

# Quarterly Companion

## AROUND THE TABLE

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FALL 2021

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## Life's Moments

Our lives are created from all the experiences we have lived. It is the people and relationships, the places we've been, and the things that we have done or that we do that make us who we are.

Writing down your memories lets you reflect on who you were, who you are today, and the life lived in between. It provides an important legacy for future generations of your family.

To write your life story, you don't need fancy equipment or to be a good writer. A pen and paper is a great place to start. Jot down your thoughts in a notebook, put your finished pieces in a binder, or even use a computer to record your story.

### Start by answering these questions:

- What's the story of your name?
- Who gave you your name and why?
- What is unique about your name?
- Do you have a nickname?
- What was your favorite decade so far and why?
- What was your favorite toy as a child?
- Write about an incredible pet.

## Fall Foods Word Search

P	O	M	E	G	R	A	N	A	T	E
C	I	N	N	A	M	O	N	P	V	T
M	E	K	V	P	S	O	U	P	C	U
O	C	D	O	U	Q	R	X	L	Q	R
J	Q	O	A	M	U	S	C	E	G	K
P	X	Y	T	P	A	R	I	P	I	E
A	E	V	M	K	S	D	D	E	Q	Y
V	R	C	E	I	H	X	E	A	X	J
H	C	R	A	N	B	E	R	R	Y	U
G	W	A	L	N	U	T	S	S	E	C
S	W	E	E	T	P	O	T	A	T	O

### WORD BANK

apple	pomegranate
cider	pumpkin
cinnamon	soup
cranberry	squash
oatmeal	sweet potato
pear	turkey
pecan	walnut
pie	

# Communicating Your Wishes

Different legal tools exist that allow you to communicate your wishes to others when you can't speak for yourself. A will is one example and is used when you die. Power of attorney documents (both financial and health care) can help when you're still alive. These tools protect your finances.

Be sure the people you select to be your power of attorney are trustworthy. Learn more about choosing a power of attorney by listening to Illinois Extension's Family Financial Feuds podcast episode "I've Got the Power."

When you think about managing your money and your health, what matters to you? For example, what do you feel are the three most important things that you want your friends, family, and/or doctors to understand about your wishes and preferences for end-of-life care? List them in the spaces below.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Next, start the conversation with your family and your lawyer. You deserve to have your wishes known!

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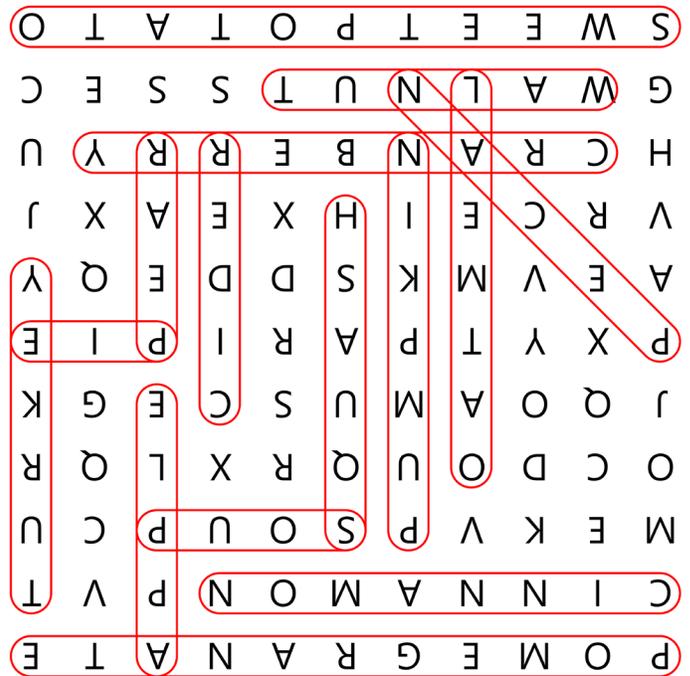
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**Fall Word Search Answer Key:**



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