



Successful Aging Institute

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June 2016 E-Newsletter

Come See Us At the 9th Annual SPIN Fair *

Saturday, August 6th 2016, 9:00 AM—1:00 PM

Campbell Community Center, 155 High St. Eugene, Or.

Free giveaways, activities, entertainment, refreshments, and fun for boomers, seniors, family and friends

*Senior Provider Information Network of Lane County.

For information, please call 541.682.6313

Class Highlights for June 2016

CLASS NAME: Get a Job at 50+

Date: June 7th

Time: 5:30—7:00 PM

Cost: Free

Location: Eugene Public Library

CLASS NAME: Color Me Purple

Date: June 18th—June 25th

Time: 12:00-3:00 PM

Cost: \$59.00

Location: Pepperberries Ultimate Kitchen Store

CLASS NAME: Yoga and Nutrition for Gut Health

Date: June 20th—July 18th

Time: 6:00-8:00 PM

Cost: \$48.00

Location: Eugene Yoga

CLASS NAME : Pilates Mat Class

Date: June 24th—July 22nd

Time: 12:15 –1:30 PM

Cost: \$38.00

Location: Eugene Yoga Downtown

Successful Aging Institute
Lane Community College
Downtown Campus
101 W 10th Avenue
Suite 133
Eugene, OR 97401
541.463.6262

www.lanecc.edu/sai

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Director

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Getting Your Affairs in Order

Our office was contacted recently with the question “*How do I help Seniors prepare their end of life affairs? So many do not have their affairs in order. How do we get the seniors the help they need. Life happens and many are not prepared.*” To be honest this question took us a bit by surprise. We are all about Successfully Aging, being active and living every moment to its fullest, but part of that success is to be prepared for medical emergencies or end of life.

No one ever plans to be sick or disabled . Yet, it’s just this kind of planning that can make all the difference in an emergency.

Steps for Getting Your Affairs in Order

- **Put your important papers and copies of legal documents in one place.** You could set up a file, put everything in a desk or dresser drawer, or just list the information and location of papers in a notebook. If your papers are in a safe deposit box, keep copies in a file at home. Check at least once a year to see if there is anything new to add.
- **Tell a trusted family member or friend where you put your important papers.** You do not need to tell anyone about your personal affairs but someone should know where you keep your papers. If you do not have a trusted relative or friend, ask an attorney to help.
- **Give consent in advance for your doctor or lawyer to talk with your caregiver as needed.** There may be questions about your care, a bill, or a health insurance claim. Without your consent, your caregiver may not be able to get the needed information. You can give your okay in advance to Medicare, a credit card company, your bank or your doctor. You may need to sign and return a form.

What Is an “Important Paper”?

The answer to this question may be different for every family. This is a starting place. You may have other information to add. For example, if you have a pet, you will want to include the name and address of your vet.

Personal Records

- Full legal name
- Social Security number
- Legal residence
- Date and place of birth
- Names and addresses of spouse and children.
- Location of birth and death certificates and certificates of marriage, divorce, citizenship and adoption
- Employers and dates of employment
- Education and military records
- Names and phone numbers of religious contacts
- Memberships in groups and awards received

- Names and phone numbers of close friends, relatives, and lawyer or financial advisor
- Names and phone numbers of doctors
- Medications taken regularly
- Location of Living Will and other Legal Documents

Legal Documents

There are many different types of legal documents that can help you plan how your affairs will be handled in the future. Many of these documents have names that sound alike, so make sure you are getting the documents you want. Also, State laws do vary, so find out about the rules, requirements, and forms used in your State.

Advance Directives let you make arrangements for your care if you become sick.

Wills and Trusts let you name the person you want your money and property to go to after you die.

- A **living will** gives you a say in your health care if you are too sick to make your wishes known. In a living will, you can state what kind of care you do or don't want. This can make it easier for family members to make tough healthcare decisions for you.
- A **durable power of attorney for health care** lets you name the person you want to make medical decisions for you if you can't make them yourself. Please make sure the person you name is willing to make those decisions for you.

For legal matters, there are two ways to give someone you trust the power to act in your place:

- A **general power of attorney** lets you give someone else the authority to act on your behalf, but this power will end if you are unable to make your own decisions.
- A **"durable" power of attorney** allows you to name someone to act on your behalf for any legal task, but it stays in place if you become unable to make your own decisions.

Financial Records

- Sources of income and assets (pension from your employer, IRA's, 401(k)s, interest, etc.)
- Social Security and Medicare information
- Insurance information (life, health, long-term care, home, car) with policy numbers and agents' names and phone numbers
- Names of your banks and account numbers (checking, savings, credit union)
- Investment income (stocks, bonds, property) and stockbroker's names and phone numbers
- Copy of most recent tax return

- Location of most up-to-date will with an original signature
- Liabilities, including property tax— what is owed and to whom, when payments are due
- Mortgages and debts—how and when paid
- Location of original deed of trust for home and car title and registration
- Credit and debit card names and numbers
- Location of safe deposit box and key

**From NIH National Institute on Aging <https://www.nia.nih.gov/health/publication/getting-your-affairs-order>*

Here are some helpful resources:

ADRC

(Aging and Disability Resource Connection)

1015 Willamette St. Eugene, Or. 97401

541.682.3353 www.ADRCofofOregon.org

Senior Law Service

376 E 11th Ave, Eugene, Or. 97401

541.485.1017 ext 131 800.575.9283 www.lclac.org

AARP

601 E Street, NW Washington, DC 20049

888.687.2277 www.aarp.org

Centers for Medicare & Medicaid Services

7500 Security Boulevard Baltimore, MD 21244

877.267.2323

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