

September Newsletter



Welcome to the inaugural edition of Final Compass Monthly! Each month, we'll provide practical tips, timely updates, and expert insights to help you navigate the delicate yet essential aspects of end-of-life planning. This September, we're focusing on digital legacies, medical advocacy, and eco-friendly funeral options. Whether you're just starting your end-of-life planning journey or refining your plans, we're here to guide you with compassion and clarity.



1. Tip of the Month: Start Your Digital Estate Plan

In today's digital world, it's easy to overlook online accounts, social media profiles, and cloud storage as part of your estate planning. However, these assets hold both monetary and sentimental value. Here's how to begin:

- **Create an inventory** of your digital assets. This includes email accounts, social media, cryptocurrencies, digital photos, and any other online presence.
- **Securely store login details.** A password manager can help store and update passwords, ensuring your executor can access these assets.

Designate a digital executor in your will who will manage your online presence according to your wishes.

These steps help ensure your digital life is responsibly managed and can be a lasting memory for your loved ones.

In this newsletter you can expect:

Start Your Digital Estate Plan

Choosing a Medical Advocate

New Sites in Your Area

The Power of Preparation





2. Spotlight: Choosing a Medical Advocate

Your medical advocate—also known as a healthcare proxy—plays a critical role in ensuring your medical wishes are honored if you are unable to communicate. To choose the right person:

- **Select someone trustworthy** who respects your values and can handle decisions under pressure.
- **Have a candid conversation** with them about your preferences for end-of-life care, including resuscitation, life support, and pain management.

- **Complete the necessary legal documents**, such as a healthcare proxy form, to officially appoint your medical advocate.

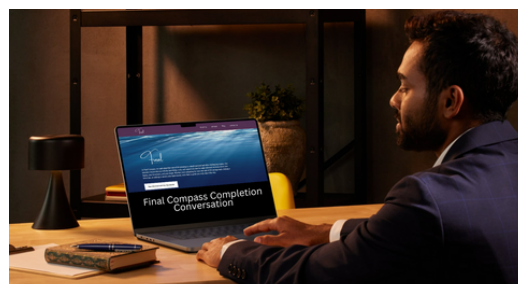
Having this in place not only gives you peace of mind but also prevents potential conflicts among loved ones during difficult times.



3. Green Burial Update: New Sites in Your Area

Eco-friendly burial options are growing in popularity, and for good reason. Green burials minimize environmental impact, reduce the use of chemicals, and return the body naturally to the earth. This September, new green burial sites have opened in several U.S. states, including California, New York, and Oregon. These sites offer beautiful, natural settings where loved ones can visit while respecting the environment.

Did you know? Aquamation (also known as water cremation) is an alternative to traditional cremation that uses water and alkali to break down the body in an eco-friendly process. It's now available in more locations across the U.S.



4. Completion Conversations: The Power of Preparation

Talking about end-of-life preferences with loved ones can feel daunting, but it's one of the greatest gifts you can give your family. This month, we encourage you to begin what we call "completion conversations." These discussions help ensure that everyone is aware of your wishes, from medical decisions to funeral preferences. Here's a simple conversation starter:

"I've been thinking about making sure my wishes are clear in case anything happens. Can we talk about what matters to me for my end-of-life care?"

Starting these talks early can ease anxiety and prevent confusion later on.

September 2024 Resource Highlight:

- Digital Legacy Services: Explore platforms like MyWishes and GoodTrust, which help store your digital assets and assign a digital executor.
- Free Legal Forms: Many states offer free healthcare proxy and advance directive forms. Check your local government websites for easy access to these critical documents.

Upcoming in October 2024:

- Estate Planning Checklist: Essential Steps for Protecting Your Assets
- Understanding Trusts: Benefits for Your Family
- Spotlight on Ethical Wills: Leaving More than Material Goods

We hope this newsletter has given you some food for thought as you plan for the future. Our team is here to support you with thoughtful resources and guidance every step of the way.

Warm regards,
The Final Compass Team