

Five Wishes®



Five Wishes® is a trademark of Aging With Dignity. Workshop materials are provided by PeaceHealth St. Joseph Medical Center and a community education grant from Whatcom Hospice Foundation. Local workshop coordinators Karen Ssebanakitta, Helene Irving and Cindy Tobiason, are Registered Nurses with combined experience of 80 years.

This workshop is presented by the Whatcom End-of-Life Council (WEOLC). We embrace a compassionate, collaborative and informed approach to the end of life that respects the culture, values and individuality of the dying and their loved ones. WEOLC strives to inspire and create community-based education, dialogue and action to improve individual end-of-life experiences.

Five Wishes®, a “Living Will” Workshop

During the 2-hour interactive Five Wishes® workshop, participants explore ways to direct their own treatment should they become too ill to speak for themselves. A completed Five Wishes® booklet is recognized as a legal Advance Directive (“Living Will”) in most states. Repeats monthly.



Wednesday, May 18, 2011

5:30 – 7:30 pm

Tuesday, June 14, 2011

10:00 am – noon

Wednesday, July 13, 2011

5:30 – 7:30 pm

Thursday, August 18, 2011

5:30 – 7:30 pm

Monday, Sept 12, 2011

5:30 – 7:30 pm

Friday, Oct 14, 2011

1:30 – 3:30 pm



**Workshops are held at St. Luke’s Community Health Education Center
3333 Squalicum Parkway, Bellingham**

NO REGISTRATION. NO FEE. EVERYONE WELCOME.

Can’t attend? Here are some alternatives to help you complete an Advance Directive:

1. Five Wishes® booklets can be purchased for \$2.50 in the gift shop at PeaceHealth St. Joseph Medical Center. They are also available on-line for \$5.00 from “Aging with Dignity” (1-888-5WISHES or www.agingwithdignity.org).
2. Request a free brochure and WA State advance directive forms at any of the hospital patient registration desks.
3. Visit the WA State Medical Association end-of-life resource page at http://www.wsma.org/patient_resources/end-of-life.cfm for excellent information and downloadable forms to complete an Advance Directive on your own.