

BEGIN^{with}_{the} END

IN ORDER TO LIVE WELL TODAY, WE MUST
PLAN WELL FOR TOMORROW

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ABOUT MARNI



I am a Death Doula who focuses on End-of-Life & Legacy Planning. My goal is to create a safe space to learn and talk about death, dying & grief. This includes accountability in completing advance care directives & end-of-life planning, creating legacy projects, and helping with pre-and-post death logistical support.

WHAT WE'LL COVER

✓ Financial Legacy & Making Your Wishes Known

✓ Digital Legacy

✓ Personal Legacy / Legacy Projects

Legacy at its
core is how we
want to be
remembered



Why Planning Is Important

You have a say in
future decisions

A gift to loved ones

Can create more open
dialogue with family

By talking about death,
you give it less
emotional power

Allows you to live more
freely

Can alleviate anxiety

WHAT STOPS US FROM PLANNING?

"I'm not wealthy enough" → Everyone has a legacy worth protecting

"I'll do it later" → Tomorrow isn't guaranteed

"It's too complicated" → Start simple, build over time

"My family will figure it out" → Clarity is a gift of love

PRACTICAL
PLANNING IS
PART OF
YOUR LEGACY



BEGIN ^{with} _{the} END

PAPERWORK TO CONSIDER AS PART OF YOUR LEGACY PLAN



- 01 Last Will : Who gets what, guardian for minor children
- 02 Power of Attorney (Financial): Who manages money if you can't
- 03 Healthcare Proxy & Living Will :Medical decisions and end-of-life wishes
- 04 Trusts (if appropriate): Can avoid probate, protect assets
- 05 Beneficiary Designations & TODs: Transfer on death for accounts, property
- 06 Digital Assets & Pet Plans: Online accounts, photos, pet care instructions

When to Review Your Documents

✓ Every 3–5 years (at minimum) Laws change, life changes

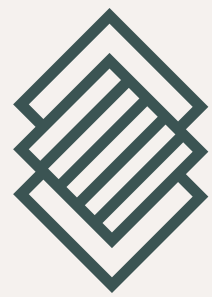
✓ After major life changes Marriage, divorce, birth, death, moving states

✓ When relationships shift New grandchild, estrangement, change in trust

✓ When your wishes evolve New charities, different priorities, health changes

"SET-AND-FORGET" DOESN'T WORK!

A Simple Review Rhythm



1. Pick a recurring date - something you'll remember - put it on the calendar



2. Review key docs & contacts - are names still correct? Do beneficiaries need updating?



3. Note what's changed in your life: Health, relationships, finances, priorities



4. Schedule a check-in if needed - even 20 minutes with a professional can bring peace of mind

LEGACY & FINANCIAL GIVING

- ✓ Supporting causes you care about: from animal shelters to medical research to your place of worship—your giving reflects your values
- ✓ Gifts to family or community - even modest gifts carry enormous meaning when given with intention
- ✓ Planning with purpose: Ask yourself: "What do I want my money to accomplish after I'm gone?"

PLANNING FOR YOUR PETS 🐾

Who will care for them?

Name a guardian in your will or trust(have backup options)

- Make sure they've agreed!
- Set aside funds(estimate costs: food, vet care, grooming)

Leave instructions:

- Feeding schedules, medications, quirks
- Favorite toys, routines, vet info
- What makes them feel safe and loved



Your Digital Legacy

Online Accounts & Passwords

- Email, banking, social media
- Use a password manager or secure list
- Designate a digital executor

Photos & Memories

- Where are they stored? (Cloud, hard drives, phones)
- How can loved ones access them?
- Consider backing up precious photos

Social Media & Memorial Wishes

- Do you want accounts deleted or memorialized?
- Facebook/Instagram have legacy settings
- Leave clear instructions

GETTING ORGANIZED – CREATE A SYSTEM THAT WORKS

Create Your One-Place Organizer

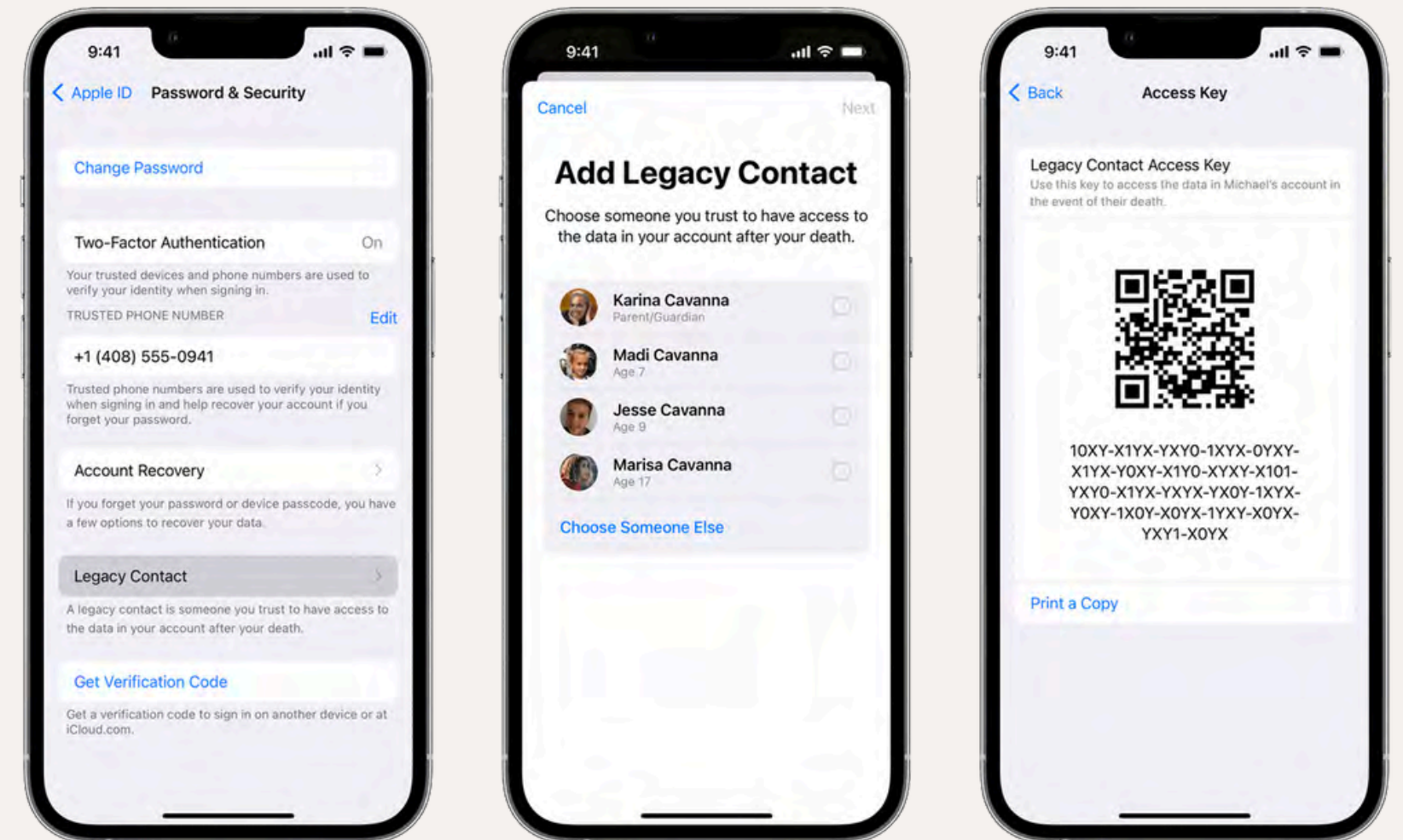
- Legal + medical documents
- Financial info and account access
- Digital life (logins, vaults, devices)
- Funeral or memorial instructions
- Who to contact and how

***REVIEW YEARLY OR AFTER BIG LIFE CHANGES



HELPFUL TOOLS

- Set up a legacy contact in their iPhone (Androids don't have this option unfortunately)
- Set up an inactive account manager in Gmail.
- Set up Facebook Memorialization Feature



Final Wishes & Trusted Contacts

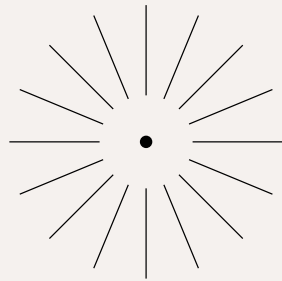
Create a "When I Die" binder or file:

- List of people to notify (with contact info)
- Obituary wishes or pre-written draft
- Funeral/memorial preferences
- Burial or cremation instructions
- Special requests (music, readings, flowers)

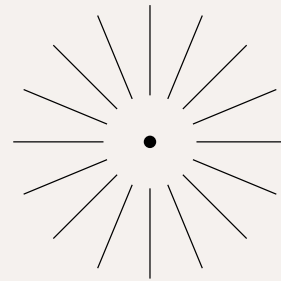
Your trusted contact list should include:

- Close friends and family
- Attorney, financial advisor, doctor
- Insurance agents, accountant
- Clergy or spiritual advisor
- Anyone who needs to know

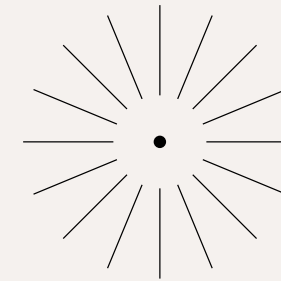
WHY THESE DETAILS MATTER



Every clear
instruction you leave
is an act of love.



Every detail you
document is one less
decision your loved
ones have to make.



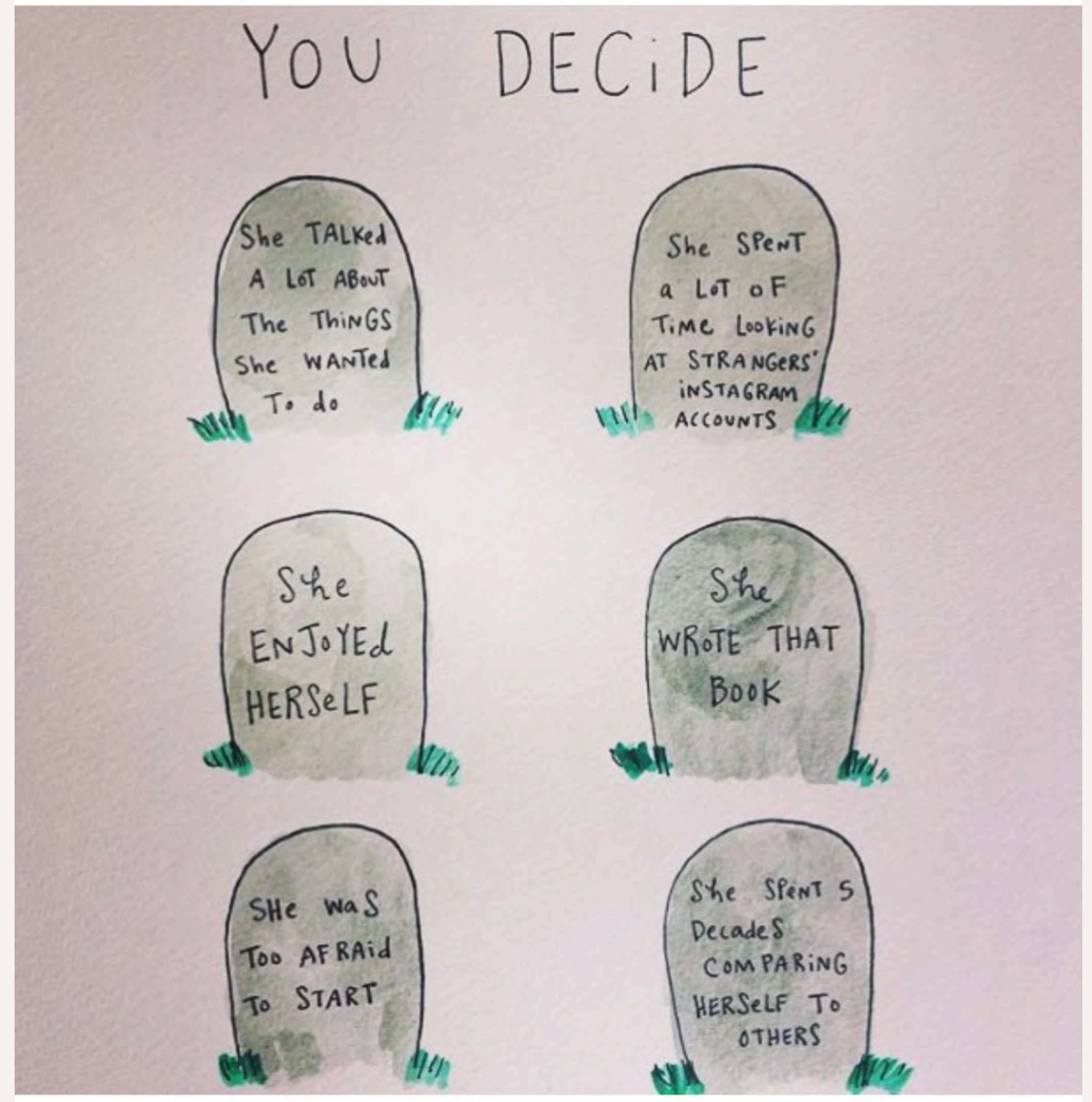
Small planning =
big peace of mind

Who Should Know About Your Plan?

- Healthcare proxy or POA
- Trusted friend or neighbor
- Executor or digital executor
- Professional team (attorney, advisor, care manager)
- Include instructions: where it's stored, how to access it



Your Legacy Is More Than Financial



A collage of vintage photographs and handwritten letters, suggesting a collection of memories and correspondence. The background features a dark wooden surface with a white text overlay. On the left, a cardboard box is filled with numerous old, yellowed envelopes and letters. Some letters are open, revealing handwritten text in cursive. One letter at the top left is addressed to 'Hello Mary' and mentions 'I am glad to hear that you are enjoying yourself at school'. Another letter below it mentions 'I am glad to hear that you are enjoying yourself at school'. A small photograph of a person sitting on a bench is visible near the top center. Below it, a larger photograph shows a person standing in a field. Another photograph shows a person sitting on a bench. The overall scene is a collection of old, yellowed letters and photographs, suggesting a collection of memories and correspondence. The text overlay is a white box with a black border, containing the text 'Letters, rituals, values', 'What do you want remembered, shared, or passed on?', and 'Legacy Projects'.

Letters, rituals, values

What do you want
remembered, shared, or
passed on?

Legacy Projects



'Still at it'

100-year-old Lake Placid woman, founder of NYC mental health care facility reflects on a life well

Up Close

Face time with your neighbors

By **LAUREN YATES**
Staff Writer

LAKE PLACID — A century can go by before you know it. Take it from Ruth Blank, a longtime Lake Placid resident who turned 100 years old on Feb. 4.

"I don't know how I got there," Blank said on Tuesday, Feb. 21 in her Lake Placid home near the ski jumps. "Then when I saw the whole family together, I knew something must have happened to bring them all here, all at once."

Aluminum balloons saying "HAPPY BIRTHDAY" and "100" were still hanging in her dining room — joyful leftovers from two birthday celebrations held in her honor this month. And as Blank sat looking at her home's walls covered in art painted by her late husband and son, surrounded by her own sculptures and hand-made quilts, it was clear that she's fit a lot of life into her 100 years.

Part 1

Born in New York City in 1923, Blank was a teenager during World War II. It was hard, she said. She remembers working for the Jewish Board Authority and hoping from apartment to apartment with a friend, renting out places New Yorkers left vacant during the war

until they returned again, when Blank and her roommate would have to find a new place. She remembers finally landing a beautiful apartment in the city, a rare place with a garden. And in 1943, Blank went on a blind date with a dentist who was serving in the war — Dr. Harold Blank. They later married.

Ruth, a retired social worker, has always been an independent woman who loved to work.

"Work was very important to me," she said, "and my husband was cooperative in that — which was important."

Women earned the right to vote just a few years before Blank's birth, in what was known as the "first wave" of feminism. But the "second

See RUTH Page A15



NEWS PHOTO

Ruth Blank, who turned 100 years old on Feb. 4, poses with granddaughter Tuesday, Feb. 21 in her Lake Placid home near the ski jumps.

1995

1995

Tuesday

- ✓ Shopping - buy sage
- ✓ Peel butternut squash
- ✓ Mince thyme + sage
- ✓ Mince parsley for onions
- ✓ Cut up prunes
- ✓ Laundry
- ✓ Zest lemon
- ✓ Blanch onions

Wed

- ✓ Pick up Turkey
- ✓ Pick up cushions in Bedell
- ✓ Take Cornbread out of freezer
- ✓ Make squash (don't cook)
- ✓ Make Green Beans
- ✓ Make Creamed Onions
- ✓ Pumpkin Pie

Prepare Stuffing thru step 1

- ✓ Call Biobottoms
- ✓ Do bacon
- ✓ Cube bread

Thursday

- ✓ Take pecan pie out of freezer - take cover off inner
- ✓ Stuffing + Turkey
- Masked Potatoes
- Sweet Potatoes
- Brussels Sprouts

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Recipes

...the favorites

CRANBERRY APPLESAUCE

(from Best of Gourmet 1990, p.203)

- 3 pounds (about 10) McIntosh apples, quartered
- a 12 ounce bag cranberries
- a 3 inch cinnamon stick, halved
- three 3-inch strips of lemon zest, removed w/a vegetable peeler
- 1 cup firmly packed light brown sugar or granulated sugar plus add'l to taste
- ground cinnamon to taste
- freshly grated nutmeg to taste

In a kettle, combine the apples, cranberries, cinnamon stick, lemon zest, 1 cup of the sugar, and 1 cup water. Bring the mixture to a boil and simmer it, covered, stirring occasionally, for 30-35 minutes, or until the apples are very tender. Force the mixture through the medium disk of a food mill or a large sieve into a bowl and stir in the additional sugar, the ground cinnamon, and the nutmeg. Let the applesauce cool and chill it covered. The applesauce may be made 1 week in advance and kept covered and chilled. Makes about 6 cups.

TRIPLE CRANBERRY SAUCE

(from Gourmet - Dec. 1991...p. 192)

- 1/2 cup dried cranberries or dried sour cherries
- 1/2 cup cranberry juice cocktail
- a 12 ounce package fresh cranberries, picked over
- 1/2 cup firmly packed dark brown sugar
- 1/4 teaspoon vanilla

In a 2-quart microwave-safe casserole with a lid, combine the dried cranberries and the cranberry juice, microwave the mixture, covered, at high power for 2 minutes, and let it stand, covered, for 2 minutes. Stir in the fresh cranberries and the brown sugar and microwave the mixture, covered, at high power, stirring

MASHED POTATOES

Serves 6

While I was talking to the Women's Athletic Club in Chicago last year, one of the guests gave me a great idea for keeping mashed potatoes warm: put them in a bowl set over simmering water and they'll stay warm for at least half an hour. What a convenience! I now use this method for any pureed vegetable; just note that the longer the vegetable sits over hot water, the more liquid you'll need to add.

- 5 lb 3 pounds white boiling potatoes, peeled and quartered
- Kosher salt
- 13 TBS 1/4 pound (1 stick) unsalted butter
- 1 - 1 2/3 C 1/2 to 1 cup half-and-half
- 3/4 C 1/2 cup sour cream
- 1/2 teaspoon freshly ground black pepper

Cook the potatoes in a large pot of boiling salted water for 15 to 20 minutes, until very tender. Meanwhile, heat the butter and half-and-half in a small saucepan.

Drain the potatoes. While still hot, place the potatoes in the bowl of an electric mixer fitted with the paddle attachment. With the mixer on low speed, slowly add the hot half-and-half mixture, the sour cream, 2 teaspoons salt, and the pepper. Mix until the potatoes are mashed but not completely smooth. Serve hot with gravy on the side.

If you plan to serve the mashed potatoes right away, just use less half-and-half. If you are keeping them hot for up to 30 minutes, use more.

Cranberry Sauce

Hay Day - p. 264

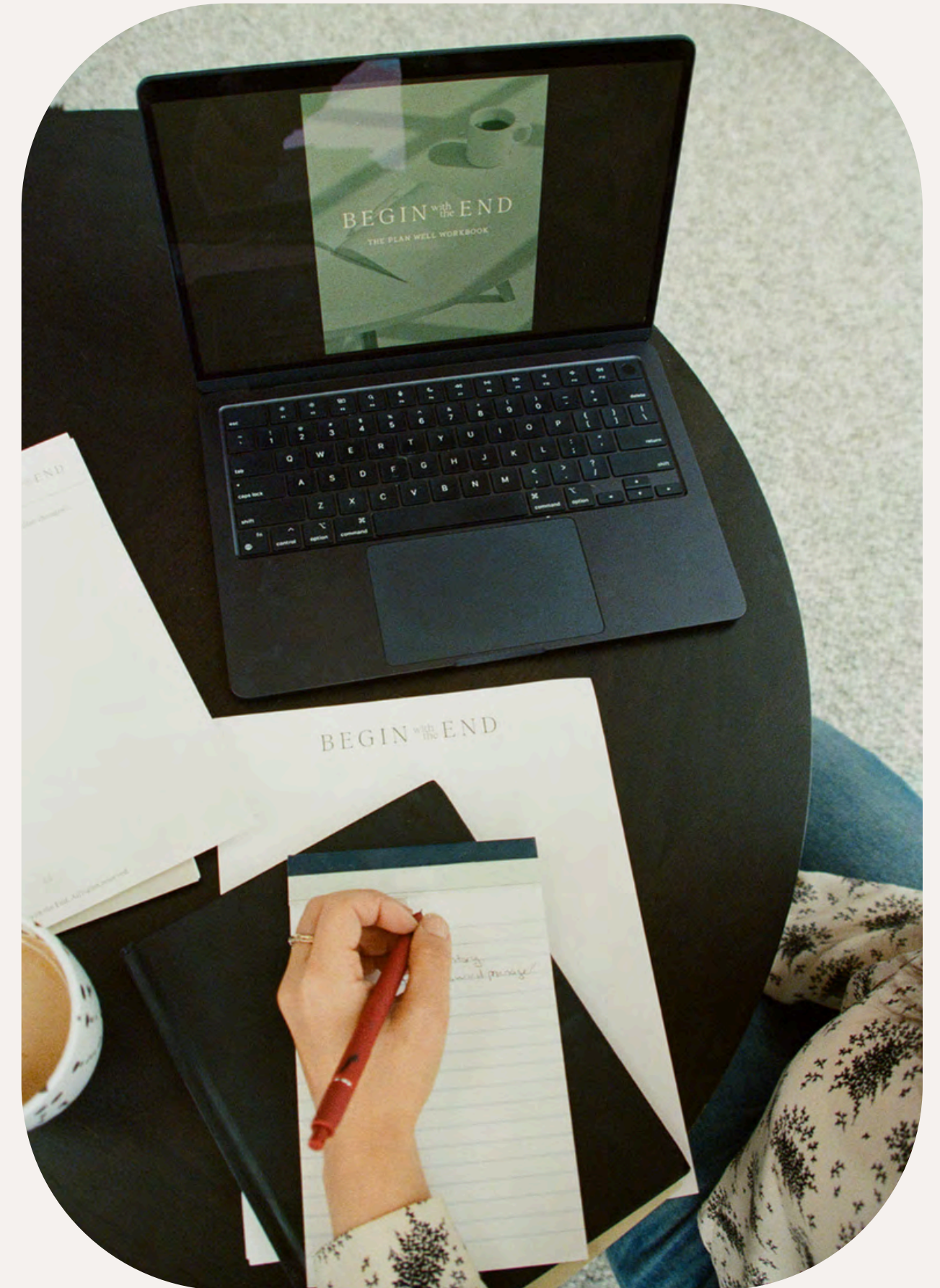
- 2 lbs cranberries
- 1/4 C water
- 1 1/2 C sugar
- 1/2 C wine

Put cranberries in heavy 2 qt. saucepan. Add water, sugar, wine. Simmer until berries ^{begin to} pop. Reduce heat + simmer 5 minutes longer. Pour into bowl + chill until set.

Closing REFLECTION

What is one small step you can take this month?

Who will you share your plan with?



WANT HELP CREATING YOUR PLAN?

Book a free 20-minute call to
discuss how to create a personalized
plan for support and accountability!



