



JourneyCare Board Member Kim Duchossois, David Waud, Debbie Waud Moore, moderator Ron Magers, and JourneyCare Foundation President Joseph P. Matty



JourneyCare Board Member Carol Nelson and David Nelson



Jan Gierlach and Bob Lee

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## Life Is a Journey

BARRINGTON AREA RESIDENTS who have long supported JourneyCare's hospice and palliative care services are joining together to back one of the agency's newest offerings—the "Life Is a Journey" education series.

More than 200 people gathered this spring for JourneyCare's inaugural "Life Is a Journey," which is set to become an annual event that educates the entire Chicago region on important healthcare topics. The event was possible thanks to sponsorship from Barrington resident and JourneyCare Board Member Kim Duchossois; Jan Gierlach and Bob Lee of

Barrington, through proceeds from their Ride for 3 Reasons cross-country bicycling fundraiser; Debbie Waud Moore of Lake Bluff; and Comcast Spotlight.

"Life Is a Journey" tackled the tough-but-important topic of Advance Care Planning; having conversations with loved ones about the unexpected healthcare challenges life can bring. The event was hosted by former ABC 7 Chicago news anchor Ron Magers and his wife, Elise, a JourneyCare Board Member. The guest speaker was Dr. Lucy Kalanithi, author of the epilogue to her husband's #1 bestselling, autobiographical book on dying in his 30s, "When Breath Becomes Air".

Many additional Barrington residents traveled to the McDonald's Campus in Oak Brook to learn more about the book and Advance Care Planning, which includes creating an Advance Directive document to help family and friends know your healthcare wishes in case of a medical crisis. All attendees received complimentary copies of "When Breath Becomes Air" and tools from JourneyCare to begin their Advance Care Planning.

"Life Is a Journey" will continue, and the program will present new topics and speakers each year. Learn more at [www.JourneyCare.org](http://www.JourneyCare.org).



"Life Is a Journey" moderators Ron Magers, former ABC 7 Chicago news anchor, his wife Elise, a JourneyCare Board Member, and featured speaker Dr. Lucy Kalanithi



Bob Oliver and JourneyCare Board Member and Sam Oliver



Robert and Cynthia Perischini, Joan Carlson and JourneyCare Board Member Bruce Carlson