

Welcome to the
“Binder of a
Lifetime” (BoaL)
Workshop

Workshop Outline

❖ Introductions

- ❖ Participants

- ❖ Steve Long, Memory Missionary, Long Memories, LLC.

❖ “Binder of a Lifetime” Overview

❖ Details and Efforts: Boal “tabs”

❖ Next Steps

❖ Evaluation

NOTE – we’ll get a break in here somewhere!

Introductions

- ❖ Go around the group
 - ❖ Name
 - ❖ What you hope to get out of today's workshop

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- ❖ Memory Missionary background
- ❖ Long Memories, LLC

Memory Missionary

I was raised by “a pack of memory missionaries” -- we just didn't use that terminology!

- ❖ Grandma Cline – diary, regular letters
- ❖ Cline family – annual reunions since '69
- ❖ Mom – diary, regular letters, cassette tapes, calls, emails
- ❖ Dad – camera, movie camera, articles saved, reflective writings, journaling
- ❖ And many more in my lifetime...

Long Memories, LLC

- ❖ Our goal is to help people
 - ❖ **Make** Memories
 - ❖ **Capture** Memories
 - ❖ **Organize** Memories
 - ❖ **Share** Memories!
- ❖ LongMemories.info describes the possibilities: BoaL, books, videos, websites, photo slideshows and more

Long Memories, LLC

Our goal is to help people Make, Capture, Organize and Share Memories!

- ❖ Our website describes the possibilities: BoaL, books, videos, websites, photo slideshows and more
- ❖ BoaL answers unmet needs many aren't even aware they have until it's too late (based on early LM efforts)
- ❖ This is a missionary effort so we're trying to get the word out, not to get rich (no risk of that happening! 😊)

Binder of a Lifetime (BoaL)

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BoaL is a systematic, phased approach to assembling important thoughts and information all in one place

Binder of a Lifetime (BoaL)

BoaL is a systematic, phased approach to assembling important thoughts and information all in one place, providing

- ❖ peace of mind (less stress) for you
- ❖ opportunities for meaningful conversations with friends and family NOW
- ❖ comfort to friends and family members now and in the future

Binder of a Lifetime

“...People want to share memories, pass on wisdoms and keepsakes, settle relationships, establish their legacies, make peace with God, and ensure that those who are left behind will be okay. They want to end their stories on their own terms. This role is, observers argue, among life's most important, for both the dying and those left behind....”

~ Atul Gawande in *Being Mortal* p. 249

BoaL: An Introduction

- ❖ DISCUSSION: What Would You Expect a Binder of a Lifetime (BoaL) to contain?

BoaL: An Introduction

- ❖ DISCUSSION: What Would You Expect a Binder of a Lifetime (BoaL) to contain?
- ❖ QUIZ: No, it won't be graded!

BoaL: An Introduction (cont'd)

Covers topics, including

- About Me
- Key Info
- Wills / PoA (Advance Directives)
- Reflections
- Pictures
- Things
- Spiritual
- At The End

BoaL: An Introduction (cont'd)

Even though there are tabs for several topics, you will want to customize your BoaL by adding tabs or altering existing tabs

- Hobbies
- Travel summaries
- ????????

BoaL: An Introduction (cont'd)

What is “the dash” that is referenced?

- ❖ Steven A. Long, *Memory Missionary*, 1959 - ???
- ❖ [The poem](#), read by the author
- ❖ [The poem](#) (if internet isn't cooperating)

About Me

"In the end, it's not the years in your life that count. It's the life in your years."

~ Abraham Lincoln

PEARLS BEFORE SWINE

BY STEPHAN PASTIS



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About Me

Let's open our binders to the first page in the "About Me" tab and we can discuss

- ❖ Questions, including good sources
- ❖ Approach to getting answers
- ❖ Format for collecting information

About Me

- ❖ Please spend 10 minutes going through the pages in this Tab and answer/outline 1-2 answers to the questions you really like

About Me

- ❖ Please spend 10 minutes going through the pages in this Tab and answer some of the questions that you really like
- ❖ Partner Up: spend 5 minutes talking with your partner about your favorite questions and answers

About Me

- ❖ Show of hands – who has already done an autobiography or other such summary of your life in written or video format?
- ❖ Please tell the group what you've done

About Me

Resources for these kinds of efforts are plentiful and include

- ❖ Storycorps (<https://storycorps.me/>)
- ❖ Books
 - ❖ *Questions to Bring You Closer to Dad*
 - ❖ *Memento*
- ❖ *And many more books, articles, websites, Youtubes, etc.*

Key Info

"Money can't buy happiness but it keeps the kids in touch"

Key Info

- ❖ What is considered “key info” will differ for each person
- ❖ This section includes materials that tend to be mentioned as important by
 - ❖ Attorneys
 - ❖ Insurance Agents
 - ❖ Spiritual Leaders
 - ❖ Charitable Foundations (PCUSA)

Key Info

- ❖ EXERCISE: take 10 minutes to stretch plus skim this tab to understand what is in here

Key Info

- ❖ EXERCISE: take 10 minutes to skim this tab to understand what is in here
- ❖ DISCUSSION:
 - ❖ are there any topics in here that make you uncomfortable?
 - ❖ any topics that are “nice surprises?”
 - ❖ are there topics/info. you think should be added?

Wills/PoA

“...They want to end their stories on their own terms. This role is, observers argue, among life's most important, for both the dying and those left behind. And if it is, the way we deny people this role, out of obtuseness and neglect, is cause for everlasting shame...”

~ Atul Gawande in *Being Mortal* p. 249

Wills/PoA

CONSIDER THE FACTS



90% of people say that talking with their loved ones about end-of-life care is important.

but

27% have actually done so.

Source: The Conversation Project National Survey 2013.

Wills/PoA

CONSIDER THE FACTS



82%

of people say it's important to put their wishes
in writing

but

23%

have actually done it

Source: Survey of Californians by the California HealthCare Foundation (2012)

Wills / PoA

- ❖ Show of hands – who has done
 - ❖ Will or trust?
 - ❖ Living Will?
 - ❖ Power of Attorney for Health Care?

Wills / PoA

- ❖ Show of hands – who has done
 - ❖ Will or trust?
 - ❖ Living Will?
 - ❖ Power of Attorney for Health Care?
- ❖ Most of us understand will/trust
- ❖ Living Will and PoA for HC are a little less understood (sometimes called Advance Directives)

Advanced Directives

Let's watch some [video](#) from the [Canadian Speak Up Campaign](#)

<https://www.youtube.com/watch?v=Bar0qZTUGdw>

What are Advance Directives?



Advance Directives

- A general term
- Gives instructions about future care if you are unable to participate in medical decisions due to serious illness or incapacity
 - Living Will
 - Medical Power of Attorney



Living Will

- A type of advance directive in which you write down your wishes about medical treatment should you be at the end of life and unable to communicate.



Medical POA

- Names someone else to make decisions about your medical care if you are unable to speak for yourself.
 - Healthcare proxy
 - Durable POAHC
- The person named may be called:
 - Healthcare agent
 - Surrogate or proxy
 - Attorney-in-fact

Advanced Directives

- ❖ Conversation and Considerations: who should be named as your Durable PoA for HC?
- ❖ Can “think like you” and “think for you” towards the end of life, taking personal emotion OUT as much as possible
- ❖ May be someone OTHER than your spouse or another treasured friend with emotional ties

Advanced Directives

- ❖ It's good to equip our PoA for HC with some answers
 - ❖ Let's check out the values checklist in the Good-to-Go Toolkit (by the group Compassion & Choices)
 - ❖ EXERCISE: spend a few minutes and fill out the values checklist
 - ❖ Anything tough for you to answer?

Advanced Directives

- ❖ Other questions?
- ❖ **No pressure**, but... if anyone does want to fill out their Advanced Directives now while we have people here to be your witnesses, please let me know at the break **NOTE: you can always change these later as you see fit!**

Reflections

“A full life will be full of pain”

~ M. Scott Peck in *The Road Less Traveled*; p. 133

Reflections

- ❖ What's on your "bucket list" (what do you hope to do in the next few years?) SPEND A FEW MINUTES...

Reflections

- ❖ What's on your "bucket list" (what do you hope to do in the next few years?) SPEND A FEW MINUTES...
- ❖ What are efforts you accomplished or saw others do that are vital to enjoying a great life?

Pictures

“A picture is worth a thousand words.”

Pictures

Can any of us relate to this photo storage approach?



Pictures

F Minus by Tony Carrillo for September 13, 2018



Pictures

Let's open to the Pictures tab and talk about a few key ideas

- ❖ Limit yourself to 100-200 total
- ❖ Assemble them in one place
- ❖ Label them
- ❖ Think about how to share them
- ❖ Customize this for you – include music, narration, ???

Things

“All you can take with you is what you’ve given away”

~ Peter Bailey in the movie
“It’s a Wonderful Life”

Things

Let's open to the Things tab and talk about a few key ideas

- ❖ Distribute over a lifetime?
- ❖ Label, label, label...
 - ❖ Share history
 - ❖ Identify next owner
- ❖ Summarize all key items on separate BoaL sheets

Spiritual

“May you go forth
tranquilly, joyfully,
briskly...in that wholeness
with which the Spirit of
God has called you.”

~ Clare of Assisi

Spiritual

Let's open to the Spiritual tab and talk about a few key ideas

- ❖ If including this topic is not an interest for you, convert this to a different subject! 😊
- ❖ Statement of Faith or other philosophical writings
- ❖ Songs that lift your spirit
- ❖ Readings that lift your spirit

When closing
in on the end
of “the dash...”

At The End

"What we call the beginning is
often the end.

And to make our end is to
make a beginning.

The end is where we start
from."

~ T.S. Elliott

At The End

“Technological society has forgotten what scholars call the “dying role” and its importance to people as life approaches its end. People want to share memories, pass on wisdoms and keepsakes, settle relationships, establish their legacies, make peace with God, and ensure that those who are left behind will be okay. They want to end their stories on their own terms. This role is, observers argue, among life's most important, for both the dying and those left behind.” *Being Mortal by Atul Gawande*, page

At The End

When we hit the end of “the dash,” it’s so helpful to our family if we’ve already talked about certain subjects

❖ “Conversations of a Lifetime”

www.ConversationsOfALifetime.org

❖ Value Worksheet: Good-to-Go

<https://www.compassionandchoices.org/userfiles/Good-to-Go-Toolkit.pdf>

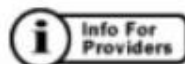
ConversationsOfaLifetime.org



Learn how to talk about end of life.



You'll find more valuable information here, as well as important forms to print out.



At The End

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<https://www.compassionandchoices.org/userfiles/Good-to-Go-Toolkit.pdf>



Two Requests Before I Go



1 Comments



Favorite this joke

VOTE

Not Eligible To Win

2 votes

A woman from New York was getting her affairs in order. She prepared her will and made her final arrangements. As part of these arrangements she met with her pastor to talk about what type of funeral service she wanted, etc.

She told her pastor she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Bloomingdale's.

"Bloomingdale's!" the pastor said. "Why Bloomingdale's?"

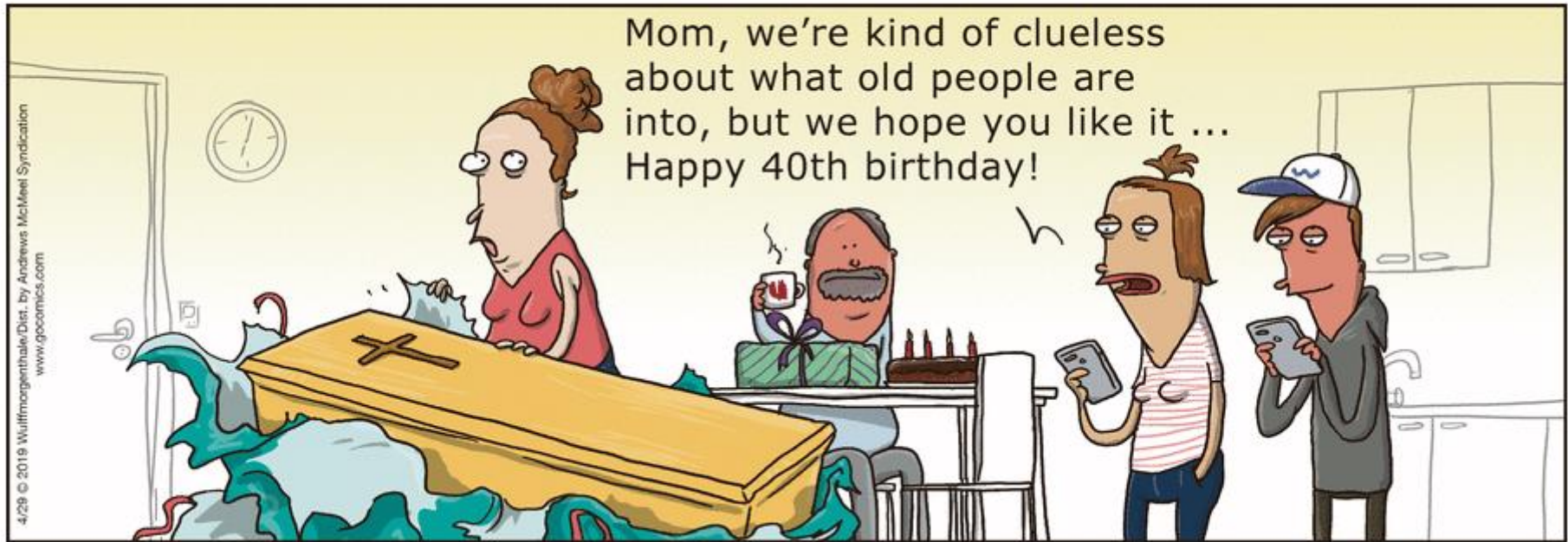
"That way, I know my daughters will visit me twice a week."

At The End

When we hit the end of “the dash,” it’s so helpful to our family if we’ve already made suggestions about certain topics

- ❖ Wills/PoA (already discussed)
- ❖ Memorial Service / Funeral /
Contacts and associated topics
(OPEN TO “AT THE END” TAB)

WuMo by Wulff & Morgenthaler for April 29, 2019



The background is a vertical gradient from light orange at the top to a darker orange at the bottom. Scattered across the background are numerous white circles of varying sizes, some overlapping, creating a bokeh-like effect.

What's
Next?

What's Next?

The website BinderOfALifetime.com has “electronic versions” of most Boal pages in case you want to edit the documents on your computer or print more copies

Once you have Boal tabs in a good level of completion ...

- ❖ Make copies of your binder for specific loved ones? (in some cases, perhaps not all TABS, just key pages?)
- ❖ Store your binder copy in a safe place (possibly going so far as to put it in a fireproof, waterproof safe?)
- ❖ Set aside time regularly to update your Boal. Review the checklist for what is undone and important to you?
- ❖ Share contact information with another person in the workshop and hold each other accountable?
- ❖ Sign up for periodic Boal email/blog posts
- ❖ Attend Anderson Senior Center topical sessions

Conclusion

Concluding Remarks

- ❖ Once you begin “Filling the Boal,” start sharing it with others as good material for meaningful discussions
- ❖ When you get “aha” moments while doing this in the months ahead, please let me know about them via phone, email or letter
- ❖ Thank you for being here. Please take a few minutes to fill out the evaluation form so we make this even better in the months ahead

Thanksgiving

We can be grateful to many for contributing important ideas to this workshop, including:

- The Conversation Project www.theconversationproject.org
- Hospice of Cincinnati <http://hospiceofcincinnati.org/>
- Good-to-Go <https://www.compassionandchoices.org/what-we-do/advance-planning/>
- Presbyterian Foundation <http://www.presbyterianfoundation.org/>
- Conversations of a Lifetime www.ConversationsOfALifetime.org
- Others too numerous to mention, including family, friends, authors, ...

Thank You!

Discussion...if time permits

- Were there any “aha” moments for you during the workshop? What were they?
- What’s the first effort you’ll be making with your BoaL?
- What obstacles do you see with “filling your BoaL?”
- Next steps, if any, for this group based on the workshop?