



Residents News-Mail

January 13, 2021

Mark Your Calendars for a WACCRA-Sponsored Seminar

Facing Death: Finding Dignity, Hope and Healing at the End

Tuesday, January 19 at 7:30 pm

What do you wish for when you get closer to the end of your life? Would you welcome ideas for how to make your wish happen? Jim deMaine, MD, has dealt with these personal situations multiple times during his medical career. Recently, he consolidated his experience and expertise on the subject into a book. He would like to share some of his observations about “Facing Death: Finding Dignity, Hope and Healing at the End” with CCRC residents around the state.

A pulmonary and critical care physician, Dr. deMaine (a Skyline resident) shares his thoughts about the difficult choices we often face about care at the end of our lives. He has been speaking and writing about end-of-life issues for many years. What is the meaning of a “good death”? How can we make our wishes known and respected? How can we talk to our loved ones and doctors? What is available with hospice, palliative care and medical assistance in dying (death with dignity)? How can we understand all the available options for life support? Will 911 and providers respect my wishes?

Is it possible to have a good death, free from unnecessary pain and trauma? What if our final days were designed to bring about reconciliation and release, even healing for our loved ones? Dr. deMaine will share his personal stories having been with many patients and families at the end. There will be time for questions and discussion following the presentation.

Many local residents have appreciated Dr. deMaine’s presentation at the

Seattle Town Hall and other venues. You, too, might benefit from his perspective. You are more than welcome to invite friends and family to join this presentation.

To join, mark your calendars for Tuesday, January 19 at 7:30 pm for this Zoom talk. Dr. deMaine's presentation is about 50 minutes long, followed by about 10 minutes for questions from participants.

The Zoom information is:

**[https://us02web.zoom.us/j/88228583131?](https://us02web.zoom.us/j/88228583131?pwd=MWFkbHA4M3pMQ1dGZG42Y0VPS1Jodz09)
pwd=MWFkbHA4M3pMQ1dGZG42Y0VPS1Jodz09**

Meeting ID: 882 2858 3131

Passcode: 328992

You will receive the link again, closer to the presentation date, from your WACCRA leadership team.

Look for an email from WACCRA.

About Dr. Jim deMaine

Dr. deMaine had a long career in pulmonary/critical care medicine with Group Health (now Kaiser Permanente) where he was chief of medical specialties and co-chair of the ethics committee. He is also a Clinical Professor Emeritus of Medicine at the University of Washington School of Medicine where he was actively involved in teaching medical students and physicians in training.

His often dramatic experiences with patients near death led him to record their stories in the recently released book – Facing Death: Finding Dignity, Hope and Healing at the End. In retirement, he continues to speak about end-of-life care and choices in multiple venues including interviews on KUOW and Seattle's Town Hall.

Jim lives with his wife at Skyline CCRC on First Hill in Seattle. They have three children and six grandchildren. His wife Lourdes grew up in the Philippines and came to the US for her nursing BSN. Jim has long cared about educating residents of Skyline on a variety of topics. He has a keen eye for what might benefit residents and posts articles on the Skyline blog.

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