

## End-of-Life Preparation

### Letter to Family and Friends

Members of Stanford University's School of Medicine have developed a template for people to use to write a letter to friends and family members for them to read after you pass away. They recommend you do this as part of your estate planning.

The goal of the "Who Matters Most Letter" template is to help all Americans complete the seven vital tasks of life review while they still can. They designed this project based on years of clinical experience caring for thousands seriously ill patients and families.

The template was pilot-tested and refined after extensive discussions with patients from diverse cultures and traditions to identify the seven tasks of life review. For more information and to use the letter template, go

to: <http://www.med.stanford.edu/letter/friendsandfamily.html>

For additional End-of-life Preparation information see the RIPEA Books recommendations for End-of-Life Preparation located at: <https://www.ripea.org/member-benefits/resources>

### Organ Donation

Did you know organs can be donated up to age 70? Although, if a person is healthy and their organs are in good shape, they could donate beyond age 70. And, tissue can be donated up to age 95. Since 1998, Donate Life Indiana is the state-authorized nonprofit organization responsible for managing the Indiana Donor Registry.

- Each day 20 people die waiting for a transplant.
- In the US, 95% of adults support organ donation, but only 54% are registered.
- There are more than 114,000 children, women, and men on the national transplant waiting list.
- One donor can save eight (8) lives!
- One of the oldest organ donors in the U.S. was age 92. He was a liver donor and saved the life of a 69-year-old woman.
- Each year, the number of people on the waiting list continues to be much larger than the number of donors.
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If you would like more information or to register as an organ donor in Indiana, go to: <https://www.donatelifeindiana.org/about>.

If you live in a state other than Indiana, go to: <https://www.organdonor.gov/register.html>