

Get Your Ducks in a Row!

Estate & Long-Term Care Planning News
from Carolina Family Estate Planning

November 2020

GIVING MEMORIES

The holidays are often a time for making new family memories and sharing family traditions. But as the coronavirus pandemic continues, the holiday season may look a little different this year. So if you're not going to celebrate together this year and make new memories, perhaps this is the year to give the gift of past memories?

What Would It Be Worth?

If you've ever lost someone you care deeply about, can you recall a conversation you had with them? The sound of their voice? What would you give to hear their voice again?

What if they could speak to you and share their stories and advice? What would that be worth?

Whether you realize it or not, at some point in the future, after you're gone, someone close to you will miss you dearly. And they will long to hear your voice again and hear your stories.

When he was just eight years old, Scott Farnsworth's mother died of cancer, but before her death, she wrote a letter to her son. "My mom gave my dad a letter and instructed him to give it to me when I turned 12. As you can imagine, that is one of the treasures in my life to this day."

*If you've lost a loved one in the past,
I'm sure you can relate.*

Tools To Make It Easier

Fortunately, today's technology makes it easier than ever to capture these stories and memories. Here are a few options to check out:

StoryWorth

(<https://welcome.storyworth.com/>)

StoryWorth is a service that helps you write your story by sending you one question per week by email. Once you've completed the exercises, your answers are printed and bound in a beautiful keepsake book you can share with loved ones.

StoryCorps

(<https://storycorps.org/>)

Perhaps you've heard of StoryCorps. It started in Grand Central Station in 2013 and has been featured in many major media outlets. StoryCorps's mission is to preserve humanity's stories.

Even if you don't want to share your stories publicly, StoryCorps has several great resources available to help you share your stories with family including:

The Great Thanksgiving Listen

(<https://storycorps.org/participate/the-great-thanksgiving-listen/>)

and

A list of Great Questions

(<https://storycorps.org/participate/great-questions/>) on a variety of topics that will help you brainstorm stories to share.

Preserve Photos & Videos

If you have family photographs and videos, look into having them digitized and backed up. There are numerous local and national companies that specialize in taking old photographs, VHS videos and similar and digitizing them for safe storage and backup.

Let Yourself Be Vulnerable

A lot of people are uncomfortable being on camera. Or maybe you worry about what to say or whether you have any important stories to share. Please don't let this hold you back! Consider asking a friend or family member to interview you to make it more conversational and comfortable. It doesn't have to be perfect. Your loved ones will still cherish it. So pick a date on your calendar and commit to getting it done.

Want to read the online version of this article?

This one and more are also available at:

carolinafep.com/library

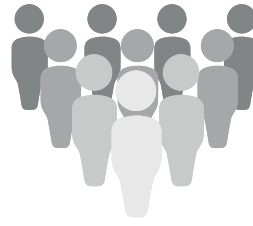
Jackie Bedard is the founder and senior attorney of Carolina Family Estate Planning. When she's not washing her hands and disinfecting surfaces, she's loves reading biographies and playing board games to win against her husband Dan.





10 TIPS FOR FAMILY CAREGIVERS

1



Ask support from other caregivers. Learning that others have had similar experiences can be an enormous relief.

The good you can do for your loved one is dependent on how well you *take care of your own health.*

2



3



Take some respite time, caregiving is hard work.

If someone offers help, take it. Accepting it is not a sign of weakness.

4



Ask for help if you have signs of depression.

5



6

Seek for training and get help from new technologies.



Organize medical information.

7



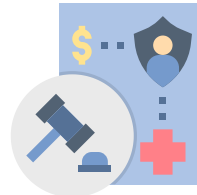
8

Learn how to communicate effectively with doctors.



Plan early for the present and future needs of your loved one.

9



Give yourself credit for doing the best you can in one of the toughest jobs there is!

10



For introducing your Friends and Family to Carolina Family Estate Planning!

thank you

We're devoted to delivering first-class service. As a result, our valued clients, partners, and friends refer their friends, family, and associates to us. As our way of paying it forward, we make a charitable donation for each referral our office receives.

Donna Barla
Bill & Linda Drake
Charlie Feehely
Kellie Smith
Phillip Johnson
Nicolai Sanderson
Ryan Clark
Scott Stonefield

Ashley Crane, First Command
Financial Services
Coastal Credit Union
Kelly Davis, CPA, Watson & Davis, PLLC
Louis Prosser, New York Life
John David, Wells Fargo
Kelly Watson, CPA, Watson & Davis, PLLC
Jenny Bradley, Triangle Smart Divorce

NEW TRADITIONS

It's hard on everyone to skip favorite holiday traditions. But as with so much else during these times, we can try these new ideas to fill in for what we'll miss:

Try a gratitude bowl. Have all the households in your extended family start this process a few weeks before Thanksgiving. Each day, each person writes something they're grateful for on a slip of paper and adds it to their household bowl. During your Thanksgiving virtual event, take turns reading aloud.

Make Thanksgiving resolutions. This can be part of your virtual get-together, or just a quiet conversation with your child to close out the day. What would your child like to learn, try, or do more of by Thanksgiving next year? This is a nice way to remind kids (and all of us) that we all have a lot to look forward to on the other side of this pandemic.

Nala's Nook

Just like with Halloween trick-or-treating, Thanksgiving is going to look a lot different this year, but there are still many ways to celebrate without putting yourself or others at risk. Now is the perfect time to create new memories and traditions!



Traveling to visit family this year will be difficult, but that doesn't mean you can't still celebrate together! Share recipes ahead of time and host a **Virtual Dinner with Family and Friends**, while indulging in a special, home-cooked meal. Spice up your virtual Thanksgiving dinner **by playing a game, toasting with a signature (or any) cocktail** and sharing what you're most thankful for this year.



If the weather is good to us this Thanksgiving, why not celebrate outside? Throw a **Thanksgiving Picnic or Backyard Bash**, and move what might have been an evening dinner to brunch or lunch, and you'll get more hours of natural light. If you have yard or deck space, host a small gathering outside with tables, chairs, blankets, warm drinks and maybe even an outdoor heater or fire pit. If watching the game is part of your Thanksgiving tradition, **Set Up a Projector Outside** to screen football or a favorite family movie. And for those looking for other activities, setting up a competition or tournament outside with games like bocce ball, croquet, badminton or corn hole can be a good option.

Get festive and **Decorate Your House in Fall Flair**, from foliage garlands, dried flowers and colorful maize to knit and plaid home decor. You can also get creative with **Family-Friendly Crafts and Activities**. While the adults are preparing the meal, keep the children entertained with crafts, like a paper bag turkey, DIY handprint turkey hat or Thanksgiving wreath.

For those celebrating in their households or alone, a great way to show thanks this year is by preparing your **Favorite Recipes for Family and Neighbors** and delivering them in a contact-free way. So even if you can't spend Thanksgiving with the grandparents, they'll still be able to indulge in your famous pumpkin pie. Or, consider **Volunteer Opportunities** like Meals on Wheels or one of the many other local organizations in need of volunteers.

IS IT JUST MEMORY LOSS?

THE *Alzheimer's* PLANNING CENTER

AT CAROLINA FAMILY ESTATE PLANNING

Cognitive Impairment, Dementia & Alzheimer's Disease: What You Need To Know

FREE

ONLINE SEMINAR

HERE'S SOME OF WHAT YOU WILL DISCOVER:

- What is it, how is it detected and diagnosed, and how does it progress?
- What are the care options available for individuals with Alzheimer's Disease and related dementias?
- What resources are available for caregivers?
- How to address common concerns that come up when caring for a loved one with Alzheimer's;
- The network of professionals waiting and ready to help you;
- Legal and financial considerations you need to look into: Medicaid basics, Spousal Protection, and FAQ.

Register at: memoryloss.carolinafep.com

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Health Care Directives • Living Wills
Long-Term Care Planning • Medicaid Planning
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Special Needs Planning
Children's Safeguard Planning
Probate & Estate Administration
Trust Administration

This publication is for general education purposes only. It is not intended to be legal advice. This newsletter may be freely copied and distributed as long as it is copied in its entirety.

What's New at Carolina Family Estate Planning?

- Welcome to Vivian Whitman as our new Estate Planning Legal Assistant! Vivian comes with robust estate planning experience and will be working closely with our lawyers so we all can keep providing our clients a first-class experience.

Welcome to the team, Vivian!

- Join the team into wishing Dan Bedard (Executive Director) a Happy Birthday! Congratulations Dan, and Many Happy Returns of the day!



- Congratulations to Law Clerk, Abbey Hudson for passing the MPRE which tests a soon-to-be lawyer's understanding of the rules of ethics and professional conduct. Way to go, Abbey!