

NAME: _____

DATE: _____

GOALS of these "At the End" efforts include:

- Reflecting on what has been important in your life and summarizing it
- Sharing this resulting gift with your loved ones – assuring they know
 - actions already taken/pre-paid for next steps near and after death
 - your wishes about actions and public events following your death
 - favorite scripture, stories, poems, song, pictures, and more for use in celebrating your life in whatever fashion your family/friends choose
- Making any/all memorial gathering efforts more effective and meaningful

AS I NEAR THE END, MY LOVED ONES SHOULD KNOW ...

___ My "Binder of a Lifetime" contains all the items below! :-)

___ I have advance health care directives (living will and PoA for HC)

___ my primary health care physician has copies on file

Others having copies: _____

___ I have a will/trust located here: _____

Others having copies: _____

___ I have a power of attorney located here: _____

Others having copies: _____

___ A starter obituary is in the About Me tab and/or printed with these materials or in this location on my computer: _____

___ My completed VALUES WORKSHEET from Compassion & Choices is in the Wills/PoA tab of the Binder of a Lifetime

___ Key loved ones to contact about next steps include:

Pastor/Spiritual Contact: _____ Phone: _____

Name (relationship): _____ Phone: _____

Name (relationship): _____ Phone: _____

Name (relationship): _____ Phone: _____

Name (relationship): _____ Phone: _____

Name (relationship): _____ Phone: _____

Consider spending time with loved ones listed above on your "Conversation of a Lifetime."

SEE MORE HERE: www.ConversationsOfALifetime.org

NAME: _____ **DATE:** _____

AFTER MY PASSING (check one for each item, filling in details where possible)

- Do you wish for your body to be available first for organ donation? ___ Yes; ___ No;
If Yes, have you made special arrangements with a group in advance for donation and/or scientific purposes? If so, please list the group(s) here:
_____ and include any documentation you have from them
- Do you wish your body to: ___ be buried; ___ be cremated; other: _____
- Additional burial, memorial, etc. plans include... (fill in as applicable)
 - I wish to be buried and/or have ashes placed in this memorial garden/cemetery: _____ Have you pre-paid for the stone and/or cemetery site, and if so, list details (where are receipts located?)

 - I wish my ashes to be kept by: _____ and scattered here if possible: _____
 - Here are other wishes I have related to memorials (trees, benches, etc.):

- Should people wish to give memorial gifts, my wish is they would go to _____ and/or _____
- If I have pets still living when I die, here would be my wish for who they are placed with, if possible (specify details): _____
- I have composed a brief farewell and it is located in hard copy in my Boal, with these documents and/or as an electronic file in this location on my computer (describe): _____
 - ___ Send to special people in my life - their contact information is located here: _____
 - ___ Please use my email distribution list
 - Username:
 - Password:
 - "Send to all" in email distribution or use the smaller list located here:

 - ___ Put this as a note in the memorial service bulletin

NAME: _____

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After my death, I would like a memorial service/funeral to be held
 Yes (CONTINUE on this page) **No (SKIP to page 5)**

Please fill in the service details for topics where you have specific wishes:

- **Location:** _____ (name of church, funeral home or ?)
- **with** _____ **officiating/organizing**
- **Describe the atmosphere (tone of service, length, "preachiness") you would prefer and any actions you think will help make that happen:**

- **People you would like to be asked to publicly share a eulogy and/or summary of experiences (not that all need to be asked):** _____;
 _____;
- **Songs for the congregation to sing (circled/listed on Page 4)**
- **Person/group you'd like to have do special music, if it can be arranged:**
 _____;
- **Scripture/readings to include (circled/listed on Page 4) People you'd like to have do these readings?** _____;
 _____;
- **Rituals I would like to include** (faith-based, military, lodge or ???):**
 _____;
- **Consider including items described below**
 - **Favorite quotes listed here (or attach)**

 - **Meaningful poem(s):** _____
 - **Advice I'd like to share:** _____ (attach)
 - **Copies of prose you wrote:** _____ (attach)
 - **A good photo to use is included here (attach or put in pouch)**
 - **A short (300-500 word) biography is here (attach)**
- **Give attendees flower seeds/bulbs to brighten a place they see**
- **Pallbearers (if casket):** _____;
 _____;

PLEASE NOTE: These are my preferences. I give you, my loved ones, the flexibility to alter any/all memorial service wishes as you see fit so my conclusion is a good memorial for me and for YOU! [alter or cross this off if you disagree]

**** May choose to have these done separate from the memorial service/funeral**

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SONG POSSIBILITIES: Circle songs you would like to have considered***

- **MORE TRADITIONAL:** *Amazing Grace; Oh Let Me Walk With Thee; Old Rugged Cross; It is Well With My Soul; Nearer My God to Thee; Blessed Assurance; Abide With Me; Just a Closer Walk with Thee; How Great Thou Art; Great is Thy Faithfulness; Rock of Ages; I Was There to Hear Your Boring Cry; His Eye is on the Sparrow; Hymn of Promise (#707 in Methodist hymnal); I'll Fly Away*
- **MORE CONTEMPORARY***:** *One Sweet Day; Yesterday; My Heart Will Go On; Tears in Heaven; I Will Always Love You; Goin' up Yonder; The Upper Room; Ave Maria; Dance With My Father; I Will See You Again; On Eagles' Wings; Turn, Turn, Turn; Lean on Me; Never Alone;*
- **OTHERS:** _____; _____;
 _____; _____

****** NOTE: if words printed/listed as part of a service, having the legal rights to do so will need to be investigated***

POSSIBLE READINGS:

- **SCRIPTURES:** *A separate page includes many possibilities (please list them below or circle them on that separate sheet and include it with the binder)*

- _____
- _____
- _____
- _____
- _____
- _____

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CONTACT TREE: People to contact following my death, who can then contact others (hobby groups, church contacts, work associates, etc.), are below.

NAME (relationship)

CONTACT INFO (email, phone or address)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

OTHER COMMENTS [NOTE: if needing more space for additional thoughts, interment details, additional contacts, etc., attach a separate sheet(s)]:

By my signature below, I indicate my desire to the arrangements outlined in this "At the End" section (NOTE: should you want to establish a person(s) with direct responsibility for your "At the End," see an attorney to set up a formal, legal "Declaration of Funeral Arrangements")

Printed Name: _____

Signature: _____

Date completed: _____ (Change date here whenever revised)