

FINISHING WELL

St. Bartholomew's Church

Make a Lasting Gift to Your Family and Loved Ones

Last instructions are intended as a gift to family and friends. You are the author:

- Peace of mind - spare them some of the anxiety of making decisions
- Reduce tension, stress, disputes
- Preplanning can save money – when we are in grief, we may not make the wisest decision {Funerals can be expensive \$8,000 – \$16,000 is not unusual}
- Preplanning is applicable for young and old – why not do it now, when you are in control?
- Columbarium: Consider purchasing a niche and inurnment of cremains at St. Bartholomew's.

Who is on your team? Clergy, Attorney, Insurance agent, Financial advisor, Funeral Home, Medical, Hospice, Family and Friends. You are the Captain.

Completing the Instructions form: Work with the staff who are trained to advise you in this area.

Consider alternative plans, e.g., site, disposition of remains

Be as detailed as you want: clothing, jewelry, etc...

Obituary – prewritten or a summary biography Funeral home will assist and place it

Obituary Costs: Tennessean – Base fee \$40.00 includes 90 listing on Legacy.com, \$9.30/line, photo: \$50.00/day (615)-259-8808 –ext.3

List of things to be distributed such as furniture, silver, china, etc. which survivors want or have asked for.

Financial Information sheet – optional

Where to leave the Instructions: Church, Attorney, Family (discuss your desires with the family – they may resist, (it will help them). Leave a copy with them if you are going on a trip.

Files/letters – colored tabs on important files so survivors can easily identify them

Know where all documents, files, passwords, keys, etc. are kept

Periodically review and revise as necessary – our desires and circumstances change.

Will: is a “must have” as well as a **living will, power of attorney. Advance directive / DNR forms.** The will is **not** the place for final instructions as it may not be read for several days – then it is too late. It is the place to spell out the distribution of assets, care of children, survivors. If there is no will, you and your survivors have forfeited any say in the matter of distribution. Must know where the original will is located.

Death certificates: Have your survivor(s) plan on getting several copies (twice the “recommended” number of the funeral director)

Shop for services and options: mortuary, cemetery, crematoriums, etc.... make your choices known to control expenses. Are you a member of a “society”?

Interview the provider(s) of services Visit funeral providers and get prices in writing.

Funeral Consumer Alliance www.funerals.org supports consumer funeral protection

Federal Trade Commission – www.ftc.gov/bcp/edu/pubs/consumer/products/pro19.shtm

Better Business Bureau

Pre-paid services – may save money and aggravation, but there are potential pitfalls.

Larkspur Conservation-nonprofit, natural burial, John Christian Phifer 615-504-6371

www.Larkspurconservation.org

Veterans: TN Veterans: (615) 532-2238

I 40 W of Nashville

Nashville National: (615) 860-0086

Madison

Cremation: Fees for direct cremation may range from \$800 - \$4,500 plus...

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Finishing Well (continued)

Anatomical Donations – One may want to donate their body:

Meharry Medical College: Patrick Tucker (615) - 327-6944

Tennessee Donor Services: (615) - 234-5251, www.tndonorregistry.org

UT Medical School Memphis: (901) - 448-5978

Vanderbilt Univ. School of Medicine: Kevin Wilkinson, (615)-322-7948

Other sources: Fees will vary depending on the program and level of services selected, e.g.:

Legalzoom.com: Wills from \$69-119, power of attorney {POA} \$35-149, living will \$39-149 + (800) 962 – 7490 Package for Legal Plan, Will, Living Will and POA is \$149.

USLegalForms.com/Dave: {Dave Ramsey endorses} Wills start \$21.95+, POA \$19.95+ (877) 389 0141 Package of Will, Living Will, POA \$79+

Legal Aid Society: 244-6610, www.las.org

Books: “**Passages in Care Giving**”, Gail Sheehy,

“**The Four Things that Matter**”, Ira Byock, MD (I Forgive you, Forgive me, Thank you, I Love you)

“**Making the Most of Your Money NOW**”, Jane Bryant Quinn

Supper Club/Family/Friends: www.Deathoverdinner.org friendly and easy to use

Council on Aging of Greater Nashville: (615) 353-4235

Family Caregiver Alliance: “**Family Care Navigator**”, an online guide and source to find government, nonprofit and private caregiver support programs, legal resources, living arrangements and disease-specific organizations www.caregiver.org

American Institute for Economic Research “**If Something Should Happen**” comprehensive worksheets; www.aier.org/bookstore ; 888-528-1216, \$10.00 or free download

ABA/AARP: “**Checklist for Family Survivors**”: comprehensive book with forms on a CD \$19.95

CARPE DIEM & CAVEAT EMPTOR

Seize the day - act now, make plans leading up to the finish line *while you are able*. Meet with family and make plans and contingency plans for downsizing. What do you want to keep, what is to be distributed/disposed of?

Why not make your plan now? We plan our day /week, plan appointments with the doctor, dentist, car repair, beauty salon, pick up the children, shopping, anniversaries, vacation, etc....

Photo albums/scrap books/family biography/transcriptions: Develop or add to your family history using video, audio or the written word to record memories. It can be a family project with children and relatives as interviewers

If married, make a plan and budget(s) now while both of you are alive, and another for “what happens if one dies before the other”. How and where will he/she live? Are the children able and willing to help /take me in? Do I want to live with them?

The above is for informational purposes only and not intended to be all inclusive nor endorsed by St. Bartholomew's Church. Please contact the staff at St. Bartholomew's for assistance in completion of the Finishing Well forms.