

Advocacy and Planning

Covering the Bases Before it's Time to Run Them

SENIOR ADVOCACY, PRUDENT PLANNING, INSURANCE ADVISING, STATE & PROBATE

SENIOR ADVOCACY & RESOURCES**Lane County Legal Aid**

Senior Law Service
541-485-1017, ext. 131
www.lclac.org

Oregon Long-Term Care Ombudsman

Licensed Care Resident Advocates
541-345-2846
www.oregon.gov/lto

Oregon Care Planning Council

Long-Term Care Resources
800-989-8137
www.carefororegon.org

NW Boomer & Senior News

Free Resource Magazine
www.nwboomerandseniornews.com

Prudent Planning For People**FINANCIAL ADVISORS****Madison K. Stewart**

Edward Jones 541-342-8500
Financial Advisor

INSURANCE ADVISING**Pacific Benefit Consultants**

Call Nicole or Teresa
Medicare Insurance Specialists
541-484-6624 www.pbcins.com

ELDER LAW**Strohman | Ford**

541-345-4312
www.eugene.legal

ESTATE AND PROBATE**Probate Real Estate Services**

Ronald P Bush, JD, former CA attorney
ronbush@equinoxrealestate.com
541-514-1141 – Equinox Real Estate

END OF LIFE PLANNING**"I Never Died Before"**

Adult Planning Workbook
Available online through
Amazon or Barnes & Noble
contact: books4bailey@gmail.com

Get Your St Together**

Prudent Planning Site
www.gyst.com

Prudent Planning For Pets

Planning for pets is often neglected during complex and emotional end-of-life transitions, and pets can face abandonment, shelter drop-off, or even euthanasia in the bustle and aftermath of a pet-lover's funeral. Volunteer-based organizations are usually your best source for the most current sitting, rescue and re-homing options in an area, and the Lane County Government page (www.lanecounty.org) has a great list for both animal management rules and service providers. Pet hospice advice, in-home services and disposition service providers will help you answer a lot of questions in advance – and don't forget to store instructions in your "In the Event of my Death" folder!

PET ADVOCACY & RESCUE**Hospice Pet Advocates**

Plan for your pet & Support our work
541-632-3217
hospicepetadvocates.org

S.A.R.A.'s Treasures

Gift, Thrift & Cat Adoption Center
www.sarastreasures.org
541-607-8892

Greenhill Humane Society

541-689-1503
www.green-hill.org

Lane County Animal Services

Volunteer Program
541-682-3645

PET CARE & SITTING**Cat Nurse on Call**

Hospice service for cats
Cat Boarding Facility
541-541-1472 • www.catnurseoncall.com

Claymore Waggin Inn

541-688-3260

Gary Cares Pet Sitting

541-543-4341 • www.garycarespetsitting.com

Pets are People Too

In-Home Cat Sitting
688-3133
Bonded and Insured

PAPERWORK TIP:

The "Appointment Of Person To Make Decisions Concerning Disposition Of Remains"
Oregonians who are not legally married and have a particular person – a significant other or reliable friend - they want to entrust with the task of decision making about their body AFTER death may find the "Appointment of Person to Make Decisions Concerning Disposition" form useful. Without this form, the right to control the disposition falls to the legal next of kin as defined by Oregon law. With the signed (and preferably notarized) form, the person YOU name has final say about what to do with your remains, and it's binding upon hospitals, funeral homes, cemeteries, and even direct kinfolk who might not manage your death the way you wish. You can find this form on the Oregon Mortuary and Cemetery Board website, free for download, in the Consumer Resources section. (www.oregon.gov/MortCem/pages/index.aspx)

TO DO LIST: 2019

Finish your "In the Event of My Death" folder. Just do it!

"IN THE EVENT OF MY DEATH" –

Death happens to everyone eventually, and many of us haven't even bothered to tell someone else close to us what we want, much less write it down or make advance arrangements. There are a lot of great tools these days – you can find funeral planners online; funeral homes and insurance companies have documentation booklets; and a variety of workbooks and other tools that help you get your head around the nuances of your last project are just a web search or bookstore away.

One of the generalist sites we like a lot is www.gyst.com (that stands for "get your s**t together"). It's a comprehensive listing of much of what you need to think about, and you don't have to sign up for it to be useful. Its primary focus is on the administrative detail of the practicals – Insurance, Legal Issues, Trusts, Emergency Funding, and Digital Identity Management. There's a little advertising affiliation, but the site is free and information-heavy; reviewing it beforehand will help you make your own personal roadmap to the professionals, forms, and complicated decisions that lie ahead. GYST doesn't address the very last bits – your funeral, disposition, remembrance and legacy – but it will help you get your financial and legal off-ramp organized before you're actually taking the exit.

Folks who want to keep the environment in mind for their last act need to write down the specifics as clearly as they can. Each death's circumstances are unique, and being clear about what you want will help those who end up carrying out your final wishes. Conventional funeral services are often new to eco-friendly options, and may not promote them or know much about them. Consequently, it's the consumer's job to be informed (just like we did when we kicked off the natural foods and products movements, decades ago.)

To assist in clarifying last desires, the Natural Burial Company has created a free downloadable natural funeral planner (you can find it online at www.naturalburialcompany.com) that makes a good first-draft. It helps you think through your funeral arrangements, with a more natural twist – Cremation or burial? Biodegradable coffin, urn, or shroud? Home Funeral and wake, or immediately off to the ground or the fire? Scattered or forested, or buried in living soil? There's a lot to think about, and it wouldn't hurt to consider it soon.

PET BURIAL AND CREMATION**Faithful Friends**

Pet Burial and Cremation
541-344-8854
www.musgroves.com

Natural Burial Company

Biodegradable pet coffins and urns
503-493-9258
funerals.naturalburialcompany.com

BODY DONATION**Donate Life Northwest**

Donor Information Service
800-452-1369
www.donatelifenw.org
www.donevidanw.org (Spanish)

Lion's VisionGift

Give the Gift of Sight
Eye Donations in Oregon
800-843-7793
www.visiongift.org

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I NEVER DIED BEFORE; A SURVIVAL GUIDE TO AGING AND BEYOND

"Based on the belief that aging is a natural process and not a medical emergency, "I Never Died Before" prepares readers for the emotional and unpredictable journey of aging and dying"

BY ANNE MAGGS

Adult Planning Workbook

Available on Amazon/Barnes & Noble • books4bailey@gmail.com

Mac's
Custom Catering

www.MacsEugeneCatering.com

When it's time to
celebrate the life of
your loved one,
they deserve the
best.

541-344-8600