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LEAVE A MAP, NOT A MESS.

The really important questions for your map!

As your end of life approaches,

Do you want to remain in a hospital? Transfer to a hospice facility? Or remain home with hospice care?

- I would want to be where it is the most necessary. If that's in the hospital where they are actively working on me, then that's ok. If not, and I'm still in my home, I'd rather be at home with hospice if that's what's needed. Or in a hospice facility is fine.
- Hospital of Choice: Probably Denver/St Joseph's hospital or close to my kids.
- Hospice of choice: TRU Community Care; 2594 Trailridge Dr. E., Lafayette, Colorado 80026; 303-442-0961

Are there things you want around you? Pictures? Plants or flowers? Candles or aromatherapy diffusers? Music? Television? Movies? Books on tape? What would you like to wear?

- I'd want my family around me as much is feasible.
- Soothing/yoga music would probably be nice.
- When exercising these powers, my Agent should bear in mind my standards for maintaining personal dignity and a meaningful quality of life.
- I affirm my belief in the importance and value of my personal dignity, both in living and in dying. I wish to be kept clean and my bed to be fresh. Regular personal hygiene needs should be looked after as long as they do not cause additional pain or discomfort. Please moisten my lips and mouth as needed with a natural lip balm. Keep my hands moist with a natural lotion. I would like lavender scents around me in my final days to take the edge off any medicinal scents, and for music that I like (yoga, soft) to be playing in the background rather than silence or television. I would like to remain in comfortable clothing. Please add a journal at my bedside for visitors share thoughts, drawings, and favorite memories of me. When they are done writing, I would ask that they read the memory to me and share other fun times. This will bring me comfort and joy as well as give my family the opportunity to hear new stories of my life. Please engage with palliative care early, such an incredible resource for my care and for my family. If possible: Sunshine, fresh air, etc

What about organ donation? Family first? Anyone in need? Science?

- Yes to all, in that order.

4.4 SERVICE: End of life ceremonies? Songs? Poems?

- Maybe a few words from them about me, like big dad's.

Burial/Cremation? Where and why?

- I would like to be cremated.
- Ashes either spread at my favorite spot along the Boulder Creek hike we used to do. Or that I'm turned into something good and useful like a tree, if that's still a possible thing. I do NOT want my ashes placed in a funeral home.
- MORTUARY/FUNERAL HOME CHOICE: doesn't matter as long as I'm cremated, turned into a tree if possible.
- 4.3 BURIAL INSTRUCTIONS: I hereby designate and authorize my agents listed in this document to have my remains cremated. This statement shall serve as a signed writing of my instructions and shall remain valid after my death.

4.5 REMEMBRANCE RITUAL:

- I would like my family and friends to think about all that they have on my birthday and appreciate where they are at the moment. I would like my children to write five things they are most grateful for from the preceding year in a journal so they can go back and review the things that made them happy. It is my hope that they will realize that the small things really do add up to be the big things.
- Is there something your family might do to remember you on your birthday? Bake cookies, plant a tree?
 - Planting a tree would be really nice.

Name your trust; what do you hope it might provide for your kids? Tell them.

- I hope it provides my kids ease in life, and to get to do things they want that they might not have been able to. Travel, buy a 2nd home if they'd like, spend extra time with their kids/grandkids if they have them.
- I would like you to give generously to charity.
- I would still like you to work, for your own self-worth and betterment. I believe in a strong work ethic and that work is good for us! Please do not use this trust instead of working unless you're disabled.

At what ages and in what percentages do you want your children to receive distributions from their trust?

- I would like to talk to Stephanie and others about this.
- I'm thinking if I die relatively young,
 - 10% upon my death
 - 15% when Shayne and Travis turn 40
 - 25% when Shayne and Travis turn 50

- 25% when Shayne and Travis turn 60
- 25% when Shayne and Travis turn 65

If all of you pass together, who inherits then? Pick a charity just in case as well.

- Tina Anderson Hollis: 25%
- Charity: 75%. Charities like ACLU, another Jewish charity, some charities that help social injustice.

Instructions for guardians of small kids, what makes them happy, sad and silly?

If you had 10 minutes to live, what would you tell your kids? You can tell them each different things.

- I love you very much and am very proud of both of you. Y'all have been the greatest joys of my life and of huge support, and I appreciate it with all my being.
- Have a strong work ethic; travel, have adventures and FUN; remain curious and open minded; do what you love and love what you do; keep growing, learning, reading, exploring; talk openly to others and be open to others and their perspectives; be honest, moral, ethical, kind; stand up for and do good work/mitzvahs for others; be a good friend; stay in reality and have people around you that keep you in check and in reality. Love and be loved. I love you.

These might be hard, but how amazing will it be when they hear your words and phrases and know that you have been thinking about their best interest for always. Create a legacy of love and caring, this is more than about money. How do you want them to live?