

“Sharing Critical Information With Your Loved Ones”

Aging with Grace Workshop
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Christ Church Glendale

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Quick Outline

❖ Quick Introduction

- ❖ Steve's background

- ❖ "Binder of a Lifetime" Philosophy

❖ Components - Binder of a Lifetime

- ❖ What's Next?

- ❖ Questions & Answers

Steve as Memory Missionary

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

- ❖ Grandma Cline – diary
- ❖ Cline Reunions annually since '69
- ❖ Mom – diary, letters, calls, emails
- ❖ Dad – pictures, movies, finances
- ❖ Marketing research colleagues
- ❖ And many, many more ...

Long Memories, LLC

Those influences compel me to be a practicing Memory Missionary with Long Memories, LLC.

- ❖ GOAL: help people Make, Capture, Organize and Share Memories!
- ❖ This is a missionary effort so our focus is on encouraging others to action, not making profits

Binder of a Lifetime (BoaL)

Binder of a Lifetime

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

Binder of a Lifetime

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

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?
- ❖ LET'S HAND OUT A LITTLE 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
- The End

BoaL: An Introduction (cont'd)

While there are tabs for certain topics, each individual will want to customize the BoaL

- Section on your hobby(ies)
- Travel summaries
- Additional materials in the existing tabs themselves
- ????????

Details on Tabs

Binder of a
Lifetime (BoaL)

About Me

About Me

- ❖ What do family/friends want to know about you that they don't already?
- ❖ Do this in written, audio and/or video format?
- ❖ Helpful materials to consider

Key Info

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

Key Info

- ❖ Let's browse the Key Info materials...
- ❖ ..\BoaL - binder documents FINAL versions\COPIES FOR PRINTING\KEY INFO Binder of a Lifetime.pdf

Wills/PoA

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

- ❖ Most of us understand will/trust
- ❖ Living Will and PoA for HC are a little less understood (sometimes called Advance Directives)

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

- ❖ Who should be named as your Durable PoA for HC?
- ❖ Can this person “think like you” and “think for you” towards the end of life, taking personal emotion OUT as much as possible?

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- ❖ Who should be named as your Durable PoA for HC?
 - ❖ Can this person “think like you” and “think for you” towards the end of life, taking personal emotion OUT as much as possible?
 - ❖ Should this be your spouse or other treasured family member OR someone with fewer emotional ties?

Advanced Directives

- ❖ It's good to equip our PoA for HC with some answers
- ❖ One good source is the Values Checklist in the Good-to-Go Toolkit (by the group Compassion & Choices) *NOTE: THIS LINK IS ON YOUR ONE-PAGER*

Advanced Directives

How important to you are the following items?

	Very Important			Not Important	
Letting nature take its course	4	3	2	1	0
Preserving quality of life	4	3	2	1	0
Staying true to my spiritual beliefs/traditions	4	3	2	1	0
Living as long as possible, regardless of quality of life	4	3	2	1	0
Being independent	4	3	2	1	0
Being comfortable, and as pain free as possible	4	3	2	1	0
Leaving good memories for my family and friends	4	3	2	1	0
Making a contribution to medical research or teaching	4	3	2	1	0
Being able to relate to family and friends	4	3	2	1	0
Being free of physical limitations	4	3	2	1	0
Being mentally alert and competent	4	3	2	1	0
Being able to leave money to family, friends, or charity	4	3	2	1	0
Dying in a short while rather than lingering	4	3	2	1	0
Avoiding expensive care	4	3	2	1	0

Reflections

Reflections

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

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

Pictures

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Can any of us relate to this photo storage approach?



Pictures

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

The background features a vertical gradient from light yellow at the top to dark orange at the bottom. Scattered across this gradient are numerous thin, white-outlined circles of varying sizes, some overlapping each other.

Things

Things

- ❖ Where did this item come from? Who should it go to?
Label, label, label...
- ❖ Share history
- ❖ Identify next owner
- ❖ Summarize your key “things” on separate BoaL sheets

The background features a vertical gradient from light orange at the top to a darker orange at the bottom. Scattered across this gradient are numerous thin, white, semi-transparent circles of varying sizes, some overlapping each other.

Spiritual

Spiritual

If this topic – or any Boal topic - is not an interest for you, convert this tab to a different subject! 😊

- ❖ Statement of Faith or other philosophical writings
- ❖ Songs that lift your spirit
- ❖ Readings that lift your spirit

At The End

At The End

When we have time, it's helpful to our family if we've already talked about certain subjects

❖ “Conversations of a Lifetime”

www.ConversationsOfALifetime.org

NOTE: THIS LINK IS ON YOUR ONE-PAGER

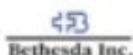
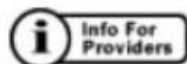
ConversationsOfaLifetime.org



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

It's helpful to our family if we've already made our feelings known about certain topics

- ❖ Wills/PoA (already discussed)
- ❖ Burial/Cremation
- ❖ Memorial Service / Funeral Pre-Planning

At The End

Let's look at some of the details for this section (if time permits)

- [..\BoaL - binder documents FINAL versions\COPIES FOR PRINTING\AT THE END BoaL Memorial Funeral Service Details AS OF 2019-10-23.pdf](#)

What's
Next?

What's Next?

Start filling out pages for your BoaL

ALL BoaL MATERIALS ARE ON OUR WEBSITE

- Word documents you can edit
- Printable documents you can fill out

BinderOfALifetime.com

Binder of a Lifetime

 Search

Increasing "peace of mind" by assembling key information & thoughts using a comprehensive, phased approach

[About Me](#)

[Key Info](#)

[Wills/PoA](#)

[Reflections](#)

[Pictures](#)

[Things](#)

[Spiritual](#)

[The End](#)

[RESOURCES](#)

Conclusion

Concluding Remarks

- ❖ If/when you begin “Filling the Binder of a Lifetime,” consider sharing your thinking with others as good material for meaningful discussions
- ❖ Long Memories is indebted to sources too numerous to personally thank for all the materials we are sharing with you

Thanks for being here and
for your own ongoing
“memory missionary”
efforts!

QUESTIONS?