Care & Prepare
(formerly CQEC)
Newsletter
September 2026

Punching Above Our Weight

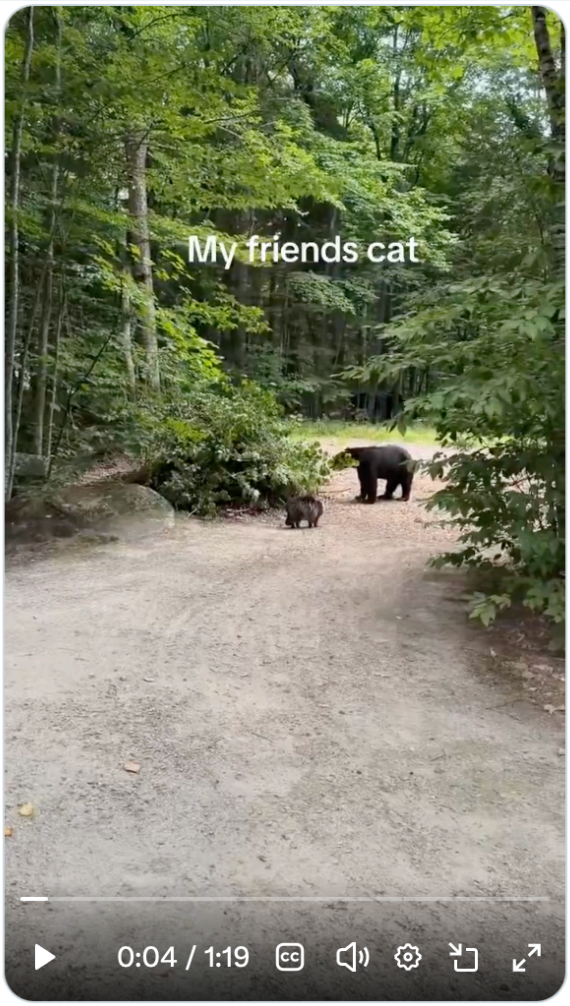
Should an organization of our **tiny size participate in an NIH-funded research trial?**

Twice?

Should a small Fort Worth nonprofit expect **Tarrant County to issue a proclamation recognizing our work on National Healthcare Decisions Day?**

In 2026, should **Care & Prepare be connecting with national ACP thought leaders through the DFW Hospital Council?**

No. Not ordinarily.



But Care & Prepare has been punching above its weight for more than 26 years.

How? Beginning with the end in mind.

We believe Advance Care Planning is more than completing a legal form. It is a **guided personal exploration of values**—helping people understand their healthcare choices, have meaningful conversations, document their wishes, and make those wishes available when they are needed most.

Our work has contributed to research published in ***JAMA Network Open***, & participation in the **NIH-funded Project Talk trial**, and

community efforts focused especially on underserved, elderly & cancer patient populations.

A tiny organization. A national research trial. Twice.

A tiny organization. A county proclamation.

That's punching above our weight.

Now, 2026.
Through the University Texas at Arlington & the DFW Hospital Council, we are connecting with national ACP thought leaders and bringing together clinical expertise, data science, technology, healthcare systems, employers, academics, and community partners.

Our Mind the Gap 2030 Collaborative is exploring how the evidence-informed DNA of *Your Health Your Way*™ can reach beyond the clinic and into our communities.

“Your Voice. Your Choices. Your Care.”

Help Care & Prepare make decision readiness possible for everyone.

We couldn't have come this far without our Board members, volunteers, clinicians, researchers, partners, donors, and friends who believed a small organization could make a big difference.

Will you help us punch above our weight for the next 26 years? North Texas Giving Day is the perfect way! #NTGD now through Thursday, September 17, 2026.

DONATE NOW

Leah

Leah Wingard
Executive Director
Care & Prepare
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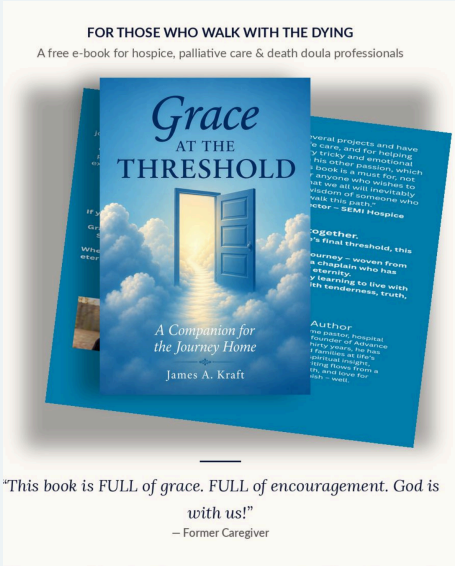
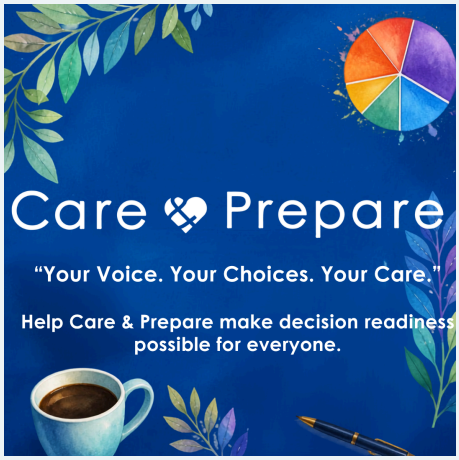


1,000 Good Endings & more

If you have ever wondered if you did the right thing, Grace at Threshold might help you process your thoughts - past & present.

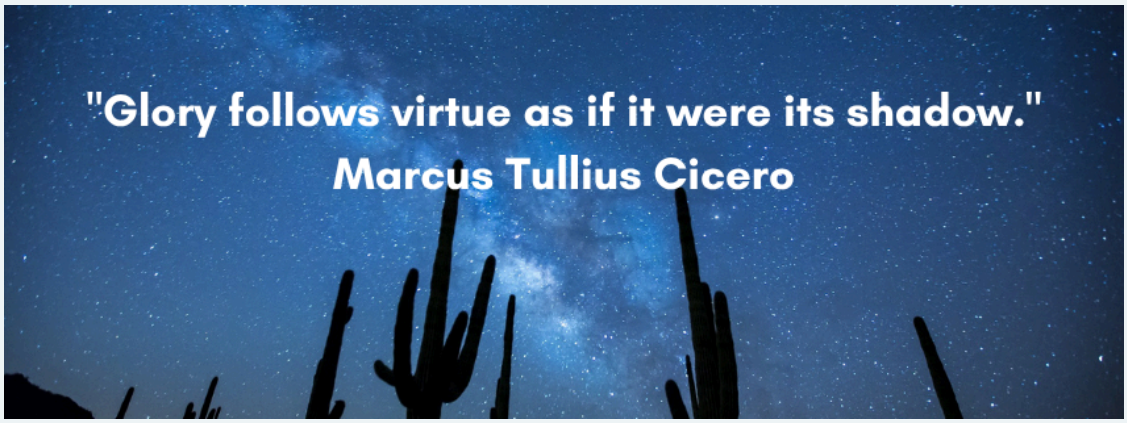
Jim Kraft, PhD offers a heartfelt companionship that only 30 years of experience can give.



Check out new icon for NTGD

Typically Care & Prepare's logo appears on a pure white background. NTGD's new platform surrounds each Org's logo on a field of white.

C&P's logo was looking anemic. Hence a new look. It also reflects a new **desire to serve employers assist their team in decision readiness for a health emergency.**



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