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'Red, White and Blue'

From immigrant ships to present day, novel explores American character

INTERNET link

Aging with dignity

Making decisions about your health: Find out more about the 'Five Wishes' living will by visiting this site



'Pleasantville'

Watch Gene Shalit's review



Darrell Strawberry: pain and hope

The Yankee great talks to Katie Couric about life since the diagnosis and surgery of his colon cancer



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The scoop on olive oil

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Parental involvement in education

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Find out how to get involved from the Partnership for Family Involvement in Education



Understanding Tourette Syndrome

Find out more about the disease and how to get support from the Tourette Syndrome Association's Web site



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Five Wishes: Living Wills



October 22, 1998 -- Only 25 percent of all Americans have made some formal statement about how they'd like to be treated at the end of their lives. An organization based in Florida, called "Aging with Dignity", is trying to remedy that situation with a new document that can help families talk over these uncomfortable issues, and serve as a living will.

That group today unveiled the "Five Wishes" living will. For the first time ever, a document has been constructed that's legal in 33 States and spells out a person's wishes in plain english. It also acknowledges that end-of-life decisions involve more than medical issues -- emotional and spiritual values are included.

Making the language simple and clear is a main goal, says Jim **Towey**, who is President of Aging with Dignity. For more, listen as *All Things Considered* host Linda Wertheimer talks with **Towey**. Audio

You can find the document on the Web at: www.agingwithdignity.org

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The Miami Herald

www.herald.com

FRIDAY, OCTOBER 23, 1998

Living will from Florida goes nationwide

By FRANK DAVIES
Herald Staff Writer

WASHINGTON — An innovative living will that goes beyond medical questions to deal with personal, emotional and spiritual issues is going nationwide after it was successfully pioneered in Florida.

In less than two years, more than 250,000 Floridians, including Gov. Lawton Chiles, have completed the "Five Wishes" will prepared by Aging with Dignity, a nonprofit organization in Tallahassee that seeks to protect human dignity at the end of life.

With the help of the American Bar Association, the will has been crafted so it complies with the laws of 32 other states and the District of Columbia. On Thursday, its backers called a news con-

ference to launch the will, complete with Internet site, with the support of mental-health advocate Eunice Kennedy Shriver.

"Dying is not a medical moment — it's personal and spiritual," said Jim Towey, the group's president and former head of Florida's Department of Health and Rehabilitative Services. "This will help people caught between the health-care conveyor belt that doesn't always know when to stop and the polar extreme — the assisted suicide movement."

The first two parts of Five Wishes are similar to many "living wills." A person specifies who may make health decisions on his or her behalf, and lists preferences about types of care to extend life.

The other three parts involve intensely personal choices on how

LEARN MORE

More information about the Five Wishes living will can be obtained from Aging with Dignity's Web site, where a copy of the will can be downloaded without charge: www.agingwithdignity.org. Or send a \$4 check or money order to Aging with Dignity, P.O. Box 1661, Tallahassee, FL 32302-1661.

to deal with approaching death: Do you want prayers at your bedside? Favorite music played? Pictures of loved ones near? Do you want to have your hand held? What do you want at your funeral? Some of the issues deal with for-

giveness. One suggested wish: "I want for all my family members to make peace with each other before my death, if they can."

"In the face of eternity, some of the things we fight over in families seem senseless," said Towey, who for 13 years was a lawyer for the late Mother Teresa, and volunteered for a year in her home for dying people in Washington. "This gets beyond depressing discussions about ventilators and feeding tubes to questions like, 'How do I want to be remembered?'"

In some respects, the 12-page document resembles a menu in that people can choose from a list of desired actions. They also can add their own, and otherwise elaborate on their decisions.

In the 17 states where Five Wishes is not legally valid, "technicalities such as mandatory forms or intimidating warnings create barriers to filling out living wills," said Charles Sabatino, a lawyer who works on legal problems of the elderly.

Towey and Miami nurse Patricia Callahan wrote the original will, which has been widely circulated in Florida through churches, synagogues, hospitals and nursing homes. The national version, adapted by Towey, also avoids "doctor mumbo jumbo and legalese," said Towey.

The national Five Wishes will was funded by the Robert Wood Johnson Foundation, a nonprofit organization in Princeton, N.J., which funds health-care projects.

The Orlando Sentinel

The best newspaper in Florida

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SUNDAY, October 25, 1998

Innovative will that began in Florida goes national

KNIGHT RIDDEN NEWSPAPERS

WASHINGTON — An innovative living will that goes beyond medical questions to deal with personal, emotional and spiritual issues is going nationwide after it was successfully pioneered in Florida.

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president and former head of Florida's Department of Health and Rehabilitative Services. "This will help people caught between the health-care conveyor belt that doesn't always know when to stop and the polar extreme — the assisted-suicide movement."

The first two parts of Five Wishes are similar to many "living wills." A person specifies who may make health decisions on his or her behalf, and lists preferences about types of care to extend life.

The other three parts involve intensely personal choices on how to deal with approaching death: Do you want prayers at your bedside? Favorite music played? Pictures of loved ones near? Do you want to have your hand held? What do you want at your funeral?

Some of the issues deal with forgiveness. One suggested wish: "I want for all my family members to make peace with each other before my death, if they can."

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Towey and Miami nurse Kate Callahan wrote the original will. It has been widely circulated in Florida.

More information about the Five Wishes living will can be obtained from Aging with Dignity's Web site: <http://www.agingwithdignity.org>

The Washington Post

TUESDAY, OCTOBER 27, 1998

Facing Death With a Plan

Five Wishes' Living Will Aims to Help Families Prepare for the End of Life

By DON COLBURN
Washington Post Staff Writer

When he speaks to a group about their own dying, as he often does, Florida attorney Jim Towey sometimes asks for a show of hands: "How many have heard of living wills?"

Nearly everybody's hand goes up.

"How many have one?" he asks.

Maybe a quarter to half the audience raises a hand.

"Okay, how many of you have actually talked with your doctor about it?"

Sometimes not a single hand goes up.

A new version of living will called "Five Wishes" is designed to help change that. The document, written in reader-friendly language, is aimed at prompting people to talk with their families and doctors about something most choose not to talk about: their own death.

"It's not exactly something people enjoy doing," said Towey, president of Aging With Dignity, a nonprofit group in Tallahassee. "One reason is, it's a bummer. Five Wishes makes that a little easier."

Aging With Dignity unveiled Five Wishes 15 months ago and printed 40,000 copies for public distribution in Florida. So many requests poured in—from people ranging in age from 9 to 96, that they ran out of copies in five weeks.

"We're still kind of overwhelmed," Towey said.

Now Five Wishes has been adapted for national distribution in a campaign backed by the American Bar Association and funded by the Robert Wood Johnson Foundation.

Towey, a former hospice worker and secretary of the Florida Department of Health and Rehabilitative Services, said he wanted to design a document that would not only convey the necessary medical and legal information but would "also be a tool that could help families talk about something that's very difficult to talk about."

He looked at more than 100 versions of living wills and other advance directives—documents that serve as a set of instructions for what kind of medical care a person wants in the event of incapacitating illness. They tended to treat people as if their only concerns at the end of life were medical, he concluded.

Two Types of Advance Directives

"Advance directive" is a catchall term for written and oral instructions about what kind of medical care you want if you become incapacitated by illness and are unable to speak for yourself. There are two main types:

Living will: a signed document that specifies the types of medical treatment you want—or don't want—near the end of life. Although a person's right to accept or refuse medical treatment is protected by constitutional and common law, living wills are subject to varying state laws. Some states, for example, define when a living will goes into effect, or limit the treatments covered by a living will.

Medical power of attorney: a document in which you appoint someone to make decisions about your medical care in the event that you become unconscious or otherwise unable to make them yourself. The designated person, a trusted family member or friend, may be referred to as health care agent, surrogate, proxy or attorney-in-fact.

Doctors and hospitals are more likely to honor an advance directive if the patient has also discussed wishes about end-of-life medical care with relatives and the family physician, experts say. For more information:

"Five Wishes," a new type of living will, is available free on the Internet at www.agingwithdignity.org or by mail for \$4 from Aging With Dignity, P.O. Box 11180, Tallahassee, FL 32302-3180.

A packet of information about advance directives, including documents applicable to your state, is available by mail for \$5 from Choice in Dying (1-800-989-9455). Or consult the Choice in Dying web site: www.choices.org



ILLUSTRATED BY JIM DANDY FOR THE WASHINGTON POST

With the help of an intensive care unit nurse and a hospital chaplain, Towey drafted a new document that became the basis of the Five Wishes advance directive. The goal is to prompt a conversation among families that is less morbid and less medical than it normally sounds to people contemplating their own death.

"It's meant more for the living room than the waiting room," Towey said. "Do you want your hand held? Do you want people around your bed? Do you want poetry read to you? How do you want to be remembered?"

At age 42, Towey is smack in the midst of the postwar baby boom generation. He knows that one barrier his campaign faces is denial—the reluctance of young and middle-aged people to face their own mortality.

"It's going to take Mick Jagger getting an artificial hip to drive baby boomers to realize that they're not going to live forever," he said.

Five Wishes conforms to the specific legal requirements of 33 states, including Maryland and Virginia, and the District of Columbia. In other states it is not illegal, but may not technically match the state-sponsored form of advance directive, said Charles Sabatino, assistant director of the American Bar Association's Commission on Legal Problems of the Elderly.

"Any new model out there that helps people [fill out an advance directive] is good," Sabatino said. "No two of us approach this—or avoid it—in the same way."

An estimated three out of four American adults have not filled out a living will of any kind, let alone coupled it with a family conversation about how they want to die.

"The measure of success is not how many forms get signed," Sabatino said, "but how many families are drawn into discussions about how they want to die."

The document is eight pages long. Wishes 1 and 2 in the document refer mainly to medical and legal issues, such as what kind of life-prolonging treatment one would accept and who will make choices about such treatment if the patient is unconscious or incapacitated.

Wishes 3, 4 and 5 involve more personal concerns, such as pain relief, fear of being alone at the moment of death and thoughts about what should be included in the memorial service.

Having a signed advance directive is no guarantee of a merciful death, of course. "I don't want to mislead you that this is a solution," Towey said. "It is not. It's meant to be a tool."

Karen Kaplan, executive director of Choice in Dying, an advocacy group, said the outstanding contribution of the Five Wishes living will is its description of palliative care—when the main goal of treatment is no longer to prolong life but to keep the patient as comfortable as possible in the time that remains.

"People pick it up and say, 'Oh, so that's what palliative care is.' It's one of the best statements of what palliative care is that I've seen," Kaplan said.

Kaplan said her only doubt about the Five Wishes living will is a semantic quibble with the word "wishes."

"It isn't a wish, it's a bottom-line expectation of what people should get at the end of their lives," Kaplan said. "Don't call them wishes. Call them expectations, demands, requirements, whatever."

Dozens of living will forms exist, distributed by a variety of groups including the American Association of Retired Persons, the National Right to Life Committee and the American Medical Association. A 1991 Gallup Poll found that while 75 percent of Americans support living wills, only 20 percent had one.

Studies have shown that because of inattention, lack of time, legal concerns or simple reluctance to broach an admittedly difficult subject, doctors often ignore or overlook a dying patient's living will.

The important message for people concerned about care at the end of life, Kaplan said, is that whatever document they choose, they should also directly tell their families and physicians what kind of treatment they want or don't want to undergo near death.

She noted the agonizingly public case of Hugh Finn, who died this month in a Manassas nursing home at age 44 after more than three years in a persistent vegetative state from brain damage suffered in a car wreck. After Finn's wife asked that his feeding tube removed—in accordance with what she said were his stated wishes not to be kept alive if he could not eat, communicate or care for himself—Virginia Gov. James S. Gilmore III went to court in an unsuccessful effort to block removal of the tube.

The absence of written instructions contributed to the family's initial disagreement over whether Finn's feeding tube should be removed and the state's subsequent intervention in the case, experts said.

"Hugh Finn had the conversation, but not the document," Kaplan said.

"Alone, the document is just paper," she said. "Alone, the conversation is just words. It's only together that they work."

A NEW LIVING WILL

The Five Wishes document goes beyond medical procedures and allows people to choose how they want to be treated and remembered.



The News Journal
BOB HERBERT

Bill and Jan Bloomfield of Newark are among some 50 Delawareans who have requested the Five Wishes living will.

The NewsJournal

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Wilmington, Del.

120th year, No. 212

FRIDAY Nov. 20, 1998

50¢
.. FINAL EDITION

AGING With Dignity FIVE WISHES™

FOR

Print Your Name

Print Your Address

My Wish For:

1. The Person I Want To Make Care Decisions For Me When I Can't
2. The Kind of Medical Treatment I Want or Don't Want
3. How Comfortable I Want To Be
4. How I Want People To Treat Me
5. What I Want My Loved Ones To Know

Five Wishes makes it easier for you to let your doctor, family, and friends know how you want to be treated if you become seriously ill and cannot tell them. *Five Wishes* is a gift to your family.

By members and friends so that they won't have to guess what you want. *Five Wishes* is easy to understand and simple to use.

By LAURA UNGAR
Staff reporter

Jan Bloomfield didn't want her cancer-stricken father to die alone in a cold hospital room. So she stayed with him for five weeks in a hospice, holding his hand, singing to him and praying.

To ensure that her family does the same for her in her last days, Bloomfield and her husband, Bill, are signing a living will called Five Wishes. The document, which was made available nationally in October, goes beyond medical dictates, allowing people to choose how they want to be treated and remembered.

"I want it spelled out," says Bloomfield, 64, of Newark. "You don't want to leave it to chance."

The Bloomfields are among at least 50 Delawareans, and more than 100,000 Americans, who have requested Five Wishes. The will's popularity stems from its language, more fit for a living room than a lawyer's office, and its nonmedical "wishes," which in-

► To order your Five Wishes

A new living will aims to be easy to understand and simple to use, and encourages people to talk with their loved ones about how they want to be treated and remembered. The person filling out the will is asked to express these wishes.

Five Wishes may be obtained free of charge on Aging With Dignity's Web site at www.agingwithdignity.org or by sending a \$4 check or money order for postage and handling to Aging With Dignity, Box 1661, Tallahassee, FL 32302-1661.

clude having music played until the time of death, posting pictures of loved ones near a deathbed, and letting family members know that they are forgiven.

"This is friendly," says Shantae Goodloe, a research assistant for Burness Communications, a Maryland company hired to publicize the document. "It deals with your emotional and spiritual needs."

Jim Towey, president and founder of Aging With Dignity, the Florida organization that created the will, said other living

See WILL — D2

Will People worry death will be impersonal

FROM PAGE D1

wills "treat dying as a medical moment."

"And if you treat it that way, the discussions about death are just terrible," he says. "For most people in America today, dying is miserable."

A study by the New Jersey-based Robert Wood Johnson Foundation, which gave Towey's organization a two-year, \$400,000 grant to distribute Five Wishes nationwide, found that people were dying in isolated settings, cared for by strangers, sometimes without adequate pain management.

Experts say when many Americans think about death, they picture people lying alone and unconscious in hospital beds, hooked to respirators and other lifesaving machinery.

"Since most folks don't have a feeling for death, they have certain preconceptions," says William Funk, chairman of the department of family practice at St. Francis Hospital. "When they watch TV or have experiences visiting people, they see all that technology."

People worry that death will be a cold, impersonal experience.

"They don't want to die strapped up to a whole range of sophisticated life support," says Thomas Jewett, director of the Respect Life Office of the Catholic Diocese of Wilmington. "And they don't want to suffer at the end of their lives."

Towey has seen another side to death. For 13 years, he worked as an attorney for Mother Teresa of Calcutta. He spent one year as a full-time volunteer living in her home for the dying in Washington, D.C.

"I saw what the dying wanted," Towey says. "I saw how human dignity could be maintained."

Inspired by his experience, Towey created Five Wishes for Florida residents in 1997, and recently adapted it so that it would be valid in 33 states, including Delaware, Pennsylvania, Maryland, New Jersey and the District of Columbia.

In crafting Five Wishes, Towey modeled his efforts after the birthing movement, which encourages mothers to work with doctors to make births more homey and personal. Towey wants the dying to be able to do the same.

Besides spelling out emotional and spiritual desires, Five Wishes also allows people to choose "health-care agents" responsible for making medical decisions when they cannot. The will also specifies what kind of medical treatment someone wants — or doesn't want — under different circumstances.

The Bloomfields say they like how detailed the document is. She and her husband plan to go over it with their four children when they get together for Thanksgiving.

"The best thing is to express my wishes so that my wife knows and my kids know," says Bill Bloom-

field, 65.

Vanderlyn R. Pine, a sociology professor at the State University of New York at New Paltz, says such family discussions are crucial.

"These kinds of documents are very valuable, but families need to talk about these things together," says Pine, who has written extensively about death. "These documents should be executed as a family."

Experts on death also say people need to discuss living wills with their physicians — something that Five Wishes encourages and that the Bloomfields plan to do.

"One thing that is very important is that people enter into ongoing conversations with their primary-care doctors," says John M. Stanley, the Edward F. Mielke professor of ethics in medicine, science and society at Lawrence University in Wisconsin. "I would like [the Five Wishes document] to have more emphasis on this."

Stanley says living wills often fail because doctors in intensive-care units don't believe that they were done carefully enough. Continuous conversations with doctors about changing medical circumstances, he says, may help ensure that living wills are followed.

But Stanley says many people are reluctant to have such conversations — even with their doctors — because they don't want to talk about death. And when they allow themselves to consider the subject and pick up a living will, many are turned off by the legal jargon in

MAKING THE WILL WORK

According to Aging With Dignity, after you fill out the Five Wishes living will:

- You need to find two people to witness and sign the document.

- You should discuss and give a copy of the document to your doctor.

- You should discuss and give a copy of the document to the person you designate as your health-care agent.

- You should discuss and give copies of the document to family members.

In Delaware and four other states, those living in a nursing home or other assisted-care facility must contact, or have their family contact, the facility's ombudsman or patient advocate. The ombudsman must review the living will, be present when the document is signed, and be one of the witnesses.

If you have a Five Wishes will and are in one of the 17 states in which it is not valid, it can still be used as a guide for health-care providers.

many of them.

According to Aging With Dignity, fewer than one in four people fills out a living will.

"The barrier in getting them filled out and executed is a feeling on the part of the public that they're legalistic and complicated," he says.

Five Wishes is different. That's another thing the Bloomfields like about it.

"We wanted this because it talks in plain language," Bill Bloomfield says.

Such reader-friendly language makes death seem less intimidating, experts and others say, encouraging people to talk about it.

"The subject of dying really needs to be discussed," says Paul Malley, communications director for Aging With Dignity. "It's something that should be discussed before a family goes into an emergency room."

'Five Wishes' living will covers spiritual issues

BY JIM RITTER
HEALTH REPORTER

If you were to become seriously ill, would you want to be put on life support?

Whom would you want to make medical decisions for you?

Would you want loved ones to pray at your bedside? Would you want to die at home? Are there any songs or readings you want at your funeral?

These are among the issues addressed in a "living will" that recently became available in Illinois.

Besides addressing medical questions covered by other living wills, the "Five Wishes" living will covers family and spiritual issues "in a gentle and non-threatening way," said the Rev. John Schumacher, chaplain of Rainbow Hospice in northwest suburban Park Ridge.

And it's in plain English. "You don't have to take it to a lawyer," said Paul Malley of Aging with Dignity, the Florida-based group that wrote the 12-page document.

Five Wishes is binding in 33 states, including Illinois. Since making the document available nationwide last month, Aging With Dignity has distributed more than 100,000 copies.

These are the five wishes:

Other documents are also available

"Five Wishes" is among dozens of living wills available by mail and the Internet. Here are three others:

■ Choice in Dying has written living wills for each of the 50 states. For an Illinois document, call (800) 989-9455 (\$5 charge) or download for free from www.choices.org.

■ The University of Toronto has tailored living wills for cancer and AIDS patients. Free at www.utoronto.ca/jcb.

■ The American Medical Association soon will release its living will. For information, write to the American Medical Association, Ethics Division, 515 N. State, Chicago 60610.

1. Whom you want to make health care decisions for you.

"Sometimes a spouse or family member is not the best choice because they are too emotionally involved with you," the document advises.

2. Medical treatment. What life support you want or don't want, including respirator, tube feeding, cardiopulmonary resuscitation, major surgery, blood transfusions, dialysis and antibiotics.

3. How comfortable you want to be. Would you want enough drugs to relieve pain? Would you want to be massaged with warm oils? Would you want religious

readings and favorite poems read aloud as you neared death?

4. How you want to be treated.

Would you want people to talk to you and hold your hand, even if you didn't respond? Would you want people at your bedside if death were near?

5. What your loved ones should know. Includes how you wish to be remembered, funeral arrangements and what organs you want to donate.

To obtain a copy, send \$4 to Aging With Dignity, Box 1661, Tallahassee, Fla. 32302. Or download it for free at www.agingwithdignity.org.

THE DENVER POST

Sunday, December 27, 1998

FAMILIES

Dying with dignity

Document hits touchy subjects

By Diane Eicher
Denver Post Staff Writer

As Jack Kevorkian and other advocates of assisted suicide debate whether sick people have the right to end their lives with a doctor's help, another group is working to help people face the end naturally — but still on their own terms.

Aging With Dignity's goal is similar to Kevorkian's — control over end-of-life care — but the Florida group's approach couldn't be more different.

It has drafted an eight-page document called "Five Wishes" that is meant to be filled out long before death, when a person can have a meaningful discussion with family and friends about how the end should be.

Like a living will, the document provides a place to declare who will make medical care decisions for a person when they're no longer able, and what kind of medical treatment is desired.

But then it goes way beyond the legal realm, delving into issues that most people never broach before death. For example, under the third wish, "How Comfortable I Want to Be," are requests like:

■ "I wish to have warm baths often . . . to be kept fresh and clean at all times" and "I wish to have personal care like shaving, nail clipping, hair brushing and teeth brushing, as long as they do not cause me pain or discomfort."

■ "I wish to have a cool moist cloth put on my head if I have a fever."

■ "I wish to have religious readings and poems read aloud when I am near death."

The fourth wish, "How I Want People to Treat Me," includes suggestions like:

■ "I wish to have pictures of my loved ones in my room, near my bed" and "I wish to be cared for with kindness and cheerfulness, not sadness."

■ "I wish to have my hand held and to be talked to when possible, even if I don't seem to respond . . ."

The person can cross out any of those suggestions he or she doesn't agree with, or add new ones.

The Five Wishes project came about after Aging With Dignity, a private non-profit organization dedicated to safeguarding human dignity at the end of life, devised a similar

form for residents in its home state. More than a quarter-million Floridians obtained copies.

Inquires from around the country led the group to work with the American Bar Association to write a form that would conform to health-care statutes in all 50 states. However, because of varying state laws, the final version is accepted in just 33 states.

Colorado is one of those. The form can be downloaded off the group's Web site (<http://www.agingwithdignity.org>) or by sending a \$4 check or money order to cover postage to Aging with Dignity, P.O. Box 1661, Tallahassee, Fla., 32302-1661. Some states, though not Colorado, have special witnessing or notarization requirements: the standard form requires two witnesses over age 19.

Aging With Dignity founder Jim Towey — a former attorney for Mother Teresa in Calcutta and a volunteer at her hospice in Washington, D.C. — calls the Five Wishes form "revolutionary."

"People love it, because it speaks to them in their own language, not in doctor-speak or lawyer-talk," he said.

Five Wishes is more than a living will because "these discussions can take place in a living room . . . not a hospital room," said Towey during a recent phone interview.

He was asked about Kevorkian's methods, and he said he personally is opposed to assisted suicide. He thinks people have been drawn to the Michigan doctor's cause because they've seen too many friends and family members suffer weeks and months before death, during which they had no control and their wishes weren't respected.

He sees Five Wishes as a "meaningful alternative" that could help some people reconsider assisted suicide.

He likens the dying-with-dignity movement to childbirth 10 or 15 years ago, when women decided they were tired of being told how to have babies.

"This is about people saying, 'I want to go home to God my way . . . I don't want to be told by a medical system.' These discussions can take place in a living room, not a hospital room," said Towey.

"(Five Wishes) helps people envision what they want to have . . . so they're not just someone on the health-care conveyor belt," added Towey.

Return of Organization Exempt From Income Tax

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Internal Revenue Service

Note: The organization may have to use a copy of this return to satisfy state reporting requirements

A For the 1997 calendar year, OR tax year period beginning 1997, and ending 19

B Check if:
☐ Change of address
☐ Initial return
☐ Final return
☐ Amended return (required also for State reporting)

C Name of organization, number and street, city, town, state, and ZIP code
 COMMISSION ON AGING WITH DIGNITY, INC.
 215 SOUTH MONROE ST., SUITE 620
 TALLAHASSEE, FLORIDA 32301

D Employer identification number
 59-3367487

E State registration number

F Check ☐ if exemption application is pending

G Type of organization ☐ Exempt under section 501(c) 3 (insert number) OR ☐ section 4947(a)(1) nonexempt charitable trust

Note: Section 501(c)(3) exempt organizations and 4947(a)(1) nonexempt charitable trusts MUST attach a completed Schedule A (Form 990).

H(a) Is this a group return filed for affiliates? ☐ Yes ☒ No I If either box in H is checked "Yes," enter four-digit group exemption no. (GEN)

(b) If "Yes," enter number of affiliates for which return is filed:

J Accounting method: ☐ Cash ☒ Accrual(c) Is this a separate return filed by an organization covered by a group ruling? ☐ Yes ☒ No ☐ Other (specify)K Check here ☐ if the organization's gross receipts are normally not more than \$25,000. The organization need not file a return with the IRS; but if it received a Form 990 Package in the mail, it should file a return without financial data. Some states require a complete return.

Note: Form 990-EZ may be used by organizations with gross receipts less than \$100,000 and total assets less than \$250,000 at end of year.

Revenue, Expenses, and Changes in Net Assets or Fund Balances (See Specific Instructions on page 11.)

1 Contributions, gifts, grants, and similar amounts received:			
a Direct public support	1a	555,323.	
b Indirect public support	1b		
c Government contributions (grants)	1c		
d Total (add lines 1a through 1c) (attach schedule of contributors) (cash \$ noncash \$)	1d	555,323.	
2 Program service revenue including government fees and contracts (from Part VII, line 93)	2		
3 Membership dues and assessments	3		
4 Interest on savings and temporary cash investments	4		
5 Dividends and interest from securities	5	7,920.	
6a Gross rents	6a		
b Less: rental expenses	6b		
c Net rental income or (loss) (subtract line 6b from line 6a)	6c		
7 Other investment income (describe)	7		
8a Gross amount from sale of assets other than inventory	(A) Securities	8a	(B) Other
b Less: cost/other basis & sales expenses	8b		
c Gain or (loss) (attach schedule)	8c		
d Net gain or (loss) (combine line 8c, columns (A) and (B))	8d		
9 Special events and activities (attach schedule)			
a Gross revenue (not including \$ of contributions reported on line 1a)	9a		
b Less: direct expenses other than fundraising expenses	9b		
c Net income or (loss) from special events (subtract line 9b from line 9a)	9c		
10a Gross sales of inventory, less returns and allowances	10a		
b Less: cost of goods sold	10b		
c Gross profit or (loss) from sales of inventory (attach schedule) (subtract line 10b from line 10a)	10c		
11 Other revenue (from Part VII, line 103)	11		
12 Total revenue (add lines 1d, 2, 3, 4, 5, 6c, 7, 8d, 9c, 10c, and 11)	12	563,243.	
13 Program services (from line 44, column (B))	13	515,691.	
14 Management and general (from line 44, column (C))	14	16,752.	
15 Fundraising (from line 44, column (D))	15	4,191.	
16 Payments to affiliates (attach schedule)	16		
17 Total expenses (add lines 16 and 44, column (A))	17	536,634.	
18 Excess or (deficit) for the year (subtract line 17 from line 12)	18	26,609.	
19 Net assets or fund balances at beginning of year (from line 73, column (A))	19	180,632.	
20 Other changes in net assets or fund balances (attach explanation)	20		
21 Net assets or fund balances at end of year (combine lines 18, 19, and 20)	21	207,241.	

**Statement of
Functional Expenses**

All organizations must complete column (A). Columns (B), (C), and (D) are required for section 501(c)(3) and (4) organizations and section 4947(a)(1) nonexempt charitable trusts but optional for others. (See Specific Instructions on page 15.)

Do not include amounts reported on line 6b, 8b, 9b, 10b, or 16 of Part I.		(A) Total	(B) Program services	(C) Management and general	(D) Fundraising
22	Grants and allocations (attach schedule) . . . (cash \$ _____ non-cash \$ _____)	22 10,625.	10,625.		
23	Specific assistance to individuals (attach sch.) . . .	23			
24	Benefits paid to or for members (attach sch.) . . .	24			
25	Compensation of officers, directors, etc.	25 95,000.	83,673.	9,500.	1,827.
26	Other salaries and wages	26 180,374.	179,489.		885.
27	Pension plan contributions	27 22,303.	21,091.	892.	320.
28	Other employee benefits	28 15,929.	14,834.	956.	139.
29	Payroll taxes	29 19,273.	18,016.	783.	474.
30	Professional fundraising fees	30			
31	Accounting fees	31 800.		800.	
32	Legal fees	32			
33	Supplies	33 9,688.	9,269.	194.	225.
34	Telephone	34 20,767.	20,352.	415.	
35	Postage and shipping	35 17,245.	16,595.	345.	305.
36	Occupancy	36 36,615.	35,883.	732.	
37	Equipment rental and maintenance	37			
38	Printing and publications	38 19,531.	19,140.	391.	
39	Travel	39 35,935.	35,935.		
40	Conferences, conventions, and meetings . . .	40			
41	Interest	41			
42	Depreciation, depletion, etc. (attach schedule) .	42 6,930.	6,792.	138.	
43	Other expenses (itemize): a _____	43a			
	b _____	43b			
	c _____	43c			
	d _____	43d			
	e See Sch. Attached	43e	45,619.	43,997.	1,606.
44	Total functional expenses (add lines 22 through 43) Organizations completing columns (B)-(D), carry these totals to lines 13-15.	44 536,634.	515,691.	16,752.	4,191.

Reporting of Joint Costs. -- Did you report in column (B) (Program services) any joint costs from a combined educational campaign and fundraising solicitation? ☐ Yes ☒ No

If "Yes," enter (i) the aggregate amount of these joint costs . . . \$ _____; (ii) amt. allocated to Prog. services . . \$ _____; (iii) the amount allocated to Management and general \$ _____; and (iv) amt. allocated to Fundraising \$ _____

Statement of Program Service Accomplishments (See Specific Instructions on page 18.)What is the organization's primary exempt purpose? Educate babyboomers on aging.

All organizations must describe their exempt purpose achievements in a clear and concise manner. State the number of clients served, publications issued, etc. Discuss achievements that are not measurable. (Section 501(c)(3) and (4) organizations and 4947(a)(1) nonexempt charitable trusts must also enter the amount of grants and allocations to others.)

Program Service Expenses
(Required for 501(c)(3) and (4) orgs. and 4947(a)(1) trusts; but optional for others.)

a	Conducted public forums on aging with dignity throughout Florida and conducted other speaking engagements and multi media presentations benefiting seniors and general public. (Grants and allocations \$ _____)	515,691.
b	_____ (Grants and allocations \$ _____)	
c	_____ (Grants and allocations \$ _____)	
d	_____ (Grants and allocations \$ _____)	
e	Other program services (attach schedule) (Grants and allocations \$ _____)	
f	Total of Program Service Expenses (should equal line 44, column (B), Program services)	515,691.

Balance Sheets (See Specific Instructions on page 18.)

Note: Where required, attached schedules and amounts within the description column should be for end-of-year amounts only.

		(A) Beginning of year		(B) End of year
Assets	45 Cash -- non-interest-bearing	29,104.	45	3,635.
	46 Savings and temporary cash investments	142,834.	46	200,032.
	47a Accounts receivable	47a		
	b Less: allowance for doubtful accounts	47b	47c	
	48a Pledges receivable	48a		
	b Less: allowance for doubtful accounts	48b	48c	
	49 Grants receivable		49	
	50 Receivables from officers, directors, trustees, and key employees (attach schedule)		50	
	51a Other notes and loans receivable (attach schedule)	51a		
	b Less: allowance for doubtful accounts	51b	51c	
	52 Inventories for sale or use		52	
	53 Prepaid expenses and deferred charges		53	643.
	54 Investments -- securities (attach schedule)		54	
	55a Investments -- land, buildings, and equipment: basis	55a	24,513.	
	b Less: accumulated depreciation (attach schedule)	55b	7,468.	8,694.
55c		17,045.		
56 Investments -- other (attach schedule)		56		
57a Land, buildings, and equipment: basis	57a			
b Less: accumulated depreciation (attach schedule)	57b		57c	
58 Other assets (describe ▶		58		
59 Total assets (add lines 45 through 58) (must equal line 74)	0.	59	221,355.	
Liabilities	60 Accounts payable and accrued expenses		60	14,114.
	61 Grants payable		61	
	62 Deferred revenue		62	
	63 Loans from officers, directors, trustees, and key employees (attach schedule)		63	
	64a Tax-exempt bond liabilities (attach schedule)		64a	
	b Mortgages and other notes payable (attach schedule)		64b	
	65 Other liabilities (describe ▶		65	
66 Total liabilities (add lines 60 through 65)	0.	66	14,114.	
Net Assets or Fund Balances	Organizations that follow SFAS 117, check here. ☐ and complete lines 67 through 69 and lines 73 and 74.			
	67 Unrestricted	180,632.	67	207,241.
	68 Temporarily restricted		68	
	69 Permanently restricted		69	
	Organizations that do not follow SFAS 117, check here. ☐ and complete lines 70 through 74.			
	70 Capital stock, trust principal, or current funds		70	
	71 Paid-in or capital surplus, or land, building, and equipment fund		71	
	72 Retained earnings, endowment, accumulated income, or other funds		72	
	73 Total net assets or fund balances (add lines 67 through 69 OR lines 70 through 72; column (A) must equal line 19 and column (B) must equal line 21)	180,632.	73	207,241.
74 Total liabilities and net assets / fund balances (add lines 66 and 73)	180,632.	74	221,355.	

Form 990 is available for public inspection and, for some people, serves as the primary or sole source of information about a particular organization. How the public perceives an organization in such cases may be determined by the information presented on its return. Therefore, please make sure the return is complete and accurate and fully describes, in Part III, the organization's programs and accomplishments.

Other Information (See Specific Instructions on page 21.)

Yes No

76	Did organization engage in any activity not previously reported to IRS? If "Yes," attach detailed description of each activity	76		X
77	Were any changes made in the organizing or governing documents but not reported to the IRS? If "Yes," attach a conformed copy of the changes.	77		X
78a	Did the organization have unrelated business gross income of \$1,000 or more during the year covered by this return? . . .	78a		X
b	If "Yes," has it filed a tax return on Form 990-T for this year?	78b		
79	Was there a liquidation, dissolution, termination, or substantial contraction during the year? If "Yes," attach a statement. . .	79		X
80a	Is the organization related (other than by association with a statewide or nationwide organization) through common membership, governing bodies, trustees, officers, etc., to any other exempt or nonexempt organization?	80a		X
b	If "Yes," enter the name of the organization ▶ _____ and check whether it is ☐ exempt OR ☐ nonexempt.			
81a	Enter the amount of political expenditures, direct or indirect, as described in the instructions for line 81	81a		
b	Did the organization file Form 1120-POL for this year?	81b		
82a	Did the organization receive donated services or the use of materials, equipment, or facilities at no charge or at substantially less than fair rental value?	82a	X	
b	If "Yes," you may indicate the value of these items here. Do not include this amount as revenue in Part I or as an expense in Part II. (See instructions for reporting in Part III.)	82b	10,000.	
83a	Did the organization comply with the public inspection requirements for returns and exemption applications?	83a	X	
b	Did the organization comply with the disclosure requirements relating to quid pro quo contributions?	83b	X	
84a	Did the organization solicit any contributions or gifts that were not tax deductible?	84a		X
b	If "Yes," did the organization include with every solicitation an express statement that such contributions or gifts were not tax deductible?	84b		
85	501(c)(4), (5), or (6) organizations. -- a Were substantially all dues nondeductible by members?	85a		
b	Did the organization make only in-house lobbying expenditures of \$2,000 or less? If "Yes" was answered to either 85a or 85b, do not complete 85c through 85h below unless the organization received a waiver for proxy tax owed for the prior year.	85b		
c	Dues, assessments, and similar amounts from members	85c		
d	Section 162(e) lobbying and political expenditures	85d		
e	Aggregate nondeductible amount of section 6033(e)(1)(A) dues notices	85e		
f	Taxable amount of lobbying and political expenditures (line 85d less 85e)	85f	0.	
g	Does the organization elect to pay the section 6033(e) tax on the amount in 85f?	85g		
h	If section 6033(e)(1)(A) dues notices were sent, does the organization agree to add the amount in 85f to its reasonable estimate of dues allocable to nondeductible lobbying and political expenditures for the following tax year?	85h		
86	501(c)(7) organizations. -- Enter: a Initiation fees and capital contributions included on line 12	86a		
b	Gross receipts, included on line 12, for public use of club facilities	86b		
87	501(c)(12) organizations. -- Enter: a Gross income from members or shareholders	87a		
b	Gross income from other sources. (Do not net amounts due or paid to other sources against amounts due or received from them.)	87b		
88	At any time during the year, did the organization own a 50% or greater interest in a taxable corporation or partnership? If "Yes," complete Part IX	88		X
89a	501(c)(3) organizations. -- Enter: Amount of tax imposed during the year under: section 4911 ▶ _____ ; section 4912 ▶ _____ ; section 4955 ▶ _____			
b	501(c)(3) and 501(c)(4) organizations. -- Did the organization engage in any section 4958 excess benefit transaction during the year? If "Yes," attach a statement explaining each transaction	89b		X
c	Enter: Amount of tax imposed on the organization managers or disqualified persons during the year under sections 4912, 4955, and 4958 ▶ _____			
d	Enter: Amount of tax in 89c, above, reimbursed by the organization ▶ _____			
90a	List the states with which a copy of this return is filed ▶ _____			
b	Number of employees employed in the pay period that includes March 12, 1997 (See instructions.)	90b		
91	The books are in care of ▶ H. JAMES TOWEY Telephone no. ▶ 850-681-2010 Located at ▶ 215 S. MONROE ST., TALLAHASSEE, FL ZIP + 4 ▶ 32301			
92	Section 4947(a)(1) nonexempt charitable trusts filing Form 990 in lieu of Form 1041 -- Check here. ▶ ☐ and enter the amount of tax-exempt interest received or accrued during the tax year ▶ 92			

Enter gross amounts unless otherwise indicated.		Unrelated business income		Excluded by section 512, 513, or 514		(E)
		(A) Business code	(B) Amount	(C) Exclusion code	(D) Amount	Related or exempt function income
93	Program service revenue:					
a						
b						
c						
d						
e						
f	Medicare/Medicaid payments					
g	Fees and contracts from govt. agencies . . .					
94	Membership dues and assessments					
95	Interest on savings and temporary cash investments					
96	Dividends and interest from securities . . .			14	7,920.	
97	Net rental income or (loss) from real estate:					
a	debt-financed property					
b	not debt-financed property					
98	Net rental income or (loss) from personal property					
99	Other investment income					
100	Gain or (loss) from sales of assets other than inventory					
101	Net income or (loss) from special events . . .					
102	Gross profit/(loss) from sales of inventory .					
103	Other revenue: a					
b						
c						
d						
e						
104	Subtotal (add columns (B), (D), and (E)). . .		0.		7,920.	0.
105	Total (add line 104, columns (B), (D), and (E))					7,920.

Note: (Line 105 plus line 1d, Part I, should equal the amount on line 12, Part I.)

[illegible]

Name, address, and employer identification number of corporation or partnership	Percentage of ownership interest	Nature of business activities	Total income	End-of-year assets
	%			
	%			
	%			
	%			

Please Sign Here

Under penalties of perjury, I declare that I have examined this return, including accompanying schedules and statements, and to the best of my knowledge and belief, it is true, correct, and complete. Declaration of preparer (other than officer) is based on all information of which preparer has any knowledge. (See General Instruction U, on page 10.)

 _____  _____
 Signature of officer Date
 _____
 Type or print name and title.

Paid Preparer's Use Only	Preparer's signature	Date 05/29/98	Check if self- employed ☐	Preparer's SSN --
	Firm's name (or yours if self-employed) and address	EIN ☐ -- ZIP + 4 ☐		

**SCHEDULE A
(Form 990)**

Organization Exempt Under Section 501(c)(3)

(Except Private Foundation) and Section 501(e), 501(f), 501(k),
501(n), or Section 4947(a)(1) Nonexempt Charitable Trust

Supplementary Information

See separate instructions.

OMB No. 1545-0047

1997

Department of the Treasury
Internal Revenue Service

▶ **Must be completed by the above organizations and attached to their Form 990 or 990-EZ.**

Name of the organization

COMMISSION ON AGING WITH DIGNITY, I

Employer identification number

59-3367487



Compensation of the Five Highest Paid Employees Other Than Officers, Directors, and Trustees

(See instructions on page 1. List each one. If there are none, enter "None.")

(a) Name and address of each employee paid more than \$50,000	(b) Title and average hours per week devoted to position	(c) Compensation	(d) Contributions to empl. benefit plans & deferred compensation	(e) Expense account and other allowances
H. JAMES TOWEY TALLAHASSEE, FL	PRES 40	95,000.		
Total number of other employees paid over \$50,000				



Compensation of the Five Highest Paid Independent Contractors for Professional Services

(See instructions on page 1. List each one (whether individuals or firms). If there are none, enter "None.")

(a) Name and address of each independent contractor paid more than \$50,000	(b) Type of service	(c) Compensation
NONE		
Total number of others receiving over \$50,000 for professional services		

For Paperwork Reduction Act Notice, see page 1 of the instructions for Form 990 and Form 990-EZ.

Schedule A (Form 990) 1997

CAA 7 990A12 NTF 12644 GLD 3274

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Statements About Activities

	Yes	No
1 During the year, has the organization attempted to influence national, state, or local legislation, including any attempt to influence public opinion on a legislative matter or referendum? If "Yes," enter total expenses paid or incurred in connection with the lobbying activities ► \$ Organizations that made an election under section 501(h) by filing Form 5768 must complete Part VI-A. Other organizations checking "Yes," must complete Part VI-B AND attach a statement giving a detailed description of the lobbying activities.	1	X
2 During the year, has the organization, either directly or indirectly, engaged in any of the following acts with any of its trustees, directors, officers, creators, key employees, or members of their families, or with any taxable organization with which any such person is affiliated as an officer, director, trustee, majority owner, or principal beneficiary:		
a Sale, exchange, or leasing of property?	2a	X
b Lending of money or other extension of credit?	2b	X
c Furnishing of goods, services, or facilities?	2c	X
d Payment of compensation (or payment or reimbursement of expenses if more than \$1,000)?	2d	X
e Transfer of any part of its income or assets? If the answer to any question is "Yes," attach a detailed statement explaining the transactions.	2e	X
3 Does the organization make grants for scholarships, fellowships, student loans, etc.?	3	X
4 Attach a statement to explain how the organization determines that individuals or organizations receiving grants or loans from it in furtherance of its charitable programs qualify to receive payments. (See instructions on page 2.)		



Reason for Non-Private Foundation Status (See instructions on pages 2 through 4.)

The organization is not a private foundation because it is: (Please check only **ONE** applicable box.)

- 5** ☐ A church, convention of churches, or association of churches. Section 170(b)(1)(A)(i).
6 ☐ A school. Section 170(b)(1)(A)(ii). (Also complete Part V, page 4.)
7 ☐ A hospital or a cooperative hospital service organization. Section 170(b)(1)(A)(iii).
8 ☐ A Federal, state, or local government or governmental unit. Section 170(b)(1)(A)(v).
9 ☐ A medical research organization operated in conjunction with a hospital. Section 170(b)(1)(A)(iii) Enter the hospital's name, city, and state ►
10 ☐ An organization operated for the benefit of a college or university owned or operated by a governmental unit. Section 170(b)(1)(A)(iv). (Also complete the **Support Schedule** in Part IV-A.)
11a ☒ An organization that normally receives a substantial part of its support from a governmental unit or from the general public. Section 170(b)(1)(A)(vi). (Also complete the **Support Schedule** in Part IV-A.)
11b ☐ A community trust. Section 170(b)(1)(A)(vi). (Also complete the **Support Schedule** in Part IV-A.)
12 ☐ An organization that normally receives: (1) more than 33 1/3% of its support from contributions, membership fees, and gross receipts from activities related to its charitable, etc., functions -- subject to certain exceptions, and (2) no more than 33 1/3% of its support from gross investment income and unrelated business taxable income (less section 511 tax) from businesses acquired by the organization after June 30, 1975. See section 509(a)(2). (Also complete the **Support Schedule** in Part IV-A.)
13 ☐ An organization that is not controlled by any disqualified persons (other than foundation managers) and supports organizations described in: (1) lines 5 through 12 above; or (2) section 501(c)(4), (5), or (6), if they meet the test of section 509(a)(2). (See section 509(a)(3).)

Provide the following information about the supported organizations. (See instructions on page 4.)

(a) Name(s) of supported organization(s)	(b) Line number from above

- 14** ☐ An organization organized and operated to test for public safety. Section 509(a)(4). (See instructions on page 4.)

Support Schedule (Complete only if you checked a box on line 10, 11, or 12. Use cash method of accounting.

Note: You may use the worksheet in the instructions for converting from the accrual to the cash method of accounting.

Calendar year (or fiscal year beginning in)	(a) 1996	(b) 1995	(c) 1994	(d) 1993	(e) Total
15 Gifts, grants, and contributions received. (Do not include unusual grants. See line 28.)	361,488.				361,488.
16 Membership fees received					
17 Gross receipts from admissions, merchandise sold or services performed, or furnishing of facilities in any activity that is not a business unrelated to the organization's charitable, etc., purpose	20,677.				20,677.
18 Gross income from interest, dividends, amounts received from payments on securities loans (section 512(a)(5)), rents, royalties, and unrelated business taxable income (less section 511 taxes) from businesses acquired by the organization after June 30, 1975	3,101.				3,101.
19 Net income from unrelated business activities not included in line 18					
20 Tax revenues levied for the organization's benefit and either paid to it or expended on its behalf					
21 The value of services or facilities furnished to the organization by a governmental unit without charge. Do not include the value of services or facilities generally furnished to the public without charge					
22 Other income. Attach a schedule. Do not include gain or (loss) from sale of capital assets					
23 Total of lines 15 through 22	385,266.				385,266.
24 Line 23 minus line 17	364,589.				364,589.
25 Enter 1% of line 23	3,853.				

26 Organizations described in lines 10 or 11:	a Enter 2% of amount in column (e), line 24	26a	7,292.
b Attach a list (which is not open to public inspection) showing the name of and amount contributed by each person (other than a governmental unit or publicly supported organization) whose total gifts for 1993 through 1996 exceeded the amount shown in line 26a. Enter the sum of all these excess amounts		26b	
c Total support for section 509(a)(1) test: Enter line 24, column (e)		26c	364,589.
d Add: Amounts from col. (e) for lines: 18 <u>3,101.</u> 19 _____		26d	3,101.
22 _____ 26b _____		26e	361,488.
e Public support (line 26c minus line 26d total)		26f	99.15%
f Public support percentage (line 26e (numerator) divided by line 26c (denominator))			

27 Organizations described on line 12: a For amounts included in lines 15, 16, and 17 that were received from a "disqualified person," attach a list to show the name of, and total amounts received in each year from, each "disqualified person." Enter the sum of such amounts for each year:

(1996) _____ (1995) _____ (1994) _____ (1993) _____

b For any amount included in line 17 that was received from a nondisqualified person, attach a list to show the name of, and amount received for each year, that was more than the larger of (1) the amount on line 25 for the year or (2) \$5,000. (Include in the list organizations described in lines 5 through 11, as well as individuals.) After computing the difference between the amount received and the larger amount described in (1) or (2), enter the sum of these differences (the excess amounts) for each year:

(1996) _____ (1995) _____ (1994) _____ (1993) _____

c Add: Amounts from col. (e) for lines: 15 _____ 16 _____		27c	
17 _____ 20 _____ 21 _____		27d	
d Add: Line 27a total _____ and line 27b total _____		27e	
e Public support (line 27c total minus line 27d total)		27f	\$
f Total support for section 509(a)(2) test: Enter amount on line 23, col. (e)		27g	%
g Public support percentage (line 27e (numerator) divided by line 27f (denominator))		27h	%
h Investment income percentage (line 18, column (e) (numerator) divided by line 27f (denominator))			

28 Unusual Grants: For an organization described in line 10, 11, or 12 that received any unusual grants during 1993 through 1996, attach a list (which is not open to public inspection) for each year showing the name of the contributor, the date and amount of the grant, and a brief description of the nature of the grant. Do not include these grants in line 15. (See instructions on page 4.)

Private School Questionnaire (See instructions on page 4.)

(To be completed ONLY by schools that checked the box on line 6 in Part IV)

	Yes	No
29 Does the organization have a racially nondiscriminatory policy toward students by statement in its charter, bylaws, other governing instrument, or in a resolution of its governing body?	29	
30 Does the organization include a statement of its racially nondiscriminatory policy toward students in all its brochures, catalogues, and other written communications with the public dealing with student admissions, programs, and scholarships?	30	
31 Has the organization publicized its racially nondiscriminatory policy through newspaper or broadcast media during the period of solicitation for students, or during the registration period if it has no solicitation program, in a way that makes the policy known to all parts of the general community it serves? If "Yes," please describe; if "No," please explain. (If you need more space, attach a separate statement.)	31	
32 Does the organization maintain the following:		
a Records indicating the racial composition of the student body, faculty, and administrative staff?	32a	
b Records documenting that scholarships and other financial assistance are awarded on a racially nondiscriminatory basis?	32b	
c Copies of all catalogues, brochures, announcements, and other written communications to the public dealing with student admissions, programs, and scholarships?	32c	
d Copies of all material used by the organization or on its behalf to solicit contributions?	32d	
If you answered "No" to any of the above, please explain. (If you need more space, attach a separate statement.)		
33 Does the organization discriminate by race in any way with respect to:		
a Students' rights or privileges?	33a	
b Admissions policies?	33b	
c Employment of faculty or administrative staff?	33c	
d Scholarships or other financial assistance?	33d	
e Educational policies?	33e	
f Use of facilities?	33f	
g Athletic programs?	33g	
h Other extracurricular activities?	33h	
If you answered "Yes" to any of the above, please explain. (If you need more space, attach a separate statement.)		
34a Does the organization receive any financial aid or assistance from a governmental agency?	34a	
b Has the organization's right to such aid ever been revoked or suspended?	34b	
If you answered "Yes" to either 34a or b, please explain using an attached statement.		
35 Does the organization certify that it has complied with the applicable requirements of sections 4.01 through 4.05 of Rev. Proc. 75-50, 1975-2 C.B. 587, covering racial nondiscrimination? If "No," attach an explanation.	35	

Lobbying Expenditures by Electing Public Charities (See instructions on page 6.)(To be completed **ONLY** by an eligible organization that filed Form 5768)

- Check here **a** ☐ If the organization belongs to an affiliated group.
 Check here **b** ☐ If you checked "a" above and "limited control" provisions apply.

Limits on Lobbying Expenditures

(The term "expenditures" means amounts paid or incurred.)

		(a) Affiliated group totals	(b) To be completed for ALL electing organizations
36 Total lobbying expenditures to influence public opinion (grassroots lobbying)	36		
37 Total lobbying expenditures to influence a legislative body (direct lobbying)	37		
38 Total lobbying expenditures (add lines 36 and 37)	38		
39 Other exempt purpose expenditures	39		
40 Total exempt purpose expenditures (add lines 38 and 39)	40		
41 Lobbying nontaxable amount. Enter the amount from the following table —			
If the amount on line 40 is — The lobbying nontaxable amount is —			
Not over \$500,000. 20% of the amount on line 40			
Over \$500,000 but not over \$1,000,000 \$100,000 plus 15% of the excess over \$500,000			
Over \$1,000,000 but not over \$1,500,000. \$175,000 plus 10% of the excess over \$1,000,000			
Over \$1,500,000 but not over \$17,000,000 \$225,000 plus 5% of the excess over \$1,500,000			
Over \$17,000,000 \$1,000,000.			
42 Grassroots nontaxable amount (enter 25% of line 41).	42		
43 Subtract line 42 from line 36. Enter -0- if line 42 is more than line 36	43		
44 Subtract line 41 from line 38. Enter -0- if line 41 is more than line 38	44		

Caution: If there is an amount on either line 43 or line 44, you must file Form 4720.**4-Year Averaging Period Under Section 501(h)**(Some organizations that made a section 501(h) election do not have to complete all of the five columns below.
See the instructions for lines 45 through 50 on page 7.)

Calendar year (or fiscal year beginning in) ▶	Lobbying Expenditures During 4-Year Averaging Period				
	(a) 1997	(b) 1996	(c) 1995	(d) 1994	(e) Total
45 Lobbying nontaxable amount					
46 Lobbying ceiling amount (150% of line 45(e))					
47 Total lobbying expenditures					
48 Grassroots nontaxable amount					
49 Grassroots ceiling amount (150% of line 48(e))					
50 Grassroots lobbying expenditures					

Lobbying Activity by Nonelecting Public Charities

(For reporting only by organizations that did not complete Part VI-A) (See instructions on page 7.)

During the year, did the organization attempt to influence national, state or local legislation, including any attempt to influence public opinion on a legislative matter or referendum, through the use of:	Yes	No	Amount
a Volunteers			
b Paid staff or management (Include compensation in expenses reported on lines c through h.)			
c Media advertisements			
d Mailings to members, legislators, or the public.			
e Publications, or published or broadcast statements.			
f Grants to other organizations for lobbying purposes			
g Direct contact with legislators, their staffs, government officials, or a legislative body			
h Rallies, demonstrations, seminars, conventions, speeches, lectures, or any other means.			
i Total lobbying expenditures (add lines c through h)			

If "Yes" to any of the above, also attach a statement giving a detailed description of the lobbying activities.

Information Regarding Transfers To and Transactions and Relationships With Noncharitable Exempt Organizations

51 Did the reporting organization directly or indirectly engage in any of the following with any other organization described in section 501(c) of the Code (other than section 501(c)(3) organizations) or in section 527, relating to political organizations?

a Transfers from the reporting organization to a noncharitable exempt organization of:

(i) Cash	51a(i)		X
----------------	--------	--	---

(ii) Other assets.....	a(ii)		X
------------------------	-------	--	---

b Other transactions:

(i) Sales of assets to a noncharitable exempt organization.	b(i)	X
---	------	---

(ii) Purchases of assets from a noncharitable exempt organization.	b(ii)		X
--	-------	--	---

(iii) Rental of facilities or equipment.	b(iii)		X
--	--------	--	---

(iv) Reimbursement arrangements.....	b(iv)		X
--------------------------------------	-------	--	---

(v) Loans or loan guarantees.....	b(v)		X
-----------------------------------	------	--	---

(vi) Performance of services or membership or fundraising solicitations	b(vi)		X
---	-------	--	---

c Sharing of facilities, equipment, mailing lists, other assets, or paid employees.	c		X
--	----------	--	----------

d If the answer to any of the above is "Yes," complete the following schedule. Column (b) should always show the fair market value of the goods, other assets, or services given by the reporting organization. If the organization received less than fair market value in any transaction or sharing arrangement, show in column (d) the value of the goods, other assets, or services received:

[illegible]

52a Is the organization directly or indirectly affiliated with, or related to, one or more tax-exempt organizations described in section 501(c) of the Code (other than section 501(c)(3)) or in section 527? ☐ Yes ☒ No

b If "Yes," complete the following schedule:

[illegible]

SUPPORTING SCHEDULE

1997 Form 990
Part II - Statement of Functional Expenses
Line 22 - Grants and Allocations

Class of Activity	Donee's Name and Address	Relationship	Amount
RESEARCH	USF FOUNDATION, TAMPA, FL		10,625.
Total			10,625.

SUPPORTING SCHEDULE

1997 Form 990

Part II - Statement of Functional Expenses

Line 43 - Other Expenses

Description	(A) Total	(B) Program Services	(C) Mgmt. & General	(D) Fund- raising
-------------	-----------	-------------------------	------------------------	----------------------

(Cont.)

TEMPORARY SERVICES	1,962.	1,844.	118.	
PAYROLL PROCESSING	1,552.	1,488.	62.	2.
BANK CHARGES	617.		617.	
COMMUNICATIONS	7,460.	7,307.	149.	4.
HONORARIUMS	5,400.	5,400.		
INSURANCE	354.		354.	
MISCELLANEOUS	6,301.	6,291.		10.
PERIODICALS	1,350.	1,350.		
PARKING	6,020.	5,900.	120.	
BOX RENT	186.		186.	
CONSULTING	3,464.	3,464.		
VIDEO AND PHOTO	10,953.	10,953.		
Totals	45,619.	43,997.	1,606.	16.

**Application for Extension of Time To File
Certain Excise, Income, Information, and Other Returns**► **File a separate application for each return.****OFFICE COPY**

OMB No. 1545-0148

Please type or
print. File the
original and one
copy by the due
date for filing
your return. See
instructions on
back.

Name

Commission on Aging With Dignity, Inc.

Employer identification number

59 : 3367487

Number, street, and room or suite no. (or P.O. box no. if mail is not delivered to street address)

215 South Monroe Street, Suite 620

City, town or post office, state, and ZIP code. For a foreign address, see instructions.

Tallahassee, FL 32301

Note: Corporate income tax return filers must use **Form 7004** to request an extension of time to file. Partnerships, REMICs, and trusts must use **Form 8736** to request an extension of time to file **Form 1065, 1066, or 1041**.

1 I request an extension of time until _____, 19 _____, to file (check only one):

- | | | | |
|--|--|--|------------------------------------|
| ☐ Form 706-GS(D) | ☐ Form 990-T (401(a) or 408(a) trust) | ☐ Form 1120-ND (4951 taxes) | ☐ Form 8612 |
| ☐ Form 706-GS(T) | ☐ Form 990-T (trust other than above) | ☐ Form 3520-A | ☐ Form 8613 |
| ☒ Form 990 or 990-EZ | ☐ Form 1041 (estate) (see instructions) | ☐ Form 4720 | ☐ Form 8725 |
| ☐ Form 990-BL | ☐ Form 1041-A | ☐ Form 5227 | ☐ Form 8804 |
| ☐ Form 990-PF | ☐ Form 1042 | ☐ Form 6069 | ☐ Form 8831 |

If the organization does not have an office or place of business in the United States, check this box. ☐2a For calendar year 19 97, or other tax year beginning _____ and ending _____b If this tax year is for less than 12 months, check reason: ☐ Initial return ☐ Final return ☐ Change in accounting period3 Has an extension of time to file been previously granted for this tax year? ☐ Yes ☒ No4 State in detail why you need the extension Annual compilation is in progress but is not complete at this time. We are requesting an extension so that the Form 990 can be prepared using accrual numbers.

5a If this form is for Form 706-GS(D), 706-GS(T), 990-BL, 990-PF, 990-T, 1041 (estate), 1042, 1120-ND, 4720, 6069, 8612, 8613, 8725, 8804, or 8831, enter the tentative tax, less any nonrefundable credits. See instructions. \$ _____

b If this form is for Form 990-PF, 990-T, 1041 (estate), 1042, or 8804, enter any refundable credits and estimated tax payments made. Include any prior year overpayment allowed as a credit. \$ _____

c **Balance due.** Subtract line 5b from line 5a. Include your payment with this form, or deposit with FTD coupon if required. See instructions. \$ _____**Signature and Verification**

Under penalties of perjury, I declare that I have examined this form, including accompanying schedules and statements, and to the best of my knowledge and belief, it is true, correct, and complete; and that I am authorized to prepare this form.

Signature ►

J. McPherson, CPA

Title ►

CPA

Date ►

5-13-98**FILE ORIGINAL AND ONE COPY.** The IRS will show below whether or not your application is approved and will return the copy.**Notice to Applicant—To Be Completed by the IRS**

- ☐ We **HAVE** approved your application. Please attach this form to your return.
- ☐ We **HAVE NOT** approved your application. However, we have granted a 10-day grace period from the later of the date shown below or the due date of your return (including any prior extensions). This grace period is considered to be a valid extension of time for elections otherwise required to be made on a timely return. Please attach this form to your return.
- ☐ We **HAVE NOT** approved your application. After considering the reasons stated in item 4, we cannot grant your request for an extension of time to file. We are not granting the 10-day grace period.
- ☐ We cannot consider your application because it was filed after the due date of the return for which an extension was requested.
- ☐ Other: _____

Director

By: _____

Date

If you want a copy of this form to be returned to an address other than that shown above, please enter the address to which the copy should be sent.

Please
Type
or
Print

Name

James D.A. Holley & Co. P.A.

Number, street, and room or suite no. (or P.O. box no. if mail is not delivered to street address)

P.O. Box 1387

City, town or post office, state, and ZIP code. For a foreign address, see instructions.

Tallahassee, FL 32302-1387

AGING WITH DIGNITY

February 12, 1999

To: Nicole Rabner, Office of the First Lady FAX 202/456-2878
From: Jim Towey *Jim*
Re: **Thoughts in advance of our meeting February 18, 1999 at 3pm**

It was great talking to you yesterday and I am thrilled that we will be meeting to explore how Mrs. Clinton can become involved with *Five Wishes*. It would be an honor for us. My prayers are with her, and all of you, today in a very special way.

Background: Even though the federal Patient Self Determination Act of 1991 gave people the right to decide when life-prolonging treatments would be withdrawn or withheld, few people know their rights, or are able to exercise them. Three out of four Americans do not even have an "advance directive" (a living will and a form appointing a health care agent), and less than 5% of Americans have discussed these documents with their physicians and family members. The result? The "American way of Dying": pain, prolonged dying process, isolation. No wonder Dr. Kevorkian has public sympathy. For end-of-life care, Americans deserve better than a choice between pain or poison. Unfortunately, the major providers (doctors, hospitals, nursing homes) have done very little to improve the manner of death in America, focusing more on curing, than caring. Nicole, I can't tell you how many horror stories, sad endings and such I have heard.

Aging with Dignity Strategy: Design a campaign identical to what women did to change how they gave birth. Here's what I mean. Two generations ago, women were knocked out, in a surgical theater, no one by the bedside - put simply, birthing was treated as a medical moment. What happened? The doctors and providers didn't change things - women demanded that they be allowed to give birth in an environment of their choosing. They insisted that birthing was a deeply personal, emotional, and spiritual event, and not just a medical moment. So now we have birthing centers, midwives, fathers by the bedside, and care providers respectful of women. Why can't we follow that pattern for dying? People want more say in how they die and where they die, but they have no idea how to exert their rights, or discuss these sensitive issues.

Enter *Five Wishes*: I created *Five Wishes* because other advance directives were medical boilerplate, didn't help families talk about end of life choices, and were routinely not used, or ignored by doctors (I have research on this). Because I had lived in a hospice for a year (worked in it for 3 years), I developed an advance directive that was easy to use and understand; addressed the emotional, spiritual and personal needs of people approaching death; and, helped them express their medical preferences in words they use, and not the words of doctors and lawyers.

MAILING ADDRESS - P.O. Box 11180, TALLAHASSEE, FL 32302-3180
STREET ADDRESS - 215 S. MONROE ST., SUITE 620, TALLAHASSEE, FLORIDA 32301
PHONE - 850.681.2010 FAX - 850.681.2481
WEB - WWW.AGINGWITHDIGNITY.ORG

"AFFIRMING AND SAFEGUARDING HUMAN DIGNITY THROUGH EACH SEASON OF LIFE"

A NON-PROFIT FLORIDA CORPORATION AND 501(C)(3) ORGANIZATION

Governor and Mrs. Chiles kicked-off our *Five Wishes* document on July 24, 1997, and within the first month we had over 100,000 phone requests! Nicole, it was unbelievable. It touched hearts. And then hospitals and doctors started calling because patients were showing up with *Five Wishes*, and so we figured that compliance with the wishes would increase as the more people filled out the *Five Wishes* form.

The Robert Wood Johnson Foundation saw the success we had and gave me a \$500,000 grant to develop a national document. I worked with Charlie Sabatino at the American Bar Association, and *Five Wishes* was conformed to meet the legal requirements of 33 states and DC. Why not all 50 states? Because some states have statutes which require people to use a form that is "substantially similar" to the statutory form (that requirement is well-intended to help doctors recognize one form, but it fails because people aren't using them because they don't understand these statutory forms). *Five Wishes* lets people use a simple language, and the nation's best doctors helped edit Wish 2.

Since October 22, 1998 when we introduced the national version, over 150,000 have been sent out, bringing the total to almost 500,000 (*Cinco Deseos* is available in Spanish!). Why so much interest? Because finally a document exists that can be used in the living room, instead of the emergency room. Hundreds of organizations in America are distributing *Five Wishes* now!

Proposals (ranked in no particular order, and not mutually exclusive):

- 1) Mrs. Clinton does for the country what Mrs. Chiles did in Florida: press conference, personal endorsement of the document (it is good in DC and Arkansas!), promotes the importance of families discussing these delicate matters, and advocates for a more compassionate system of care for the dying in America.
- 2) President and Mrs. Clinton do what Governor and Mrs. Chiles did: appear in a family setting, sign their *Five Wishes*, and speak as the First family to the families of America (around the doctors and HMO's and such). The Bushes had such a Rose Garden ceremony, I am told, but they signed a form that treated death as a medical moment - those forms are failures.
- 3) Mrs. Clinton provides her staff with copies of *Five Wishes*, both to help them take charge of end of life decisions for themselves, and also to help them talk with their aging parents about these matters. The President could do the same with his staff. This is the kind of thing a good employer who cares, does.
- 4) Mrs. Clinton appears at an Aging with Dignity luncheon, you name the place, says nice things about *Five Wishes*, hears some experts talk about care at the end of life and what needs to be done, and nods approvingly.
- 5) President and Mrs. Clinton treat *Five Wishes* as part of the State of the Union initiative to help families care for their own, as America ages.

Nicole, the country needs a new vision for those near death or contemplating it. We hope Mrs. Clinton can have this as part of her legacy.

Chileses make wishes known

Governor, first lady sign living wills

The Associated Press

TALLAHASSEE — Gov. Lawton Chiles and his wife have seen people hooked up to machines to keep them alive. They don't want that to happen to them.

"Once meaningful life is over, we should be allowed to depart," Gov. Chiles, 67, said on Wednesday after he and Rhea Chiles signed Five Wishes living wills.

The living will, released this summer, was designed by the Commission on Aging with Dignity to be easy to use and to go beyond the standard decisions about medical care.

The name "Five Wishes" comes from the five sections of the will.

Two deal with traditional choices about medical treatment and selecting a person to make health care decisions once a person is no longer able to do so.

The other three parts are new. They deal with comfort, companionship and relationships.

Choices range from having people around to being treated with kindness to requesting and granting forgiveness for past hurts.

The Chileses had already signed a living will a few years ago, but the Five Wishes document was "an opportunity to go further," the governor said.

Rhea Chiles, also 67, said she and her husband had talked at length about what kind of treatment they wanted — and didn't want.

"We're at the age, you know,



AP photo/MARK FOLEY

Gov. Lawton Chiles and his wife, Rhea, sign their Five Wishes living wills. Jim Towey, president of the Commission on Aging with Dignity, is at top.

where we've had close friends die," she said.

The governor and first lady were joined by Supreme Court Justice Major Harding and his wife, Jane, at a forum organized by the commission. The Hardings also signed Five Wishes living wills.

After the private nonprofit group released Five Wishes this summer, more than 100,000 calls were made to the commission in the first three months, said Jim Towey, founder and president of the Commission on Aging with Dignity.

About 40,000 living wills have been mailed to people and groups around the state, and another 40,000 will be mailed out by Christmas, Towey said.

People who want a copy of the Five Wishes will can write the Commission on Aging with Dignity at P.O. Box 11180, Tallahassee, FL 32302-3180.

The Miami Herald

THE FOREMOST DAILY NEWSPAPER OF FLORIDA

THURSDAY, JULY 24, 1997

'Living will with a heart' now available

Document widens issues of death

By MARK SILVA
Capital Bureau Chief

TALLAHASSEE — It's best that people confront the dilemmas of a terminal illness before death is nigh for them or their parents, say advocates of a free, new "living will" they will offer Floridians today.

The new will is called "Five Wishes," a step-by-step guideline for dying in peace, for people unable to communicate their own wishes in the end.

It goes far beyond the traditional idea of living wills, however — beyond the withdrawal of artificial life support. It covers the emotional support one expects from family or friends, broaches questions of forgiveness in family feuds, bedside company and even the question of someone "by my side praying for me when possible" — yes or no, check here.

Advocates include Rhea Chiles, the governor's wife, who will help unveil the living will today and pledges that she and her husband will promote it. They include Miami real estate developer Jeb Bush, a political adversary of Gov. Lawton Chiles who plans another campaign for governor next year.

"Women have always been concerned about what their fami-

Bedside company and forgiveness are included

WILLS, FROM 1A

lies need and want, but we rarely discuss with them the fact of death or how we wish to meet it," Rhea Chiles says. Both she and the governor have living wills, an aide says. But this one, she says, isn't about death — "It is about living."

Bush and his wife Columba didn't have living wills, but they will now.

"Columba and I . . . are going to sign up," says Bush, who hasn't delved into the details yet of what he will request. "We don't deal with death very well in our society. . . . The issues relating to dying are very traumatic, if they are dealt with at the last moment."

In the aftermath of rulings from both the Florida and U.S. Supreme Courts upholding state laws against doctors assisting people with suicide, supporters of the will say it's critical that people face questions about their own death before it's too late for doctors, family or friends to fathom their desires.

"People's worst fears are being realized," says Jim Towey, director of the Commission on Aging with Dignity, a private, foundation-sponsored group framing issues for a state with the greatest ratio of elderly people. "They didn't want to die without dignity. They didn't want to be some patient on a health-care conveyor belt, and that is what is happening to them."

After collecting living wills from several other states, model wills offered by the American Association of Retired Persons and the American Bar Association, Towey's commission has drafted its own six-page will and printed 40,000 copies for starters — free for the asking.

Forums will be held

Targeting the Miami area to pilot this will, the commission is sponsoring forums at retirement homes, major employers, anywhere people will take an hour to talk about what's involved in a living will like this. Kate Callahan, a longtime nurse now working for the commission, is lining up seminars.

"It's very difficult for health care institutions to address this," Callahan says. "In America, nobody wants to talk about death."

Unlike other living wills, Towey says, this one goes beyond the basic medical questions of life-sustaining machinery. It covers questions of comfort that a disabled person might want, and the personal company he or she might crave.

"It's a living will with a heart," Towey says.

But the medical question alone is critical, and few people address it before it's too late, says Dr. Robert Myerburg, director of cardiology at the University of Miami School of Medicine. He sees few living wills.

"A patient, at a time they are competent, should have the opportunity to leave advance directives on what should be done in . . . a medical event that causes them to be permanently disabled," Myerburg said.

There are much more than five points to this "Five Wishes" document, which walks someone through a checklist of crucial questions to be answered.

PLEASE SEE WILLS, 15A

'Five Wishes' approach widens issues of death

Five crucial concerns

But it covers five concerns — the kind of medical treatment you want, or don't want; how comfortable you want to be; how you want people to treat you; what you would like people to know that you were never able to say; who you'd like as a "health-care surrogate" to make critical decisions for you.

"You have the ability to determine your own status when the time comes," says John O'Neil, chairman of the Health Foundation of South Florida.

The Health Foundation, which sponsors medical care for the needy, provided money for the Commission on Aging with Dignity's work in Miami. The commission draws most of its money from foundations such as the Robert Wood Johnson Foundation, a New Jersey-based health-care supporter.

The document was reviewed for legality by Holland and Knight, Florida's biggest law firm, and was edited for easy reading by other consultants.

It is estimated that fewer than one-quarter of all Floridians have living wills, though more than a decade has passed since Florida's Supreme Court has acknowledged a dying person's right to refuse medical treatment.

The state Supreme Court has recognized people's rights to forgo life-sustaining medical treatment. Yet the court concluded that this right of "self-determination" stopped at the point where Charles Hall, a Florida man dying of complications



SUPPORTER: Rhea Chiles is promoting the new living will.

FIVE WISHES

Sample of questions posed by this living will:

1) My wish for the kind of medical treatment I want or don't want.

— I do . . . I do not . . . want to die naturally (to die naturally as I will receive only medicine and treatment that will help keep comfortable).

— I do . . . I do not . . . want a tube placed in my nose or mouth and connected to a machine to breathe for me.

2) My wish for how comfortable I want to be.

— I do not want to be in pain. I want my pain checked on and taken care of.

— I want my lips and mouth kept moist to stop dryness.

3) My wish for how I want people to treat me.

— I wish to have my hand held and to be talked to when possible, even if I don't seem to respond to

the voice or touch of others.

— I would like my room to be bright and sunny, not dull and dreary.

4) My wish for what I want my loved ones to know.

— I wish to be forgiven for the times I have hurt my family, friends and others.

— I wish for all of my family members to make peace with each other before my death, if

possible.

5) My wish for whom I want to make health care decisions for me when I can't make them for myself. . . .

You can call the Commission on Aging with Dignity, toll-free, at: 1 (888) 5-WISHES (594-7437).

from AIDS, wanted a doctor's help with suicide.

"I think certainly that the

assisted suicide decisions, both in the Florida Supreme Court and the U.S. Supreme Court,

have had people thinking about death," says Nina Zollo, an attorney with Holland and Knight in

Tallahassee. "It's a difficult thing to think about and a difficult thing to talk about."

Hundreds daily seek living will document

By JACKIE HALLIFAX
Associated Press

TALLAHASSEE — (AP) — The demand for a "Five Wishes" living will seems to have eased a bit at the Commission on Aging with Dignity. After more than a week of 1,000 calls a day, the volume has dropped off.

Now the commission is getting about 700 calls a day.

"We knew there was a need for this," Jim Towey, founder and director of the private non-profit center, said Wednesday. "We didn't realize how people were dying for something like this that spoke to their human dignity."

The commission's "Five Wishes" living will is easy to read and deals with family relationships as well as medical treatment. When it was unveiled two weeks ago, the phone started ringing immediately.

The commission quickly arranged for more lines.

"People are calling 15 times before they get through," Towey said. "We are urging people to write us."

That's what Gena Cossin of Vero Beach did after four hours of trying on the phone. She said she received a letter in response



HUGH SCOGGINS / AP

OVERWHELMED: Program director Jackie Roberts, left, and founder Jim Towey handle the mail.

FOR A COPY

■ For the Five Wishes living will, mail a postcard with your name, address and phone number to: Commission on Aging with Dignity, P.O. Box 11180, Tallahassee, FL 32302. Or call 1 (888) 594-7437 (5-WISHES) 8:30 a.m. to 5 p.m. weekdays.

almost immediately.

"It's something that you have to face today," Cossin said Wednesday. "Because every day when you pick up the paper they've invented some new way, some new treatment ... you're left with some pretty heavy choices."

Cossin, 62, already has a living will as do her husband and her elderly mother-in-law.

"But you know the living

wills are so cut and dried and so impersonal," Cossin said.

Like Cossin, Dr. Bruce Harrow wants to get Five Wishes living wills to hand out to other people — elderly patients in his Venice practice.

"There's a huge need," Harrow said, calling the traditional living will useless.

Towey predicted a couple hundred thousand people

would have a Five Wishes living will within a couple of years. But the commission isn't interested in handing out a living will to just anyone. People need to be serious about talking to their family and physician and filling out the will, Towey said.

About \$100,000 has been spent on the project. The money came from grants from the Robert Wood Johnson Foundation, the Health Foundation of South Florida and the Florida Hospital in Orlando.

Towey's determined not to take any tax dollars for the project but is looking for more private sponsors to help keep up with demand.

State's living will viewed as a model for the nation

■ The state's popular version is written in everyday language and addresses personal and spiritual matters.

Associated Press

TALLAHASSEE — At 75, Charles Walker knows he doesn't want to be hooked up to a respirator or a feeding tube as he lies dying. He does want his family by his side, holding his hand and praying for him.

Not that Walker is ill — he just thinks it's wise to get his affairs in order and help make some decisions easier for his loved ones. He also wants them to make their own decisions about how they want to die.

Walker, a retired educator, is one of thousands of people in the last year who have requested copies of Florida's new Five Wishes living will for themselves, their family and their friends.

He was so impressed by the living will he mailed copies of it to a sister in Kentucky, a brother in Tennessee, a daughter in Ohio and relatives in four other states. He even shared it with a senior group at his church.

The Robert Wood Johnson Foundation, the nation's largest philanthropy devoted exclusively



AP

Charles Walker, with wife Lois and daughter Ann Walker Arledge, is a fan of Five Wishes.

to health and health care, was so impressed by that kind of response it is giving the Commission on Aging with Dignity nearly half a million dollars to distribute Five Wishes across the country.

Living wills tell physicians and the families of dying people what kind of care they want — or don't want — to prolong their lives. Although a

Please see **WILL** 4B

Will from 1B

version of the living will has been around for three decades, only one out of five people have bothered to complete one.

The Commission on Aging with Dignity, a non-profit private group founded two years ago by Jim Towey, came up with a new kind of living will last summer.

Five Wishes addresses medical choices in easy-to-understand language and focuses on the other needs of dying people: to ease pain and heal relationships, to be comfortable and have companionship.

"The Five Wishes living will is a lot more than just a document about medical preferences," said Vicki Weisfeld, a spokeswoman for the Robert Wood Johnson Foundation in Princeton, N.J. "It's really a point of departure for family discussions about the end of life."

The name Five Wishes comes from the five sections of the will. Two deal with traditional choices an individual faces about medical treatment and a proxy to make health care decisions when the individual is no longer able to.

The other three parts are new and address comfort, companionship and relationships. Choices range from having people around to being treated with kindness to requesting and granting forgiveness for past hurts.

"The personal, the emotional... is put in," said Walker, whose living will tells his family and friends about his love for them.

Want a copy?

A copy of Five Wishes America will be available this fall from The Commission on Aging with Dignity, P.O. Box 1661, Tallahassee, FL 32302

It also asks them to forgive him for the times he has hurt them and tells them he has forgiven them for wrongs they may have done to him.

Walker estimated he has given about a dozen copies to relatives and about five to friends.

"I think it's a responsibility of each individual to make plans for the future," he said. "And they owe it to family members, because it's only through putting their wishes into writing that other members would be able to carry out their wishes and provide the best care for them."

When the commission released Five Wishes last summer in Florida, a state of 14-million people where one of every five people is at least 65 years old, the phone started ringing immediately and didn't stop for several weeks.

By the end of three months, the commission had received 100,000 requests by mail and phone.

Towey estimated there are at least 200,000 copies of Five Wishes circulating in Florida — without a penny being spent on advertising. And it's not just individuals who are interested in Five Wishes.

"We're working with hospitals and nursing homes who — after

they run it by their ethics committee — go 'Send us 500 of these,'" said Towey, a vocal opponent of physician-assisted suicide who wrote Five Wishes with Miami nurse Kate Callahan.

Charles Sabatino of the Washington-based American Bar Association's Commission on Legal Problems of the Elderly is working with Towey to revise Five Wishes for national distribution. The new version, which should be completed this fall, will be called Five Wishes America.

It won't be the first living will designed for use across the country — but it does give people another option, Sabatino said.

"The Five Wishes form is perhaps unique because it delves into very personal and very spiritual areas that other forms don't," he said, adding that Five Wishes also does a better job than most at being readable.

Five Wishes, like traditional living wills, will require interpretation, Sabatino said. But he predicted it would be easier for families to figure out what their loved ones want.

Only minor changes have been made to the body of the document, which will continue to be released in its original form in Florida. The most significant revisions have been to the instructions about witnesses and who can be designated as a proxy, Sabatino said.

When Five Wishes America is finished, Towey will work on a distribution network across the country. His goal is to provide 400,000 copies in a campaign that will begin in the fall.

James Tomhey
President

Jan 27, 28
memo - forward

Mother Teresa
→ Katy/Melanne

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First Lady
Hillary Rodham Clinton

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FOR

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Print Your Birth Date

My Wish For:

1. The Person I Want To Make Care Decisions
For Me When I Can't
2. The Kind of Medical Treatment I Want or
Don't Want
3. How Comfortable I Want To Be
4. How I Want People To Treat Me
5. What I Want My Loved Ones To Know

Five Wishes makes it easier for you to let your doctor, family, and friends know how you want to be treated if you become seriously ill and cannot tell them. *Five Wishes* is a gift to your fami-

ly members and friends so that they won't have to guess what you want. *Five Wishes* is easy to understand and simple to use.



FIVE WISHES™

AGING WITH DIGNITY

P.O. Box 1661
Tallahassee, Florida 32302-1661
www.agingwithdignity.org

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PARA

Nombre

Fecha de nacimiento

Mis deseos son los siguientes:

1. Designar a una persona que tome decisiones por mi cuando yo no lo pueda hacer.
2. Escoger el tratamiento médico que deseo o no deseo recibir.
3. Cuan cómodo deseo estar.
4. Como deseo que me traten.
5. Que deseo comunicarle a mis seres queridos.

Cinco Deseos le facilita a usted el poder comunicarle a su médico, su familia y sus seres queridos el tratamiento médico que usted desea si se encuentra gravemente enfermo y no se los puede comunicar.

Cinco Deseos es un regalo que usted le proporciona a los miembros de su familia, pues les elimina la incógnita de no saber cuales son sus deseos. *Cinco Deseos* es fácil de entender y de usar.

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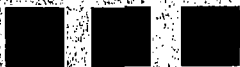
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What the *Experts* are Saying About Five Wishes

"Five Wishes is a valuable new resource for Americans wishing to control their own destiny. Beyond allowing us to avoid medical treatments we don't want, for the first time, Five Wishes enables us to specify the types of personal care that 'matter most' to us as individuals. Every person should have one, discuss it with our families and make sure our physicians know our wishes."

**Ira Byock, MD
author of Dying Well,
Missoula, Montana**

"The national Five Wishes document is a great step forward for patients and health care professionals. For the first time patients can record their views about future medical care in an easy to use understandable, and comprehensive format."

**Bernard Hammes, Ph.D.
Gundersen Lutheran Medical Center
La Crosse, Wisconsin**

"Five Wishes can help you have an important conversation about what you want done in life's final months. This conversation can lift a burden from those you love. We doctors will ask your family about your wishes anyway if you are seriously ill. Loved ones feel so much better when they are sure what you would have wanted. They can spend years agonizing if you haven't told them."

**Susan W. Tolle, M.D.
Oregon Health Sciences University,
Portland, Oregon**

"Five Wishes puts it in plain English. Now everyone can tell their families and their doctors - clearly, directly - what they need and expect at the end of life."

**Karen Kaplan, MPH, SD
President, Partnership for Caring
New York, New York**

"Five Wishes represents the best thinking of national thought leaders about advance care planning and honors the goals and values of seriously ill patients who can no longer act on their own behalf."

**Myra Christopher
President, Midwest Bioethics Center,
Kansas City, Missouri**

"Five Wishes carries the discussions about end-of-life care to another level. Most of us have the necessary and required "forms" in our states but this document which encourages dialogue with physician, family, friends, and clergy members, enables us to reflect more broadly and to consider more fully our values and our relationships to one another. If one takes the time, Five Wishes allows for a fruitful discussion to occur."

**Judy Hutchison, M.A.
Colorado Collaboration
on End-of-Life Care,
Denver, Colorado**

"As an emergency room physician I am saddened to see patients and their families who are inadequately prepared for the many issues surrounding serious illness, death and dying. Five Wishes will enable families to be better prepared for the crisis situations that I see in the emergency department and I will feel more confident that I have followed the patient's wishes"

**Bruce Hubbard, MD
Chief of Staff,
Ridgeview Medical Center,
Waconia, Minnesota**

"Five Wishes is an important piece of the wonderful collage of improvements we're seeing around the country in tools for addressing end-of-life care."

**Susan Goldwater
Director, Hospice of the Valley
Phoenix, Arizona**

Five Wishes

Distributed Throughout The Nation

These are a few of the organizations, professionals, universities and service providers that are asking to distribute the document...

Healthcare

- ◆ **Kaiser Permanente, Mid-Atlantic**
Rockville, Maryland
With 550,000 members nationally, placed an initial pending order of 10,000 copies of Five Wishes.
- ◆ **Mercy Hospital**
Miami, Florida
Five Wishes is offered to each person admitted, as well as HIV positive, AIDS and Home Health patients.
- ◆ **Rainbow Hospice**
Park Ridge, Illinois
Ordered 1,000 copies printed with their logo.
- ◆ **The Lancaster General Hospital**
Lancaster, Pennsylvania,
Five Wishes will be a standard hospital form.
- ◆ **Arkansas State Hospice Association**
Russellville, Arkansas
Would like to distribute at Hospice sites throughout the state.

Service Organizations

- ◆ **Abacus Financial Planning Group, Inc.**
Columbia, South Carolina
Gave Five Wishes to 250 clients as a Christmas gift.
- ◆ **Wyoming Department of Health, Division on Aging**
Cheyenne, Wyoming
Offering Five Wishes at senior centers across the state.
- ◆ **Givinish Family Funeral Homes**
Drexel Hill, Pennsylvania
Distributing 1,000 Five Wishes with their logo printed on the document.

Academia

- ◆ **Emory University School of Medicine**
Atlanta, Georgia
Division of Family Practice using Five Wishes in its residency program.
- ◆ **University of Pennsylvania Medical Center**
Philadelphia, Pennsylvania
Providing the document to Bioethics students.
- ◆ **Cornell University**
Ithaca, New York
Distributing Five Wishes to Cornell Cooperative Extension Associations across the state.

Legal

- ◆ **American Bar Association's Senior's Law Committee Newsletter**
Chicago, Illinois
Including Five Wishes in the Winter 1999 issue, distributed to 37,000 members.
- ◆ **More than 50 law firms across the nation**
Received copies for their clients.

Religious

- ◆ **Temple Shalom**
Chevy Chase, Maryland
Their goal is to provide Five Wishes to everyone in their congregation, young and old.
- ◆ **Diocesan Council of Catholic Women**
Kansas City, Missouri
Distributing several hundred copies to members.
- ◆ **Willowbrook, United Methodist Church**
Sun City, Arizona
Sharing 500 Five Wishes with its members.

Additional organizations that would like to distribute Five Wishes
should send a written request to *Aging with Dignity, PO Box 1661,*
Tallahassee, FL 32302, ATTN: Mary Ann Owens.
For more information, call 850-681-2010.

The *Media* and Five Wishes

"I signed that Five Wishes document and I thought about what a joyous experience it will be as I'm dying, to have my family around to remember all the things I've done in my life... and for me to feel as though whatever I did in my life had something of value that would last far beyond my death."

Jeb Bush
Governor of Florida

"Most people never clearly and specifically tell their doctors or their families what they want done. ... Aging with Dignity is trying to remedy that situation with a new document that can help families talk over these uncomfortable issues."

Linda Wertheimer
National Public Radio
"All Things Considered"

"Americans facing long terminal illnesses that may leave them unable to make life-or-death medical decisions now have an easy-to-use living will."

The Washington Times

"Living will is made easy, accessible: Five Wishes aims for better care of the dying."

The Philadelphia Inquirer
Front-Page Headline

"Deciding what type of end-of-life care you want can be difficult, but not making those decisions can leave loved ones in a very difficult situation. A user friendly living will called Five Wishes was introduced. ... It's a great idea."

Matt Lauer
NBC Today Show

"(Aging with Dignity) is working to help people face the end naturally – but still on their own terms. ... It has drafted an eight page document called Five Wishes... it goes way beyond the legal realm, delving into issues that most people never broach before death."

The Denver Post

"What happens when patients are too sick to make their own life or death decisions? Aging with Dignity is releasing a form to help families make decisions ahead of time."

Lynn Russell
CNN Headline News

"Five Wishes...is aimed at prompting people to talk with their families and doctors about something most choose not to talk about: their own death."

The Washington Post

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FACSIMILE TRANSMITTAL SHEET

TO	Ms. Nicole Rabner	FROM:	Jim Towley
COMPANY	Office of the First Lady	DATE:	2-12-99
FAX NUMBER	202/456-2878	TOTAL NO. OF PAGES INCLUDING COVER	3
PHONE NUMBER	202/456-7263	AGING WITH DIGNITY'S FAX NUMBER:	(850) 681-2481
RE		AGING WITH DIGNITY'S PHONE NUMBER:	(850) 681-2010

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NOTES/COMMENTS

VISIT OUR WEBSITE: www.agingwithdignity.org

AGING WITH DIGNITY

February 12, 1999

To: Nicole Rabner, Office of the First Lady FAX 202/456-2878
From: Jim Towey *Jim*
Re: Thoughts in advance of our meeting February 18, 1999 at 3pm

It was great talking to you yesterday and I am thrilled that we will be meeting to explore how Mrs. Clinton can become involved with *Five Wishes*. It would be an honor for us. My prayers are with her, and all of you, today in a very special way.

Background: Even though the federal Patient Self Determination Act of 1991 gave people the right to decide when life-prolonging treatments would be withdrawn or withheld, few people know their rights, or are able to exercise them. Three out of four Americans do not even have an "advance directive" (a living will and a form appointing a health care agent), and less than 5% of Americans have discussed these documents with their physicians and family members. The result? The "American way of Dying": pain, prolonged dying process, isolation. No wonder Dr. Kevorkian has public sympathy. For end-of-life care, Americans deserve better than a choice between pain or poison. Unfortunately, the major providers (doctors, hospitals, nursing homes) have done very little to improve the manner of death in America, focusing more on curing, than caring. Nicole, I can't tell you how many horror stories, sad endings and such I have heard.

Aging with Dignity Strategy: Design a campaign identical to what women did to change how they gave birth. Here's what I mean. Two generations ago, women were knocked out, in a surgical theater, no one by the bedside - put simply, birthing was treated as a medical moment. What happened? The doctors and providers didn't change things - women demanded that they be allowed to give birth in an environment of their choosing. They insisted that birthing was a deeply personal, emotional, and spiritual event, and not just a medical moment. So now we have birthing centers, midwives, fathers by the bedside, and care providers respectful of women. Why can't we follow that pattern for dying? People want more say in how they die and where they die, but they have no idea how to exert their rights, or discuss these sensitive issues.

Enter *Five Wishes*: I created *Five Wishes* because other advance directives were medical boilerplate, didn't help families talk about end of life choices, and were routinely not used, or ignored by doctors (I have research on this). Because I had lived in a hospice for a year (worked in it for 3 years), I developed an advance directive that was easy to use and understand; addressed the emotional, spiritual and personal needs of people approaching death; and, helped them express their medical preferences in words they use, and not the words of doctors and lawyers.

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"AFFIRMING AND SAFEGUARDING HUMAN DIGNITY THROUGH EACH SEASON OF LIFE"

Governor and Mrs. Chiles kicked-off our *Five Wishes* document on July 24, 1997, and within the first month we had over 100,000 phone requests! Nicole, it was unbelievable. It touched hearts. And then hospitals and doctors started calling because patients were showing up with *Five Wishes*, and so we figured that compliance with the wishes would increase as the more people filled out the *Five Wishes* form.

The Robert Wood Johnson Foundation saw the success we had and gave me a \$500,000 grant to develop a national document. I worked with Charlie Sabatino at the American Bar Association, and *Five Wishes* was conformed to meet the legal requirements of 33 states and DC. Why not all 50 states? Because some states have statutes which require people to use a form that is "substantially similar" to the statutory form (that requirement is well-intended to help doctors recognize one form, but it fails because people aren't using them because they don't understand these statutory forms). *Five Wishes* lets people use a simple language, and the nation's best doctors helped edit Wish 2.

Since October 22, 1998 when we introduced the national version, over 150,000 have been sent out, bringing the total to almost 500,000 (*Cinco Deseos* is available in Spanish!). Why so much interest? Because finally a document exists that can be used in the living room, instead of the emergency room. Hundreds of organizations in America are distributing *Five Wishes* now!

Proposals (ranked in no particular order, and not mutually exclusive):

- 1) Mrs. Clinton does for the country what Mrs. Chiles did in Florida: press conference, personal endorsement of the document (it is good in DC and Arkansas!), promotes the importance of families discussing these delicate matters, and advocates for a more compassionate system of care for the dying in America.
- 2) President and Mrs. Clinton do what Governor and Mrs. Chiles did: appear in a family setting, sign their *Five Wishes*, and speak as the First family to the families of America (around the doctors and HMO's and such). The Bushes had such a Rose Garden ceremony, I am told, but they signed a form that treated death as a medical moment - those forms are failures.
- 3) Mrs. Clinton provides her staff with copies of *Five Wishes*, both to help them take charge of end of life decisions for themselves, and also to help them talk with their aging parents about these matters. The President could do the same with his staff. This is the kind of thing a good employer who cares, does.
- 4) Mrs. Clinton appears at an Aging with Dignity luncheon, you name the place, says nice things about *Five Wishes*, hears some experts talk about care at the end of life and what needs to be done, and nods approvingly.
- 5) President and Mrs. Clinton treat *Five Wishes* as part of the State of the Union initiative to help families care for their own, as America ages.

Nicole, the country needs a new vision for those near death or contemplating it. We hope Mrs. Clinton can have this as part of her legacy.

The Washington Post

TUESDAY, OCTOBER 27, 1998

Facing Death With a Plan

Five Wishes' Living Will Aims to Help Families Prepare for the End of Life

By DON COLBURN
Washington Post Staff Writer

When he speaks to a group about their own dying, as he often does, Florida attorney Jim Towey sometimes asks for a show of hands: "How many have heard of living wills?"

Nearly everybody's hand goes up.

"How many *have* one?" he asks.

Maybe a quarter to half the audience raises a hand.

"Okay, how many of you have actually talked with your doctor about it?"

Sometimes not a single hand goes up.

A new version of living will called "Five Wishes" is designed to help change that. The document, written in reader-friendly language, is aimed at prompting people to talk with their families and doctors about something most choose not to talk about: their own death.

"It's not exactly something people enjoy doing," said Towey, president of Aging With Dignity, a nonprofit group in Tallahassee. "One reason is, it's a bummer. Five Wishes makes that a little easier."

Aging With Dignity unveiled Five Wishes 15 months ago and printed 40,000 copies for public distribution in Florida. So many requests poured in—from people ranging in age from 9 to 96, that they ran out of copies in five weeks.

"We're still kind of overwhelmed," Towey said.

Now Five Wishes has been adapted for national distribution in a campaign backed by the American Bar Association and funded by the Robert Wood Johnson Foundation.

Towey, a former hospice worker and secretary of the Florida Department of Health and Rehabilitative Services, said he wanted to design a document that would not only convey the necessary medical and legal information but would "also be a tool that could help families talk about something that's very difficult to talk about."

He looked at more than 100 versions of living wills and other advance directives—documents that serve as a set of instructions for what kind of medical care a person wants in the event of incapacitating illness. They tended to treat people as if their only concerns at the end of life were medical, he concluded.

Two Types of Advance Directives

"Advance directive" is a catchall term for written and oral instructions about what kind of medical care you want if you become incapacitated by illness and are unable to speak for yourself. There are two main types:

Living will: a signed document that specifies the types of medical treatment you want—or don't want—near the end of life. Although a person's right to accept or refuse medical treatment is protected by constitutional and common law, living wills are subject to varying state laws. Some states, for example, define when a living will goes into effect, or limit the treatments covered by a living will.

Medical power of attorney: a document in which you appoint someone to make decisions about your medical care in the event that you become unconscious or otherwise unable to make them yourself. The designated person, a trusted family member or friend, may be referred to as health care agent, surrogate, proxy or attorney-in-fact.

Doctors and hospitals are more likely to honor an advance directive if the patient has also discussed wishes about end-of-life medical care with relatives and the family physician, experts say. For more information:

"Five Wishes," a new type of living will, is available free on the Internet at www.agingwithdignity.org or by mail for \$4 from Aging With Dignity, P.O. Box 11180, Tallahassee, FL 32302-3180.

A packet of information about advance directives, including documents applicable to your state, is available by mail for \$5 from Choice in Dying (1-800-989-9455). Or consult the Choice in Dying web site: www.choices.org



ILLUSTRATED BY JIM DANDY FOR THE WASHINGTON POST

(Over)

With the help of an intensive care unit nurse and a hospital chaplain, Towey drafted a new document that became the basis of the Five Wishes advance directive. The goal is to prompt a conversation among families that is less morbid and less medical than it normally sounds to people contemplating their own death.

"It's meant more for the living room than the waiting room," Towey said. "Do you want your hand held? Do you want people around your bed? Do you want poetry read to you? How do you want to be remembered?"

At age 42, Towey is smack in the midst of the postwar baby boom generation. He knows that one barrier his campaign faces is denial—the reluctance of young and middle-aged people to face their own mortality.

"It's going to take Mick Jagger getting an artificial hip to drive baby boomers to realize that they're not going to live forever," he said.

Five Wishes conforms to the specific legal requirements of 33 states, including Maryland and Virginia, and the District of Columbia. In other states it is not illegal, but may not technically match the state-sponsored form of advance directive, said Charles Sabatino, assistant director of the American Bar Association's Commission on Legal Problems of the Elderly.

"Any new model out there that helps people [fill out an advance directive] is good," Sabatino said. "No two of us approach this—or avoid it—in the same way."

An estimated three out of four American adults have not filled out a living will of any kind, let alone coupled it with a family conversation about how they want to die.

"The measure of success is not how many forms get signed," Sabatino said, "but how many families are drawn into discussions about how they want to die."

The document is eight pages long. Wishes 1 and 2 in the document refer mainly to medical and legal issues, such as what kind of life-prolonging treatment one would accept and who will make choices about such treatment if the patient is unconscious or incapacitated.

Wishes 3, 4 and 5 involve more personal concerns, such as pain relief, fear of being alone at the moment of death and thoughts about what should be included in the memorial service.

Having a signed advance directive is no guarantee of a merciful death, of course. "I don't want to mislead you that this is a solution," Towey said. "It is not. It's meant to be a tool."

Karen Kaplan, executive director of Choice in Dying, an advocacy group, said the outstanding contribution of the Five Wishes living will is its description of palliative care—when the main goal of treatment is no longer to prolong life but to keep the patient as comfortable as possible in the time that remains.

"People pick it up and say, 'Oh, so that's what palliative care is.' It's one of the best statements of what palliative care is that I've seen," Kaplan said.

Kaplan said her only doubt about the Five Wishes living will is a semantic quibble with the word "wishes."

"It isn't a wish, it's a bottom-line expectation of what people should get at the end of their lives," Kaplan said. "Don't call them wishes. Call them expectations, demands, requirements, whatever."

Dozens of living will forms exist, distributed by a variety of groups including the American Association of Retired Persons, the National Right to Life Committee and the American Medical Association. A 1991 Gallup Poll found that while 75 percent of Americans support living wills, only 20 percent had one.

Studies have shown that because of inattention, lack of time, legal concerns or simple reluctance to broach an admittedly difficult subject, doctors often ignore or overlook a dying patient's living will.

The important message for people concerned about care at the end of life, Kaplan said, is that whatever document they choose, they should also directly tell their families and physicians what kind of treatment they want or don't want to undergo near death.

She noted the agonizingly public case of Hugh Finn, who died this month in a Manassas nursing home at age 44 after more than three years in a persistent vegetative state from brain damage suffered in a car wreck. After Finn's wife asked that his feeding tube removed—in accordance with what she said were his stated wishes not to be kept alive if he could not eat, communicate or care for himself—Virginia Gov. James S. Gilmore III went to court in an unsuccessful effort to block removal of the tube.

The absence of written instructions contributed to the family's initial disagreement over whether Finn's feeding tube should be removed and the state's subsequent intervention in the case, experts said.

"Hugh Finn had the conversation, but not the document," Kaplan said.

"Alone, the document is just paper," she said. "Alone, the conversation is just words. It's only together that they work."

THE DENVER POST

Sunday, December 27, 1998

FAMILIES

Dying with dignity

Document hits touchy subjects

By Diane Eicher
Denver Post Staff Writer

As Jack Kevorkian and other advocates of assisted suicide debate whether sick people have the right to end their lives with a doctor's help, another group is working to help people face the end naturally — but still on their own terms.

Aging With Dignity's goal is similar to Kevorkian's — control over end-of-life care — but the Florida group's approach couldn't be more different.

It has drafted an eight-page document called "Five Wishes" that is meant to be filled out long before death, when a person can have a meaningful discussion with family and friends about how the end should be.

Like a living will, the document provides a place to declare who will make medical care decisions for a person when they're no longer able, and what kind of medical treatment is desired.

But then it goes way beyond the legal realm, delving into issues that most people never broach before death. For example, under the third wish, "How Comfortable I Want to Be," are requests like:

■ "I wish to have warm baths often . . . to be kept fresh and clean at all times" and "I wish to have personal care like shaving, nail clipping, hair brushing and teeth brushing, as long as they do not cause me pain or discomfort."

■ "I wish to have a cool moist cloth put on my head if I have a fever."

■ "I wish to have religious readings and poems read aloud when I am near death."

The fourth wish, "How I Want People to Treat Me," includes suggestions like:

■ "I wish to have pictures of my loved ones in my room, near my bed" and "I wish to be cared for with kindness and cheerfulness, not sadness."

■ "I wish to have my hand held and to be talked to when possible, even if I don't seem to respond . . ."

The person can cross out any of those suggestions he or she doesn't agree with, or add new ones.

The Five Wishes project came about after Aging With Dignity, a private non-profit organization dedicated to safeguarding human dignity at the end of life, devised a similar

form for residents in its home state. More than a quarter-million Floridians obtained copies.

Inquires from around the country led the group to work with the American Bar Association to write a form that would conform to health-care statutes in all 50 states. However, because of varying state laws, the final version is accepted in just 33 states.

Colorado is one of those. The form can be downloaded off the group's Web site (<http://www.agingwithdignity.org>) or by sending a \$4 check or money order to cover postage to Aging with Dignity, P.O. Box 1661, Tallahassee, Fla., 32302-1661. Some states, though not Colorado, have special witnessing or notarization requirements; the standard form requires two witnesses over age 19.

Aging With Dignity founder Jim Towey — a former attorney for Mother Teresa in Calcutta and a volunteer at her hospice in Washington, D.C. — calls the Five Wishes form "revolutionary."

"People love it, because it speaks to them in their own language, not in doctor-speak or lawyer-talk," he said.

Five Wishes is more than a living will because "these discussions can take place in a living room . . . not a hospital room," said Towey during a recent phone interview.

He was asked about Kevorkian's methods, and he said he personally is opposed to assisted suicide. He thinks people have been drawn to the Michigan doctor's cause because they've seen too many friends and family members suffer weeks and months before death, during which they had no control and their wishes weren't respected.

He sees Five Wishes as a "meaningful alternative" that could help some people reconsider assisted suicide.

He likens the dying-with-dignity movement to childbirth 10 or 15 years ago, when women decided they were tired of being told how to have babies.

"This is about people saying, 'I want to go home to God my way . . . I don't want to be told by a medical system.' These discussions can take place in a living room, not a hospital room," said Towey.

"(Five Wishes) helps people envision what they want to have . . . so they're not just someone on the health-care conveyor belt," added Towey.

The Philadelphia Inquirer

Front Page

Friday, October 23, 1998

Living will is made easy, accessible

Five Wishes aims for
better care of the dying.
It will be available in 33
states, its creator said.

By Michael Vitez
INQUIRER STAFF WRITER

A new living will that is meant to be more personal, easy to use, and conducive to helping Americans die a peaceful death was unveiled yesterday by advocates for the dying.

The document, called Five Wishes, is designed to be legally binding in 33 states, including Pennsylvania, New Jersey and Delaware.

It was created last year by Aging With Dignity, a Florida organization devoted to improving the care of the dying. More than 250,000 Floridians have requested copies of the will.

The document has been so popular that the group worked with the American Bar Association to create a national version.

"Five Wishes addresses emotional, spiritual and personal concerns as well as medical," its principal author, Jim Towey, founder and president of Aging With Dignity, said at a Washington news conference yesterday. "It's designed for the living room. It allows you to use your own words. It goes way beyond your typical living will."

All across America, from Congress to local church groups, Americans are working to improve care of the dying, including better pain management, expanding hospice coverage, honoring wishes of dying individuals, and encouraging fam-

See **LIVING WILL** on A18

Living will is now easy, accessible

LIVING WILL from A1
ilies and physicians to talk openly about the unspeakable, death.

Fewer than one in four Americans completes a living will, in part, Towey said, because many forms are so cumbersome and depressing, focusing on feeding tubes and ventilators and medical questions.

"Five Wishes puts it in plain English," said Karen Kaplan, president of Choice in Dying, the organization that introduced living wills a generation ago. "Now everyone can tell their families and their doctors — clearly, directly — what they need and expect at the end of life."

Towey, who for years was a volunteer with Mother Teresa, says that dying in America has been overtaken by medicine, that far too many people die alone, in pain and afraid, that they never have those last important conversations with their loved ones.

The key, he believes, is for Americans to discuss their wishes, not just regarding life support, but also what music they would like played at their funeral, whom they would want in the room with them when they die, and what important things they would like their grandchildren to remember.

In the new form, a person begins by expressing five simple wishes about who will be the person's decision-maker, the kind of care and treatment and level of comfort he or she would want, and what loved ones should know.

Each wish leads to a series of follow-up questions that allow an individual to elaborate and explain.

"Most importantly," Towey says, "Five Wishes will help American families talk about a difficult subject. This form will help them do it. It's a tool. It helps people envision a peaceful death."

Towey said Florida Gov. Lawton Chiles filled out the document last Thanksgiving Day with his family.

Interest in living wills has increased in the last month, according to Towey and other experts in

Five Wishes

A new living will, called Five Wishes, aims to be easy to understand and simple to use. It asks the person doing the will to express these wishes:

1. The person I want to make care decisions for me when I can't.
2. The kind of medical treatment I want or don't want.
3. How comfortable I want to be.
4. How I want people to treat me.
5. What I want my loved ones to know.

the end-of-life-care field, following the very public fight over removing a feeding tube from Hugh Finn, a 45-year-old former television anchorman, in Virginia.

Finn's wife said her husband, who suffered a severe brain injury in a car accident, had expressed his wishes to her but never completed a document expressing them. Not only did his family members disagree over whether to remove his feeding tube, but even Virginia's governor went to court to stop the removal. The tube was removed and Finn died.

Charles Sabatino, assistant director of the American Bar Association Commission on Legal Problems of the Elderly, worked with Aging With Dignity to make the Five Wishes form conform with laws in as many states as possible. The project was funded by the Robert Wood Johnson Foundation.

To be legally valid, the form must be signed by two witnesses. In Pennsylvania, New Jersey and Delaware, no lawyer or notary is needed.

For More Information

■ To get a copy of Five Wishes, send \$4 for postage and handling to Aging With Dignity, P.O. Box 1661, Tallahassee, Fla., 32302-1661, or download it for free at www.agingwithdignity.org

A NEW LIVING WILL

The Five Wishes document goes beyond medical procedures and allows people to choose how they want to be treated and remembered.



The News Journal
BOB HERBERT

Bill and Jan Bloomfield of Newark are among some 50 Delawareans who have requested the Five Wishes living will.

The News Journal

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Wilmington, Del.

120th year, No. 212

50¢

..FINAL EDITION

FRIDAY Nov. 20, 1998

AGING With Dignity FIVE WISHES™

FOR

Print Your Name

Print Your Birth Date

My Wish For:

1. The Person I Want To Make Care Decisions For Me When I Can't
2. The Kind of Medical Treatment I Want or Don't Want
3. How Comfortable I Want To Be
4. How I Want People To Treat Me
5. What I Want My Loved Ones To Know

Five Wishes makes it easier for you to let your doctor, family, and friends know how you want to be treated if you become seriously ill, and to let them know. Five Wishes is a gift to your loved ones.

ly members and friends so that they won't have to guess what you want. Five Wishes is easy to understand and simple to use.

By LAURA UNGAR
Staff reporter

Jan Bloomfield didn't want her cancer-stricken father to die alone in a cold hospital room. So she stayed with him for five weeks in a hospice, holding his hand, singing to him and praying.

To ensure that her family does the same for her in her last days, Bloomfield and her husband, Bill, are signing a living will called Five Wishes. The document, which was made available nationally in October, goes beyond medical dictates, allowing people to choose how they want to be treated and remembered.

"I want it spelled out," says Bloomfield, 64, of Newark. "You don't want to leave it to chance."

The Bloomfields are among at least 50 Delawareans, and more than 100,000 Americans, who have requested Five Wishes. The will's popularity stems from its language, more fit for a living room than a lawyer's office, and its nonmedical "wishes," which in-

► To order your Five Wishes

A new living will aims to be easy to understand and simple to use, and encourages people to talk with their loved ones about how they want to be treated and remembered. The person filling out the will is asked to express these wishes.

Five Wishes may be obtained free of charge on Aging With Dignity's Web site at www.agingwithdignity.org or by sending a \$4 check or money order for postage and handling to Aging With Dignity, Box 1661, Tallahassee, FL 32302-1661.

clude having music played until the time of death, posting pictures of loved ones near a deathbed, and letting family members know that they are forgiven.

"This is friendly," says Shantae Goodloe, a research assistant for Burness Communications, a Maryland company hired to publicize the document. "It deals with your emotional and spiritual needs."

Jim Towey, president and founder of Aging With Dignity, the Florida organization that created the will, said other living

See WILL — D2

Will People worry death will be impersonal

FROM PAGE D1

wills "treat dying as a medical moment."

"And if you treat it that way, the discussions about death are just terrible," he says. "For most people in America today, dying is miserable."

A study by the New Jersey-based Robert Wood Johnson Foundation, which gave Towey's organization a two-year, \$400,000 grant to distribute Five Wishes nationwide, found that people were dying in isolated settings, cared for by strangers, sometimes without adequate pain management.

Experts say when many Americans think about death, they picture people lying alone and unconscious in hospital beds, hooked to respirators and other lifesaving machinery.

"Since most folks don't have a feeling for death, they have certain preconceptions," says William Funk, chairman of the department of family practice at St. Francis Hospital. "When they watch TV or have experiences visiting people, they see all that technology."

People worry that death will be a cold, impersonal experience.

"They don't want to die strapped up to a whole range of sophisticated life support," says Thomas Jewett, director of the Respect Life Office of the Catholic Diocese of Wilmington. "And they don't want to suffer at the end of their lives."

Towey has seen another side to death. For 13 years, he worked as an attorney for Mother Teresa of Calcutta. He spent one year as a full-time volunteer living in her home for the dying in Washington, D.C.

"I saw what the dying wanted," Towey says. "I saw how human dignity could be maintained."

Inspired by his experience, Towey created Five Wishes for Florida residents in 1997, and recently adapted it so that it would be valid in 33 states, including Delaware, Pennsylvania, Maryland, New Jersey and the District of Columbia.

In crafting Five Wishes, Towey modeled his efforts after the birthing movement, which encourages mothers to work with doctors to make births more homey and personal. Towey wants the dying to be able to do the same.

Besides spelling out emotional and spiritual desires, Five Wishes also allows people to choose "health-care agents" responsible for making medical decisions when they cannot. The will also specifies what kind of medical treatment someone wants — or doesn't want — under different circumstances.

The Bloomfields say they like how detailed the document is. She and her husband plan to go over it with their four children when they get together for Thanksgiving.

"The best thing is to express my wishes so that my wife knows and my kids know," says Bill Bloom-

field, 65.

Vanderlyn R. Pine, a sociology professor at the State University of New York at New Paltz, says such family discussions are crucial.

"These kinds of documents are very valuable, but families need to talk about these things together," says Pine, who has written extensively about death. "These documents should be executed as a family."

Experts on death also say people need to discuss living wills with their physicians — something that Five Wishes encourages and that the Bloomfields plan to do.

"One thing that is very important is that people enter into ongoing conversations with their primary-care doctors," says John M. Stanley, the Edward F. Mielke professor of ethics in medicine, science and society at Lawrence University in Wisconsin. "I would like [the Five Wishes document] to have more emphasis on this."

Stanley says living wills often fail because doctors in intensive-care units don't believe that they were done carefully enough. Continuous conversations with doctors about changing medical circumstances, he says, may help ensure that living wills are followed.

But Stanley says many people are reluctant to have such conversations — even with their doctors — because they don't want to talk about death. And when they allow themselves to consider the subject and pick up a living will, many are turned off by the legal jargon in

MAKING THE WILL WORK

According to Aging With Dignity, after you fill out the Five Wishes living will:

- You need to find two people to witness and sign the document.

- You should discuss and give a copy of the document to your doctor.

- You should discuss and give a copy of the document to the person you designate as your health-care agent.

- You should discuss and give copies of the document to family members.

In Delaware and four other states, those living in a nursing home or other assisted-care facility must contact, or have their family contact, the facility's ombudsman or patient advocate. The ombudsman must review the living will, be present when the document is signed, and be one of the witnesses.

If you have a Five Wishes will and are in one of the 17 states in which it is not valid, it can still be used as a guide for health-care providers.

many of them.

According to Aging With Dignity, fewer than one in four people fill out a living will.

"The barrier in getting them filled out and executed is a feeling on the part of the public that they're legalistic and complicated," he says.

Five Wishes is different. That's another thing the Bloomfields like about it.

"We wanted this because it talks in plain language," Bill Bloomfield says.

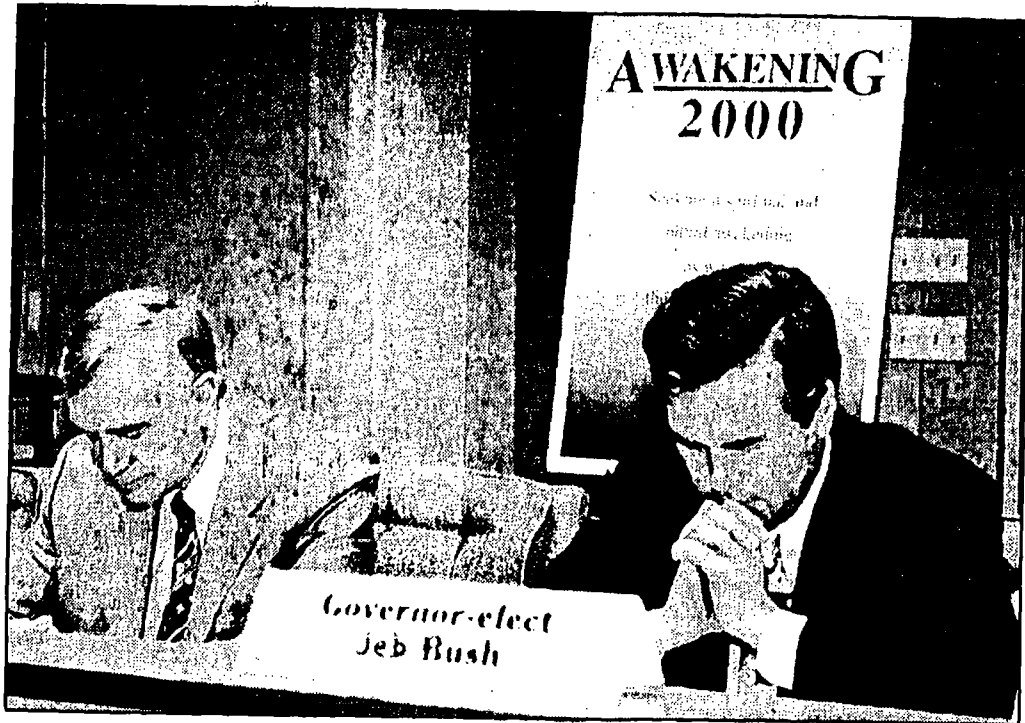
Such reader-friendly language makes death seem less intimidating, experts and others say, encouraging people to talk about it.

"The subject of dying really needs to be discussed," says Paul Malley, communications director for Aging With Dignity. "It's something that should be discussed before a family goes into an emergency room."

The Miami Herald

www.herald.com

TUESDAY, DECEMBER 8, 1998



ON SAME SIDE: Outgoing Gov. Lawton Chiles and his replacement, Gov.-elect Jeb Bush, pray after signing their faith cards for Awakening 2000 on Monday in Tallahassee.

MARK FOLEY / AP

Bush takes pledge of faith

By MARK SILVA
Capital Bureau Chief

TALLAHASSEE — As one governor retires and another arrives, they are signing the same violet-colored card: a pledge to pray every day, forgive and reach out to others, sacrifice, honor elders — and smile.

"One common denominator all Floridians have is our imperfections," said Gov.-elect Jeb Bush, as he signed his card Monday during a ceremony at the Capitol. He called the pledge a measure of "how important it is for us to govern ourselves in a much more loving way."

The vow is part of a movement to restore civility and spirituality to life.

The vows are part of Awakening 2000, an undertaking that is enrolling state government leaders and inviting Christians, Jews and Muslims to work together to encourage religious faith and civility in human conduct. Advocates say they want people to tackle problems insoluble by

government alone, as they help rekindle lost spirituality and morality in daily life.

"This is a movement not of government, but of God," said sponsor Jim Towey, director of a foundation- and corporate-sponsored organization, Aging with Dignity.

For two years, the card's signer agrees to an arduous daily assignment: "pray, forgive, renew family, respect life, honor elders, reach out, smile, sacrifice."

In a capital where consensus

PLEASE SEE FAITH, 17A

Bush makes commitment to faith, civility

Roll call of state leaders takes pledge

FAITH, FROM 1A

is elusive, the public challenge has drawn pledges of signatures from the outgoing and incoming governors. Gov. Lawton Chiles also signed a card during Monday's ceremony, as did Major Harding, chief justice of Florida's Supreme Court. Others who have signed: every member of the state Cabinet, leaders of both houses of the Legislature, and a long list of religious leaders, including Miami Archbishop John Favalora and Rabbi Solomon Schiff of the Greater Miami Jewish Federation.

"We want a renewed commitment of faith to God," Harding said. "Renewing this commitment helps put life in a proper perspective: God first, others second and ourselves third."

They will seek similar signings at churches and in civic circles around the state. They have no illusion that a movement can be manufactured, sponsors say, but rather an idea that people can make a difference.

"What we see in our time is a breakdown... of moral fiber," Rabbi Schiff said. "This is an

opportunity for us to examine ourselves. . . . If we can do this, I think we can find a great America once again."

Bush, a Miami real estate developer who converted to Catholicism after losing his first run for governor in 1994, campaigned this year with appeals to conscience. In the tragic run of daily news, he has seen signs of a "hollowness of the heart."

It happened again in the recent killing of 6-year-old Kayla McKean by her father, he said.

"This tragic case of this child in Clermont murdered by her father

for being a child — there's no other way to describe it," Bush said Monday.

Bush said he was asked by TV newsmen if state authorities were to blame for not requiring anger management classes for the murdered girl's father.

"There is something far more important going on here, something far more pervasive, far more dangerous," Bush told fellow signers of the pledge. "You can't ask government to address the hollowness in people's lives that would compel them to kill their own children."

THE TAMPA TRIBUNE

TAMPA, FLORIDA WED. 11/25/98 11:00 AM

A MEDIA GENERAL NEWSPAPER

★ FINAL EDITION ★

SUNDAY, NOVEMBER 29, 1998



EDWIN A. ROBERTS, JR.
Editorial Page Editor

Resisting the discounting of human life

When my father would have been my age, he was deceased seven years, which is a strong argument against heavy cigarette smoking. In his final days, we could see that his suffering was severe but that it wasn't caused primarily by pain. It was caused by the absolute fatigue that often attends the last stages of cancer.

Most adults have been through the experience: sitting by the bed, seeing a once-healthy body shrunken, praying for recovery and then, as the sorrowful process proceeds, praying for an end to the patient's ordeal. The latter phase is conjoined with the understanding of devastated family members that only when death occurs can they begin to await time's easing of searing grief.

All of that is not only natural and familiar but an inevitable aspect of human existence. What is not normal, or so I believe, is murdering sick people or helping them to murder themselves.

LAST SUNDAY'S "60 Minutes" program showed a videotape of Jack Kevorkian killing a man who wanted to die, a man with Lou Gehrig's disease. Kevorkian, disdaining any intermediate contraption, himself injected a lethal series of drugs into the victim.

To approve Kevorkian's actions, one must have the rigor to put natural scruples aside. However dreadful it is for us to stand watch when a much-loved person is dying, as a society we must be very careful about sanctioning euthanasia. While the suffering patient may desire a quick end, many people profess that it is not within the suffering patient's authority to give such permission.

That's a religious notion, of course, and it's just one of the convictions that energize the work of the Commission on Aging with Dignity, the nonprofit organization that is now a nationwide advocate for those nearing the end of life. The commission became famous for its "Five Wishes" living will, but its latest enterprise is something called *Awakening 2000*, an initiative dedicated to bringing together people of all religions "to grow spiritually. Regardless of our diverse faith traditions, there is a consensus that human dignity comes from God and is worthy of our utmost respect, and this consensus must be celebrated."

Awakening 2000 was developed by Jim Towey, founder of the Commission on Aging with Dignity. (Full disclosure: My daughter, Jacqueline Harding Roberts, is Towey's assistant.)

Supporters of *Awakening 2000* include Gov. Lawton Chiles, Governor-elect Jeb Bush, Supreme Court Chief Justice Major Harding, Senate President Toni Jennings, Speaker-designate John Thrasher and Insurance Commissioner Bill Nelson.

THE CAMPAIGN "will ask Floridians to build a better Florida" by committing in 1999 and 2000 to "pray each day, renew relationships within the family, honor our elders and promote civility in our dealings with others," as well as additional acts of devotion and virtue.

Towey also proposes "a two-year dedicated effort by Aging with Dignity to advocate for the needs of those whose right to age with dignity is imperiled, with a special emphasis on the plight of the lonely and those near death."

What Towey's commission does not offer is the advocacy of either assisted suicide or euthanasia. There are ways to comfort the dying besides killing them. There are ways to combat the loneliness that often accompanies aging besides shortening what time is left.

While expressions of piety in public debate often ring false, it is a requirement of good citizenship to be judgmental about behaviors that instantly evoke dismay in normal people. This is especially true when the matter at hand is the expeditious destruction of human life.

Sun-Sentinel

SOUTH FLORIDA • **FRIDAY** • NOVEMBER 27, 1998

Chiles, Bush join interfaith project

They and others plan to participate in Awakening 2000, a millennium project organized by Jim Towey, a former top state official who is promoting spiritual renewal in Florida.

STATE, 8B

Awakening 2000 seeks state's spiritual renewal

By JACKIE HALLIFAX
The Associated Press

TALLAHASSEE — Gov. Lawton Chiles and Gov.-elect Jeb Bush may differ on politics, but the two have agreed to pray, forgive, smile and sacrifice to get ready for the next millennium.

It's all part of an interfaith initiative called Awakening 2000, a project organized by Jim Towey, a former top state official who picked Thanksgiving week to announce his campaign for a spiritual renewal in Florida.

"We feel we can build a better Florida one heart and soul at a time by focusing on our spiritual resources, our spiritual treasures," Towey said on Wednesday. "And by remembering God."

In getting ready for the future, Towey pointed to the past. When Abraham Lincoln issued his Thanksgiving proclamation 135 years ago, he said Americans had "forgotten God."

"What he said in 1863 is absolutely true today," Towey said.

Awakening 2000 will try to change that by getting Floridians to sign pledge cards reminding them to pray each day, reach out to people in need and perform several other spiritual exercises.

The project also will sponsor a "Summit of Faith" next fall and serve as an advocate for Florida's needy and neglected, especially those who are dying.

After leaving state government, Towey formed a nonprofit commission on Aging with Dignity that launched the popular

"Five Wishes" living will last year. Awakening 2000 is sponsored by the same commission.

Several state leaders have agreed to participate in the project, starting with Chiles, a Democrat and Presbyterian who will be governor until Bush, a Republican and Catholic, takes over on Jan. 5.

Towey, a Democrat like Chiles and a Catholic like Bush, experienced a spiritual renewal in 1985 when he met Mother Teresa. He said he was inspired to launch an interfaith project by the late nun, a devout Catholic who respected and cared for Hindus, Muslims and Jews.

Rabbi Solomon Schiff, director of chaplaincy at the Greater Miami Jewish Federation, said he had signed onto the project because the moral fiber of American society has been devastated.

"A total commitment by responsible people to try to ... bring it to a level of decency is the only way really that our society will survive with a positive future," Schiff said.

The list of people who have committed to take part in Awakening 2000 includes Chief Justice Major Harding, legislative leaders, Cabinet leaders, a federal judge and Christian and Jewish leaders.

Chiles and Bush plan to sign the commitment cards in early December.

But Towey said "the fundamental driving force" of the campaign is the focus on the needy.

"At Thanksgiving we remember the poor," he said. "But they need more than just a hot meal on a Thursday."

December 12, 1998

Program's purpose is millennial spirituality

Jim Towey, president of the Florida Commission on Aging with Dignity, says there is something missing in Florida that he hopes to reawaken: a commitment to God.

He says devotion to God is the only thing that will help the state as it goes into the new millennium.

"I feel we've forgotten God," says Towey, former head of the then-state Department of Health and Rehabilitative Services. "People are morally asleep. People don't know right from wrong."

Towey, a Tallahassee lawyer who founded Aging with Dignity, is spearheading Awakening 2000, a drive to get people in Florida to pledge to pray daily.

He attended St. Raphael's Church in St. Petersburg this week to promote the plan.

His non-profit agency, which concentrates primarily on end-of-life and aging issues, will supply churches and groups with "commitment cards."

People who are interested can sign the card and mail it to Aging with Dignity to keep on file.

The card reminds people to seek and grant forgiveness, respect life, make daily sacrifices as an offering to God and reach out to those in need, especially the poor.

The agency also will organize a summit of faith next fall to further promote spirituality in Florida.

Awakening 2000 is similar to the Five Wishes living will campaign started by Towey's agency in 1997. The Commission on Aging with Dignity designed the living will so that people could make choices about medical treatment, such as whether to be resuscitated, while they are healthy and able.

Towey, a Catholic who served as legal counsel to Mother Teresa for several years, says he hopes Awakening 2000 will be as successful as Five Wishes. He says already it has gotten support from people of all faiths.

Both Gov. Lawton Chiles and Governor-elect Jeb Bush have signed a card, pledging to pray daily.

"If Jeb Bush and Gov. Chiles can agree on something this important, it must be inspired by God," Towey says.

Other public officials, including Chief Justice Major Harding, Comptroller Bob Milligan and Attorney General Bob Butterworth, also have signed the cards. Towey said Harding helped him come up with the campaign name.

Towey's plan has drawn some criticism from people who fear that it muddies the line between church and state.

But Jeanne Pugh, president of the Tampa Bay Chapter of Americans United for Separation of Church and State, says her group hasn't taken a position on it.

"We are waiting to see how it develops," she says. "Having public officials say they are going to pray isn't a bad thing. We would be opposed to any public funds supporting it, but we have no objection to anybody praying."

Towey insists that his campaign is not a conflict between church and state because his agency is non-profit. "If I were a government official, then it would be a conflict," he says.

He also says he is trying to be considerate of all faiths, a lesson he learned from Mother Teresa.

"While she was fervent in her own (Catholic) faith, she worked side by side with and for Hindus, Muslims and people of no particular faith," he says. "She and they saw that what they had in common — God-given dignity — was a strong and binding force. We need that same spirit in Florida today."

Towey says the cases of neglected and abused children he saw while working for HRS helped him realize just how important spirituality is. He says it also proved to him that government can't fix all of society's problems.

"There are limits (on what the government can do)," he says. "It can't touch people's souls. . . . The government can't love and touch and heal wounds."

For information about Awakening 2000, call (850) 681-2010 or write Aging with Dignity, P.O. Box 11180, Tallahassee, FL 32302.

— Twila Decker can be reached at 892-2253 or by e-mail at decker@sptimes.com.

AGING WITH DIGNITY

Leaders of Florida who have committed to participate in Awakening 2000

- U.S. Senator Bob Graham
- Governor Jeb Bush
- Lieutenant Governor Frank Brogan
- Senate President Toni Jennings
- Speaker of the House John Thrasher
- Chief Justice Major Harding
Supreme Court of Florida
- Attorney General Robert Butterworth
- Agriculture Commissioner Bob Crawford
- Education Commissioner-Elect Tom Gallagher
- Secretary of State-Elect Katherine Harris
- Comptroller Robert Milligan
- Insurance Commissioner Bill Nelson
- Lynda Bell, President
Florida Right to Life
- Dr. William Bright, President
Campus Crusade for Christ International
- Reverend Monsignor Franklyn M. Casale, President
St. Thomas University
- Mr. Alvah Chapman
- Rabbi Mitch Chefitz
Havurah of South Florida
- Mayor John Delaney
Jacksonville
- Archbishop John C. Favalora
Archdiocese of Miami (Catholic)
- William D. Gunter, Jr., Chairman & CEO
Rogers, Atkins, Gunter & Associates
- Judge William Hoeveler
US District Court / Southern District of Florida
- Reverend R.B. Holmes, Pastor
Bethel Missionary Baptist Church
- Tom Horkan, Counsel
Florida Catholic Conference

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WEB – WWW.AGINGWITHDIGNITY.ORG

“AFFIRMING AND SAFEGUARDING HUMAN DIGNITY THROUGH EACH SEASON OF LIFE”

A NON-PROFIT FLORIDA CORPORATION AND 501(C)(3) ORGANIZATION

- Jim Howe, Executive Director
National Conference for Community & Justice
Greater Miami Region
- Bishop John W. Howe
Diocese of Central Florida (Episcopal)
- Bishop Stephen Jecko
Diocese of Northeast Florida (Episcopal)
- David Lawrence, Chairman
Miami Herald
- Bishop John B. Lipsomb
Diocese of Southwest Florida (Episcopal)
- Bishop Robert Lynch
Diocese of St. Petersburg (Catholic)
- Dr. D. Michael McCarron, Executive Director
Florida Catholic Conference
- Archbishop Edward A. McCarthy
Archdiocese of Miami (Retired)
- Mark Merrill, President
Family First
- Reverend Fred Morris, Executive Director
Florida Council of Churches
- Sister Jeanne O'Laughlin, President
Barry University
- Bishop John H. Ricard
Diocese of Pensacola-Tallahassee (Catholic)
- Reverend Walter Richardson
Sweet Home Missionary Baptist Church
- Rabbi Solomon Schiff
Greater Miami Jewish Federation
- Bishop John Snyder
Diocese of St. Augustine (Catholic)
- Steven Uhlfelder
Holland & Knight
- Monsignor Bryan O. Walsh
- Auxiliary Bishop Thomas G. Wenski
Archdiocese of Miami (Catholic)
- Dr. Luder Whitlock, President
Reformed Theological Seminary

PROMINENT FLORIDA LEADERS who have made personal commitments to be part of *Awakening 2000* include (listed alphabetically):

Dr. Bill Bright	Katherine Harris
Frank Brogan	Bishop John Howe
Jeb Bush	Bishop Stephen Jecko
Bob Butterworth	Toni Jennings
Alvah Chapman	Bob Milligan
Rabbi Mitch Chefitz	Bill Nelson
Lawton Chiles	Sister Jeanne O'Laughlin
Bob Crawford	Bishop John Ricard
John Delaney	Rev. Walter Richardson
Archbishop John Favalora	Rabbi Solomon Schiff
Tom Gallagher	John Thrasher
Major Harding	Steve Uhlfelder

AWAKENING 2000 COMMITMENT CARD

Yes, I'm Awake!

I won't be spiritually asleep when the new millennium comes! I sincerely commit myself during this sacred moment to do what I can to renew my spiritual life, and to build a better world around me, starting within my own family and community. During 1999 and 2000, I commit to:

- PRAY • RESPECT LIFE • SMILE
- FORGIVE • HONOR ELDERS • SACRIFICE
- RENEW FAMILY • REACH OUT

I humbly ask God to help me do these eight things each day. May God bless our state and country as we prepare for the next millennium.

SIGNED

NAME

ADDRESS

CITY

STATE

ZIP

PLACE OF WORSHIP

Please return this signed card to Aging with Dignity. Your card and others will be collected and displayed at the Summit of Faith to be held as part of the *Awakening 2000* activities. Thank you and God bless you! Sincerely, Jim Towey, President, Aging with Dignity, P.O. Box 11180, Tallahassee, FL 32302

AGING WITH DIGNITY
P.O. Box 11180
Tallahassee, FL 32302

A WAKENING 2000

Seeking a spiritual and
moral awakening
as we enter
the next millennium.

*Aging with Dignity is a private,
non-profit organization founded by Jim
Towey in 1996 to affirm and safeguard
human dignity in each season of life.
Contributions to support Awakening 2000
are tax deductible.*

*Building a better Florida-
one heart and soul at a time.*

THE PASSAGE FROM ONE MILLENNIUM TO ANOTHER, which takes place on January 1, 2000, comes at a time when America seems to be spiritually and morally asleep. It seems our capacity to distinguish right from wrong has waned, and our respect for human dignity has been called into question.

How else to explain the assaults on marriage and family, the growing acceptance of assisted suicide as a means of caring for the dying, and the indifference we feel toward conduct which would have shocked earlier generations? At times it is as though we have forgotten God, our Creator.

Aging with Dignity believes that our state and nation must wake up and refocus our attention on the image of God in every man, woman and child. The right to age with dignity, which is not conferred by government but by God, unites us as one community and must be the foundation for our state and nation.

Therefore, beginning on January 1, 1999, Aging with Dignity will coordinate a two-year, inter-faith effort to commemorate the transition from this millennium to the next, called *Awakening 2000*, which we hope will lead to a profound spiritual renewal and moral rebirth, and an improved quality of life in our state and country.

Awakening 2000 will challenge Florida and its leaders to draw upon the immense spiritual resources which religious faith offers, and to:

- humble ourselves before Almighty God
- give thanks to God for the many blessings we have received, particularly the gift of life
- repent for the wrong we have done and firmly resolve to avoid sin, and
- dedicate ourselves to living lives worthy of the inestimable dignity with which we have been endowed.

Awakening 2000 looks to God, not government, as the source of all hope, and believes that a new and better Florida is awaiting us in the next millennium.

AWAKENING 2000 WILL INCLUDE:

- A statewide grassroots initiative seeking individual commitments through the "**commitment card**" campaign. Working with churches, synagogues and other organizations, **Aging with Dignity hopes to obtain a million commitments before December 31, 2000.**

- A **Summit of Faith** gathering which will bring together Florida's religious, business and civic leadership to reflect on the importance of spiritual renewal as we enter the 21st century, to be held in the fall of 1999.
- A two-year dedicated effort to **advocate for the needs of those whose right to age with dignity is imperiled**, with a special emphasis on the **plight of the lonely and those near death.**

Fill out the commitment card! Send it in!
Be a part of *Awakening 2000*!

Aging with Dignity
AWAKENING 2000

Reminder Card

I believe that a spiritual awakening in America is needed, and that *Awakening 2000* can help the state of Florida be prepared for the next millennium. I seek to renew my spiritual life, and to build a better world around me, starting within my own family and community. I have committed to do the following:

PRAY... pray each day.

FORGIVE... forgive others, and seek to be forgiven when we fail God and others.

RENEW FAMILY... renew relationships within the family, particularly with family members who are difficult to love or forgive.

RESPECT LIFE... respect life and confront death.

HONOR ELDERS... honor our elders and promote civility in all our dealings.

REACH OUT... reach out to those most in need, particularly those who are unloved and unwanted.

SMILE... smile as means of spreading peace.

SACRIFICE... make some daily sacrifice as a sign of this commitment and as an offering to God.

Place
Stamp
Here

Tear Here. Mail this card.

AGING WITH DIGNITY
P.O. Box 11180
Tallahassee, FL 32302

Tear Here. Keep this reminder card.

Keep this reminder card at your bedside or on your refrigerator.