

Tomorrow is not Promised to Anyone

Life is uncertain. A sudden unexpected death is a traumatic event. Having a conversation about end of life may be a new experience for you. We suggest having the conversation when you and your loved ones are healthy. Make choices today because, *“Tomorrow is not promised to anyone”*.

Think and prepare for the unexpected. It is a kindness to your loved ones.

Sign documents to protect “You”:

- a health care proxy authorizing someone to make medical decisions on your behalf
- a living will expressing your preferences about certain aspects of end-of-life care
- a power of attorney allowing someone else to take over financial matters if need be

If you die without a will or living trust, state law will determine how your belongings are distributed. Making a will is best way to transfer guardianship of minors.

Review beneficiary forms - To change a beneficiary—for example, if you recently got divorced or your spouse died—file an amended form.

Institute a clear filing system for your personal records. Have all your important documents in one place.

Tell friends and family that you love them. Let them know that you have documented your arrangements.

We all have hopes and dreams for the things we want to accomplish throughout our lives. Have no regrets and let go of the things you can't change. EASE counselors are available if you want to talk 800/882-1341.



“Strength is the courage...to reach out!”