



FVGLA E-News— designed to help you in your planning and discussions with others about our mission.

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**Farmington
Village Green
and Library
Association**

Choosing To Talk: The Gift of Peace of Mind

People don't like to talk about their own mortality or health conditions. And getting family members together in order to discuss these important topics can be difficult.

That's why the holidays can be important time in your planning.

At this time of year, when close family often comes together to reconnect, setting time aside for these discussions can be beneficial. It may not be easy to do, but in the long run, it can provide you with one of the greatest gifts you'll receive: peace of mind.

You may want to share what you plan at your death, but it also makes sense to bring up long-term health plans, wills, power of attorney, living wills and healthcare appointments.

People often assume they'll have plenty of time for these discussions – or to make arrangements—but truth is, often when illness strikes, or an accident or death occurs, there's no time for discussion—it's forced—which can lead to confusion and resentments.

Consider planning a meeting to raise topics such as: who's in your will, who's named executor, why, intended recipients of your will, and beneficiaries of your retirement plans (which supersede your will). Discuss your charitable intentions—what organizations and groups you've included in your plans—and any outstanding pledge commitments you have.

Why Put It Off?

Good intentions will not make this happen, and procrastination is the worst feeling. Knowing you've made plans and have someone to carry them out is a relief. Now's the time to talk to your loved ones, when they're together for a pleasant occasion, and you can meaningfully discuss what's important to you.

This message is one of a series intended to be a resource in your planning. The publisher is not engaged in rendering legal or tax advice. For advice in your specific case, contact your attorney or financial planning professional.

The Farmington Village Green and Library Association, established in 1901, helps to preserve the quality of life and cultural history of Farmington through an endowment that supports the Farmington and Barney Libraries, Stanley-Whitman House, the Village Green and Memento Mori Cemetery. You may direct a charitable gift to benefit one of these, or restrict it to the FVGLA endowment which allows its board of trustees to use your gift where there is the greatest need in any particular year. Contact us for more information, or visit us at <http://the-FVGLA.org>. All calls are held in the strictest confidence.

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