

# "Self-Advocacy in Healthcare" comes to EJC

By JENN DIRECTOR KNUDSEN

Laurie Fendel became an end-of-life expert the hard way.

George, her husband of 55 years, has had brain cancer three times in 20 years and has endured more than 50 hospitalizations. His longevity despite scary diagnoses is in part due to Fendel's self-described pitbull-esque advocacy in a healthcare setting. It's advocacy work that is not easy and that she loves educating others about.

Fendel, who works as an end-of-life doula, will team up with Jewish Family & Child Service to offer "Self-Advocacy in Healthcare: How you can navigate the system."

"This is my way to give back," she says, reflecting on the opportunity she has had "to have George for longer and to enjoy our children and six grandchildren together."

The free educational and conversational opportunity takes place Wed., July 19, in the Atrium of the Eastside Jewish Commons, from 11 am - 12:30 pm. Light refreshments will be served. Registration is required, as space is limited. Funding for

this event is made possible by the Jewish Federations of North America and The Sephardic Foundation on Aging.

Laurie's talk focuses on three key navigation tools to help you – or a dying loved one – through the healthcare maze: How to get what you need; how to advocate for both yourself or family members; and possible solutions to problems.

"These are all situations where we have to push," Fendel said.

"My goal is for attendees to learn how they can get the best care while managing a treatment plan and serious illness," said Fendel, who has been an end-of-life doula through a Jewish lens for seven years and has spent decades successfully maneuvering the oft-overwhelming healthcare system. Learn more about Laurie's work at [www.Jewishendoflifedoulapdx.com](http://www.Jewishendoflifedoulapdx.com).

Co-facilitating the session is Missy Fry, LCSW, CAGCS, aging and adult services clinician with JFCS.

"One of the most common challenges we're hearing from community members is around navigating the current reality of



Laurie Fendel (Courtesy Jewish Family and Child Service.)

healthcare services," Fry said.

To register, please contact Fry at 503-226-7079 ext. 133 or [MissyFry@jfcs-portland.org](mailto:MissyFry@jfcs-portland.org).

## Forer, Scheinman, Singer make business journal's 40 Under 40

From left, Max Forer, Dan Scheinman and Jonathan Singer were recognized in this year's Portland Business Journal 40 Under 40 for local leaders. Forer works as sports and business attorney at Miller Nash LLP, where he was made a partner earlier this year; he also serves as President of Oregon Hillel. Scheinman is founder and CEO of Priority Partnerships, creating sports and entertainment sponsorship opportunities for brands across the Pacific Northwest. He founded the firm last year after 12 years with the Portland Trail Blazers. Singer is a named partner at Barg Singer Hoesly PC and has won numerous awards for his work in commercial real estate; he is also the chair of the Oregon Jewish Community Foundation and has held numerous high-level roles in Jewish community organizations around Portland. The trio will be recognized along with the rest of this year's 40 Under 40 class at the Sentinel Hotel tomorrow, July 13. (Courtesy photo)

