

Virtual and Free

National Healthcare Decisions Virtual Event & Panel



April 16, 2024

3:00–4:30pm

Register now at
bit.ly/NHDDRegistration

WHAT'S YOUR PLAN

Advance care planning always seems too early to do, until it's too late. Join us for a panel event to learn from diverse, local voices on how to talk about what matters and start your plan for peace of mind today

WHAT IS NHDD

National Healthcare Decisions Day (NHDD) exists to inspire, educate, and empower the public and providers about the importance of advance care planning.

ENGAGING IN ADVANCE CARE PLANNING

Find out where to start and how to take a next step in thinking about your values and healthcare decisions

DIVERSE VOICES

Hear from diverse voices on how to talk about what matters, featuring:

- **Ms. Ilian Mino** (Latino Perspectives)
- **Ms. Danelle Hubbard** (Black and Caregiving Perspectives)
- **Dr. Jacob Walker** (LGBTQ perspectives)

CONTACT US:

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Ilian Mino is a proud Bilingual Research Assistant. With over 20 years of experience in the medical field, she has dedicated her career

to serving the Hispanic community. Through her work in Advance Care Planning, she has been able to educate individuals and families on the importance of planning for their future medical care. As a Hispanic herself, she understands the unique challenges that her community faces in accessing quality healthcare. That is why she is passionate about developing culturally sensitive healthcare programs that meet the needs of Hispanic individuals and families. She is committed to empowering every person to make informed decisions about their healthcare that align with their values and beliefs.



Kat Laws is a Community Health Educator for the UCHealth Aspen Club of northern Colorado. While her background is in health and exercise

science, health promotion track, from Colorado State University, she has dedicated the last eight years of her career to advance care planning education and assistance. Kat has experienced just how fragile life can be, and her mission is to help others plan and communicate what matters most well ahead of ever needing a plan. Through her working roles with the Health District of Northern Larimer County and UCHealth Aspen Club, Kat has helped thousands of individuals, through employee campaigns, community education and training, and individual assistance to complete and share their advance directives for health care.

We invite you to inquire for more services and program information through our website: uchealth.org/aspenclub.



Jacob Walker, MD is an assistant professor in the Division of Geriatrics at the University of Colorado. Dr. Walker has a unique background in

both geriatric care and HIV medicine and practices both disciplines across multiple clinical settings. This includes leading one of the few combined geriatric HIV clinics in the country where he has the privilege of caring for many older LGBTQ adults.



Danelle Hubbard, BSM, MA, is a Gerontologist and Social Worker with over 20 years of experience in the field of aging, specializing in

Alzheimer's disease and other dementias. She is the Region 4: Health Systems Director at the Alzheimer's Association for Colorado, Montana, New Mexico, Utah, and Wyoming. She supports health systems with strategies for: dementia risk reduction, increasing the accurate and early detection of dementia, upcoming treatments, and improving the quality of care. She is a member of the National Association of Health Services Executives (NAHSE), Mile High Medical Society, a workgroup co-chair for the Colorado ADRD State Plan, member of the Age Friendly Subcommittee of the Colorado Commission on Aging, and co-founder of the Colorado Age Friendly Health Systems Coalition. As a Black, LGBT+ caregiver, she has experienced the unique challenges of advance care planning for herself and her loved ones. Her goal is to support others in our diverse communities with their caregiving journeys.

BOOK RAFFLE FOR EVENT PARTICIPANTS:

Talking about death and dying is considered taboo in polite company, and even in the medical field. Our ideas about dying are confusing at best: Will our memories flash before our eyes? Regrets consume our thoughts? Does a bright light appear at the end of a tunnel? For most people, it will be a slower process, one eased with preparedness, good humor, and a bit of faith. At the forefront of changing attitudes around palliative care is hospice nurse Hadley Vlahos, who shows that end-of-life care can teach us just as much about how to live as it does about how we die.

The In-Between: Unforgettable Encounters During Life's Final Moments