

Making an end of life care plan could be the most important **STEP** you can take!

Are you prepared?

Is the paper work done?

Do you know the choices?

What about finances?

Have you talked about it?

Can you stay at home?

Preparing for end of life care for ourselves, family members or friends is becoming an issue of great importance and is more comfortably discussed than ever before. The myth that everything will take care of itself as we journey toward death is just not true and needs to be assessed by each of us while we are still able to make important decisions.

Anyone responsible for caring for parents, other family members, friends or themselves needs to hear this important and useful information.

Fact: It is difficult to think about what our final chapter on this earth might be like BUT even **though we don't like talking about death and dying**, the simple fact is we are all going to face death someday. How we die is of great physical, spiritual and emotional importance to each of us and to those who care about us.

As our population ages, maintaining the maximum quality of life possible at the end of our life journey is vital. For many of us it entails the hope of remaining at home with loving caregivers at our side.

A resident of New Hampshire since 1979 and a former public school music educator, Cindy Russell authored a book: "THE GOLDEN DAZE" based on the lessons learned while spending six years managing the in-home care of her parents.



As president of Monarch Events, Cindy has consulted for many area non-profit organizations and community-related projects and is a qualified public speaker.

Involved in the creation of Arts Jubilee in 1983, she continues to serve as Executive Director. Cindy resides with her husband in the town of Conway, New Hampshire.

Cindy Russell is available to speak to your group on this important and timely subject.

Call or email to plan a presentation now.

Cindy Russell - email: cindy@mwvevents.com; P O Box 934, North Conway, NH 03860 - 603.447.8914

The Golden Daze is available at White Birch Books, North Conway for \$14.95.

A portion of the proceeds from the sale of The Golden Daze will be donated to Visiting Nurse Homecare and Hospice of Carroll County.

It's all about "quality of life".

Can you do it?

Are you ready?

With qualified assistance?

Don't wait! Start making YOUR CHOICES now.