**Five-Wishes Document - Addendum**

Name: \_\_\_\_Lee Warren

DOB: \_\_\_\_4/24/68\_\_\_\_\_\_\_\_\_\_

Dated: \_\_\_\_Created 7/30/17, Updated 12/22/19\_\_\_

**Elaboration on My Five Wishes**

Page 5 – Wish 1 Re: Health Care Agent

* As much as possible for the Health Care Agent to rely on group-think, collaborative support, and the collective wisdom of the Death Care Agent Team established at Earthaven Ecovillage (see Mollie Curry, Sara Carter, NikiAnne Feinberg, Julie McMahan, Carmen Lescher, or Sarah Anne Amason) and of Ruth Ostrenga from Center for End of Life Transitions in Asheville, NC. These caring and death literate folks share my values as much as anyone about conscious dying, appropriate actions, and loving death.
* In addition, use any means deemed necessary to help with decisions about my care, including seeking advice from alternative sources, i.e. acupuncturist, chiropractor, nutritionist, massage therapist, etc.

Page 6 – Wish 2 Re: What you should keep in mind as my caregiver

* I wish to be placed in Hospice Care as soon as possible to care for my medical needs.
* If possible, I wish to have non-pharmacological attempts at pain control before or in addition to medications, i.e. guided imagery, music, spiritual readings, co-meditation, etc.
* Even if I am unresponsive, I believe that I will be able to hear this guidance. Please do not assume that I am in pain. Administer pain medication if I show signs of pain.
* Regarding hallucinations, I believe hallucinations are a natural event before death and I do not want these treated with medication. What someone may describe as depression might be me going inward to focus on my spiritual being. If it appears that I am SUFFERING from depression, I am not opposed to a small amount anti-anxiety medication if these other measures are not working.

Page 8 Wish 3 – Re: How comfortable I want to be

* Please be conscious about the kinds and types of foods that I find nourishing. In life my diet has specific due to high desire for health and wellbeing. Please check with close friends regarding dietary preferences and follow those guidelines as much as possible. Meat-based, organic, paleo-based, and non-sugary foods are a baseline.
* Fasting is a natural end of life process. Please don’t force me to eat or drink. Let my body dictate what it needs and when. During thriving times I fasted often. That will only increase closer to death.
* Nature connection is hugely important to me. As much as possible let there be open windows (in appropriate weather), access to sky and clouds, earth and ground and breeze and fresh air. Being in a sealed room is unpleasant for me in life. Access to the natural world will bring me comfort and ease.
* I prefer loose and natural bed linens. Nothing tucked or tight.
* It is OK to play music such as Pandora Buddhist Monks or relaxing music, occasionally, not constantly. Please NO TV OR RADIO or other distracting sounds near me. And nothing that contains ads.
* While I wish to have my personal space kept clean and fresh smelling I am sensitive and very much dislike artificial smells/scents. Please do not use artificial aromas or scented candles of any kind, cleaning agents, air fresheners or the like. I prefer unscented beeswax candles and very MILD authentic and organic aromatherapy such as lavender or rose.
* I have had an altar my entire adult life. I would love a transition and dying altar that contains sacred objects of mine or my caregivers. Women-centered and feminist imagery is encouraged.
* Do not put any cosmetics or make-up on my body (even after death).

Page 8 Wish 4 – Re: How I want people to treat me

* I wish to have close friends with me when possible, if they want to be there. I wish for my space to be sacred, quiet, and contemplative (especially when death is imminent).
* I want close friends during my decline and to be with me when it seems that death may come at any time including Susan Patrice, Martha Harris, and friends from the Death Care Agent Team at Earthaven and Ruth Ostrenga from Center for End of Life Transitions.
* I wish to be cared for with kindness, presence, and sweet, deep connection. Please honor my pace, style, and flow – no rushing.
* I wish to die in my own home or, if that is not possible, in someone else’s home or as a Hospice inpatient.
* Soulful, spiritual, and deep conversations are welcome. Poetry is welcome (especially from women writers). I encourage the conversation about my death and dying, about feelings and needs, and about depth of connection. Please refrain from god-talk or soul-saving talk.

Page 9 – Wish 5 – Re: What I want my loved ones to know

* I believe that everyone has the right to a “Good Death”.
* My spiritual practices in life have been embodiment, women’s mysteries, shamanism, rich inner life, and integrity. I believe these practices will naturally aide my death and dying process.
* It is not so important to me how others remember me but more to the point is my own reflection of life. Important themes are: understanding context, embodiment, being a woman, serving, creating, elegance, sensuality, authenticity, sovereignty, liberation, stretching.
* If possible, please create a loving and comfortable place for caregivers in my home or place of dying so that everyone’s needs are met in a good and low-stress way with a strong and loving community feeling. Please have this be separate from my dying place (in another adjoining room). See the list of suggestions regarding “navigating visitors at the end of life” that might be helpful to give others as they visit.
* After my passing I wish my body to be prepared to lie quietly and undisturbed for at least three days following my passing. I wish for my body to lie-in- state in my home at Earthaven Ecovillage somewhere that’s sacred and convenient for the caregivers. The death agent care team at Earthaven Ecovillage or the folks at Center of End of Life Transitions in Asheville, NC can help with this.
* Due to my desire to lie in state for three days following death, I am not an organ donor.
* Regarding memorial service: Whatever those who want such a memorial service need. If a memorial service occurs, please wait until three days after my death.
* My body and remains should be put at my farm or home at Earthaven Ecovillage.

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, acknowledge this addendum to my 5-Wishes document, dated \_\_\_\_, 20\_\_\_\_.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature

Witness

Witness

Notary

State of North Carolina, County of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

On this \_\_\_\_\_\_ day of \_\_\_\_\_\_\_\_\_\_, 20\_\_, the said \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ known to me (or satisfactorily proven) to be the person named in the foregoing instrument and witnesses, respectively, personally appeared before me, a Notary Public, within and for the State and County aforesaid, and acknowledged that they freely and voluntarily executed the same for the purposes stated herein.

My commission expires \_\_\_\_\_\_\_\_\_\_\_\_\_\_. Notary \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signed

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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SEAL

**Navigating Visitors at the End of Life**

* Lee is moving along in her decline process towards death. The best we can tell is that she is in the pre-active phase of dying and will soon enter the active phase of dying. Please see this document for more information from hospice.<http://www.hospicepatients.org/hospic60.html>.
* That means she is sleeping more, unconscious more of the time, and more inward. That’s as it should be. That’s the natural cycle we want to encourage.
* Thank you so much for wanting to visit. It's completely understandable. And we ideally want to make that happen.
* Visiting is a mixed bag - she appreciates receiving the care/love and yet she's trying to let go. Sometimes visits can be distracting and draining.
* Even if she seems engaged at the time please trust us that the visit is going to leave her exhausted. This is the case with very ill people.
* Everything about her care and needs is unpredictable and changes moment to moment. She’s preferring less visitors at this time.
* If you come, be prepared for her to not be available. And/or plan to keep the visit short. We’re talking 5 minutes. Really. 5 minutes. She may look engaged but it takes so much out of her. Keep your expectations low.
* The caregiver of the house at that moment will make their best call about whether visitors are welcome at the moment based on the day and how things are going. Please respect her decision. You may be asked to try back in some time.
* When you do visit, we ask that you sit quietly to get a vibe of the room and feel for the flow before going over to her. Encourage her to not speak but just feel the love you’re giving her.
* Bringing or leaving gifts is fine - we will deliver them.
* **Please don’t accept money or significant gifts from her at this time. She’s altered due to illness, drugs, and mental confusion. Small tokens are fine to accept but anything more, please tell her to work it out with her caregivers.**
* There will be altar and hearth space at the white owl created and maintained. Please feel free to be there with others in community to grieve, pray, celebrate, and be.
* Please know that we are all in this vortex together. Send love, be love, and know that we are entering the portal. It is a tender and mysterious time. Blessed be to us all.

Feel free to edit this as is applicable to the situation. This was created for Kimchi’s dying in February of 2017.