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# END-OF-LIFE BINGO

doing this now is a gift to your loved ones later

<b>1</b> document organ donation status	<b>2</b> serious de-clutter of possessions	<b>3</b> identify guardian for pets	<b>4</b> list of whom to notify (& whom not to)	<b>5</b> give copy of your advance directive to your doctor
<b>6</b> review beneficiaries for all accounts	<b>7</b> medical power of attorney (aka health care proxy)	<b>8</b> make or update will	<b>9</b> list of passwords: online accounts	<b>10</b> decide disposition of body
<b>11</b> pre-plan & pre-pay burial / cremation	<b>12</b> identify guardian for minor children	<b>FREE SPACE!</b>	<b>14</b> list: bank/retirement accounts; insurance policies	<b>15</b> balance at end-of-life: lucidity ~ joy ~ pain meds
<b>16</b> make bequest to spiritual home in your will	<b>17</b> addendum: dementia & being fed	<b>18</b> talk with your next of kin about your EOL wishes	<b>19</b> write down ideas for your memorial service	<b>20</b> advance directive/ living will
<b>21</b> document location of keys (safe deposit, P.O. Box, storage unit, etc.)	<b>22</b> give copy of advance directive to your minister	<b>23</b> do a "will drill" with next of kin	<b>24</b> create a "death file" or "death box"	<b>25</b> write an ethical will

1. Organ donation status - driver's license, advance directive, share your decision with next of kin.
2. "Swedish death cleaning" - don't pass on your clutter to your survivors.
3. Someone you trust to care for your pets; leave money to cover costs, if you can.
4. There might be people from your past who you want notified; or whom you do not want to be invited to your funeral.
5. Medical offices will often scan it into their system.
6. Sometimes beneficiaries change but we forget to document it.
7. This is the person who makes medical decisions for you if you are unable to do so for yourself.
8. Even if you have a will, it can quickly get outdated.
9. Someone you trust knows how to access your latest passwords.
10. What will happen to your body when you die? There are many options.
11. If you can pre-pay, this can help reduce logistics for your loved ones who are in mourning; if you pre-plan, it's more likely that what you want, will actually happen.
12. Make sure to have a conversation with the person/people before you name your children's guardian.
13. Everyone needs some free space!
14. Make a list of account and policy numbers; don't make your survivors hunt - put it in the "death file" or "death box." (see #23 & #24)
15. Talk with your next of kin about what you want when it comes to your last days - pain free even if that means you aren't alert? How does pleasure/joy fit into that equation? Talking about it now means they can support you at such a tender time.
16. If a spiritual community feeds you, is there a gift you can give so that future spirits are similarly fed?
17. Fill out clear directions about what to do if you end up with dementia.
18. Don't just fill out paperwork - have conversations ~ OFTEN - review at the 4 D's: death, divorce, diagnosis, every decade.
19. Write down ideas for your memorial service - songs, readings, speakers, who you want to give the eulogy.
20. Use Five Wishes AND your state's advance directive form.
21. Write down or let someone know where important keys are.
22. Give your advance directive to anyone who might be involved or supportive at the time of your dying.
23. Do a "will drill:" make sure your next of kin knows where the important stuff is. (see #24)
24. Put the important stuff in one place - a file or box or something creative.
25. Rooted in the Jewish tradition, write a letter to your survivors passing on your deepest values and ethics.