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Chinese American Coalition for Compassionate Care Hosts Essay Contest

Share Your Story: "Saying Goodbye with Love"

March 15, 2017 – San Jose CA –Whether we like it or not, life and death is the law of nature and the human condition. As a result, some time in our lives, we will have to say goodbye to someone. How does one say goodbye with love? How does one leave without any regrets? How does one start the conversation about end-of-life wishes with family members and loved ones?

In recognition of National Healthcare Decision Day (April 16), the Chinese American Coalition for Compassionate Care (CACCC) is proud to host "*Saying Goodbye with Love*" essay contest, in hopes of increasing community awareness of the importance of Advance Care Planning and to provide meaningful ways to start the conversation and say goodbye with love to their family and loved ones with no regrets.

The 1,000 word or less essay contest provides an excellent opportunity for the community-at-large to share their story of love, compassion and inspiration in saying goodbye with love. Cash prizes totaling \$2,500 will be awarded in two categories: general public and healthcare provider. Limit one entry per person. Contest begins March 15 and ends April 30, 2017 at 11:59pm Pacific Time. Winners will be posted on CACCC's website and Facebook on May 15, 2017.

Essays will be judged on the following basis and criteria: Theme 25%, Content 25%, Structure 25%, and Originality and Creativity 25%.

The five "*Saying Goodbye with Love*" judges include Lisa Krieger, award-winner *San Jose Mercury News* reporter/author of the *Cost of Dying* series; Southern California *World Journal* Chief Editorialist Shyh Yaw Chen; Chinese award-winner authors and novelists Lily Hseuh and Teresa Cheng, and CACCC founder/board chair Sandy Chen Stokes.

"National Healthcare Decisions Day exists to inspire, educate and empower the public and providers about the importance of advance care planning," stated Sandy Chen Stokes, founder and board chair of CACCC. "This year, we wanted to do our part in inspiring, educating and empowering the public and providers by engaging them with our essay contest."

“Saying Goodbye with Love is our first essay contest,” said Shirley Pan, executive director of CACCC. “We are looking forward to receiving essays from the community sharing their stories of inspiration, compassion and love.”

Share your poignant and touching story with others so they may be inspired and moved by your words and perspective on the importance of advance care planning, about having the conversation regarding end-of-life wishes and honoring and respecting those wishes and being able to say goodbye without any regrets.

Essay contest details and criteria:

Who should participate

Any United States resident is encouraged to participate. Under age 18, you will need your guardian’s signature. Limit one entry per person.

Participation Categories

General public: Please share your personal thoughts, feelings and experiences with friends and loved ones at their end of life.

Healthcare provider: Please share your personal and professional perspective and insights with patients and families facing end-of-life decisions.

Essay format

Typed in Chinese or English, in Word format, double space, 12 point font and 1,000 words (includes title) or less. Essays exceeding 1,000 words will not be accepted.

How to enter

For additional information and registration form, visit: caccc-usa.org/essaycontest.

Please email completed registration form and final essay in “Word” format (soft copy) to essaycontest@caccc-usa.org. The essay title should be in the final essay; however, no identifying information of the entrant should be included on the essay.

Deadline

All essays must be emailed and received by 11:59 pm Pacific Time on April 30. Entries received after this time/date will not be accepted. Winners will be notified by phone or email, prior to posting and announcing winners on CACCC website on May 15.

How essays will be judged

Essays will be judged on the following basis and criteria: Theme 25%, Content 25%, Structure 25%, and Originality and Creativity 25%.

Awards/Prizes

Category	Award/Number of the awardees	Prize
General Public	First Prize: 1 First Runner Up: 2 Second Runner Up: 3 Honorable Mention: 5	First Prize: \$300/award plaque First Runner Up: \$200/certificate Second Runner Up: \$100/certificate Honorable Mention: \$50/certificate
Healthcare Provider	First Prize: 1 First Runner Up: 2 Second Runner Up: 3 Honorable Mention: 5	First Prize: \$300 /award plaque First Runner Up: \$200/certificate Second Runner Up: \$100/certificate Honorable Mention: \$50/certificate

Consent

All entrants are required to sign a consent form and agree to the following:

1. Entrants accept all responsibility for late, lost, misdirected, or illegible essays.
2. Each essay must be the sole, original, and unpublished work of the entrant. Essays must not infringe on any third-party rights. Essays found to be plagiarized, previously published, or those that have previously won awards or competitions will be disqualified.
3. Winning entrants acknowledge and agree that they waive all rights of any kind whatsoever to their essays and that their essays become the property of CACCC, which thereby has the right to edit, adapt, modify, reproduce, publish, promote, and otherwise use essays in any way CACCC sees fit, without further compensation, except where prohibited by law. Acceptance of prize award constitutes permission to use the winners' names, likenesses, cities, and statements, without further compensation, except where prohibited by law.

About CACCC

Founded in 2005, the Chinese American Coalition for Compassionate Care (CACCC) has provided compassionate care, community service, education and outreach to Chinese Americans and to the healthcare professionals who serve them. Comprised of over 80 organizations and over 1300 individuals, CACCC is the first coalition devoted to addressing end-of-life issues of the Chinese American community. Recognized nationally and in Taiwan, CACCC provides education and outreach in advance care planning, palliative care and pain management, and training in respite, hospice and grief care. For additional information, visit caccc-usa.org or email info@caccc-usa.org.

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