

Family & Friends Connection Report

At the most recent meeting of the Family & Friends Connection, attorney Cathy Orton led a discussion about a few important healthcare and financial planning tools. One word of advice she offered to those in attendance was to be cautious of forms obtained from internet or computer programs. See below for further details from the meeting.

Estate planning - She recommended using a team approach - working closely with your attorney - when dealing with financial advisors, tax preparers and insurance advisors. This will help to ensure that the plans laid out will be tailored to your specific needs.

A few things to consider:

- lifetime gifting
- simple will
- living trust
- irrevocable trusts
- marital agreement
- will with trust provisions
- transfer on death designations

Food & Nutrition Report

Holiday meal

For the Fourth of July, the residents will be able to enjoy some patriotic desserts. The lunch menu will include angel food cake with blueberries and cherry topping. For dinner, they will be served a pudding parfait (vanilla pudding with blueberry pie filling and strawberries on top).

If you plan to join your loved one on the Fourth of July, please let the unit coordinator know prior to June 28. Also, note that there is a limit of two complimentary guest trays per resident; additional meals may be purchased once that limit has been met.



On the menu for the July 15th picnic:

- Chicken salad sandwiches
- Pickles
- Potato salad
- Fruit salad
- Hot dog on a bun
- Baked beans
- Potato chips
- Lemon poke cake

Future planning - She suggested having a few key things in place to guarantee your wishes for the future are carried out.

Tools to plan for your future:

- durable power of attorney
- disability insurance
- healthcare power of attorney (*a living will is helpful*)
- retirement benefit planning
- long-term care insurance
- titling and beneficiaries

Plan to attend the next Family & Friends Connection meeting on Wednesday, July 14 at Crest View in New Lisbon starting at 2 pm. Judy Bessac, Mile Bluff Medical Center behavioral health therapist, will present, "Coping with anxiety and depression."



JULY DATES TO REMEMBER

- 1 Harmony Express, 2:30 pm
- 2 Ernie Droessler, 10 am
- 3 Fireworks, 9:30 pm
- 8 Birthday BINGO and party, 2 pm
- 9 Dining in
- 13 Dining out
- 14 Family & Friends Connection meeting, 2 - 3 pm at Crest View in New Lisbon
Topic: Coping with anxiety & depression
- 16 Musical Mary Siefert, 10 am
- 22 Resident council, 2:30 pm
- 29 4-H dog show, 6:30 pm

