



OUR TERMINAL



Special Steps to Consider

A COMPILATION OF INTENTIONAL ACTIONS TO HELP YOU AND YOUR LOVED
ONES NAVIGATE THIS DIFFICULT JOURNEY



Dear Community,

When my mom got diagnosed with terminal cancer, my brain quickly became overloaded with the tasks before me. Managing appointments, keeping her medication schedule running effectively, and caring for the needs of my other family members, left me feeling frazzled and foggy minded. Through the encouragement and ideas of others, we were able to look outside of the day-to-day responsibilities, and accomplish some tender, memory-making moments. These gifts still bless our family today, years after her journey on this earth ended. We compiled a list of some practical steps that made her situation run more smoothly, as well as some fun, lighter experiences that lifted her spirits. We will update this list as we are made aware of other special ideas. This isn't a strict to-do list that must be checked off, but rather a compilation of big and small actions that can brighten your family's terminal journey. We stand with you and value the story God is writing in each one of you.

With Love, Sarah & Our Terminal Team

Special Steps

- Pick a week you are feeling a bit better and have an individual and family photo session taken
- Meet with an estate attorney to discuss important topics like an advance directive and important documents that need to be finalized
- Make a realistic bucket list – plan a trip or small day activities that you'd like to accomplish together
- Ask someone to help you complete any unfinished projects
- Pick a theme song for this season of your life. When it comes on the radio, it will spur you on!
- Make a list of special household belongings and how you acquired them
- Record your voice. There are some neat teddy bears or read aloud books that help you do this.
- Make sure all your passwords are in one, easy to locate place
- Ask and extend forgiveness as it is needed. That is a gift that lasts forever.
- Meet with your pastor or a close family member to talk about your celebration of life preferences.
- If you find a new sweater, gadget, or tool that you'd like to have... buy it!
- Set up a website that helps people stay connected to your story. Caringbridge.com is a great place to start.
- Teach someone your favorite recipe
- Sit down with family photo albums and share the people and stories behind them.
- Share your favorite life stories with a relative or friend. Have them jot them down for safe keeping.
- Live today like there is no tomorrow. Laugh, cry, talk, share, and most of all love deep.