



## Your Five Wishes...

In these unprecedented times, we hear about so many people who suddenly find themselves in the ICU...

Do you wonder if they thought about or planned for a medical emergency such as this Covid-19 pandemic could precipitate? Does it raise questions about planning in advance for your care in an emergency situation?

NJV invites you to view a webinar, "**Five Wishes Made Easy**," to learn about a simple tool for documenting **what matters most to you**. The webinar describes the **different medical options available** to you and explains why it is most valuable to **share your thoughts with your loved ones and health care providers** -- before a medical emergency happens.

It is beneficial to have a copy of "**Five Wishes**" while viewing the webinar. NJV is, therefore, making a **free online** copy of "Five Wishes" available to you.

- To get your *free copy* of "**Five Wishes**" today, [click here](#) and use the NJV promotional code: **5Wishes5620**
- To view the "**Five Wishes Made Easy**" *webinar* with Tacy Silverberg-Urian and Caren Martineau, [click here](#).
- For more information about advance care planning, [click here](#) to view "**Just Do It: Planning for a Good Life and Death**" with elderlaw attorney, Shana Siegel.

Until we can get together again over lunch, we will continue to bring you as much information as we can virtually... Check back to [www.northjersevillages.org](http://www.northjersevillages.org) throughout June for *other webinars on advance care planning*...

**STAY HEALTHY & STAY CONNECTED!**

*Kathy Kuzma*

**Bergen County COYL Task Force member  
Executive Director, NJV HUB Village**