning

Thursday, April 4, 2024,

1:00 pm to 2:00 pm

Please [click here](#) to register

This educational presentation will focus upon some of the estate planning basic documents for persons living in Washington State. These include: Durable Power of Attorney Health, Durable Power of Attorney Financial, Living Will/Medical Directive, Authorization to Release Protected Healthcare information, Funeral and Burial Instructions, and Wills/Trusts. Jonathan will also discuss what happens if a person in Washington State dies and does not have a Will and to whom the assets could be disbursed.

Jonathan L. Bowman is the managing partner of Jonathan L. Bowman, Attorney at Law, PS; focuses on Estate Planning, Elder Law, Probate, Real Estate Law, Business Law, and Marital & Domestic Relations matters.



Let's Talk...With the End in Mind

Thursday, April 11, 2024

1:00 pm to 2:30 pm

Please [click here](#) to register

Advance Care Planning made easy. Learn straightforward ways to get your end-of-life wishes decided, documented, and discussed with those who matter most.

Maureen Kures, RN is the CEO of Radiant Mourning. Her mission is to guide families to decide, document, and discuss their final chapter plans to bring peace to those who live on. She now guides family conversations and leads virtual group workshops to replace drama, trauma, and chaos with calm, ease, and peace.



When Things Get Bad: Patient Autonomy in the Face of Serious Illness

Thursday, April 18, 2024

1:00 pm to 2:00 pm

Please [click here](#) to register

Dr. Hope Wechkin, Medical Director for Evergreen Health Home Health & Hospice, will provide an overview of the options individuals have when they have serious illness and are facing a diminishing quality of life: everything from discontinuing life-prolonging therapies like dialysis and cardiac devices, to declining interventions like antibiotics for recurrent infections, to actively hastening death through measures like medical aid in dying (aka as Death with

Dignity) and Voluntary Stopping Eating and Drinking (VSED). Dr. Wechkin will discuss where each are located along the spectrums of “standard of care,” institutional support, and ethical complexity. This should be an informative and thought-provoking presentation.

Hope Wechkin, MD, FAAHPM, HMDC, is the medical director of EvergreenHealth Home Care Services (Hospice and Home Health) in Kirkland, WA. She has served on the medical staff of the Palliative Care Consult Service at the University of Washington Medical Center, developed and led the EvergreenHealth Palliative Medicine program from 2007-2021, and is a member of the clinical faculty of the University of Washington School of Medicine. Dr. Wechkin is the past chair of the Washington State Medical Association’s Serious Illness Care Coalition, served as course chair for the first-ever national conference on “planned death” at the University of Washington in 2019, and is lead author on the first national clinical guidelines for voluntarily stopping eating and drinking (VSED) published in 2023.



Screening of the The Last Act: A Short Documentary About Life and Death

Thursday, April 25, 2024

1:00 pm to 2:30 pm

Please [click here](#) to register

A Q&A with director, Amy Benson and film participant, Patsy Benson, to follow. (Film length is 39 minutes)

Patsy Benson, a nonagenarian actress, contemplates her roles in life as she shops for a retirement community and says good-bye to her best friend. Winner of the Audience Award at the Friday Harbor Film Festival, this film illuminates what it is to be curious and open up until the end.

Amy Benson, a Seattle native, has been producing, directing and editing documentary films since 2005. Her award-winning feature, *Drawing the Tiger*, was a granted project of the Sundance Institute and screened in over 50 festivals worldwide. Amy recently produced the short doc, *She Marches in Chinatown*, which tells the story of the Seattle Chinese Community Girls Drill Team. *The Last Act* is her first biographical film.