

Love Letter to My Family



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The Reason Why

As a valued member of Unity of Charlottesville, it is our deepest intention to be of service to you and your family, especially during times of transition.

One of the most difficult and challenging situations we face in life is the death of a loved one. That's why we've created this booklet. By engaging in courageous conversations with yourself and your loved ones, our hope is that your Unity spiritual community can help you navigate the death of a love one with ease and grace, and help you to create a plan that you can leave for the benefit of your loved ones.

We have prepared this booklet so that you can answer some important questions and leave vital information for your surviving loved ones. There are two parts to this booklet.

Part I is about your wishes concerning your Celebration of Life (funeral or memorial) service and your wishes about burial or cremation. We invite you to make a copy of this and leave it with the Unity office in a confidential file so that we can best support and serve your family when the need arises.

Part 2 is about the practical details that your family need to know about if or when you become ill or die. These are worksheets that you and your family can turn to after the death of a loved one.

The truth is, most people never think about the many questions a surviving spouse or children have to face when a person dies. Many decisions have to be made within a day or two after your death or the death of a loved one.

Do you or your loved one want to be buried or cremated? If so, where? Do you want there to be a Celebration Life Service? If so, what kind, who will officiate, what readings or songs will be offered, who will speak, do you want there to be flowers, will there be a reception after?

These are just a few of the questions that must be made during a time of great emotional stress and grief. We want to honor our loved one in the best way possible, or we may have wishes about our own service when we die.

At the same time, life must go on and the survivors need to know about important things such as the location of assets or a will, and even the smaller details of where the car keys are.

If you die today, how much searching will your family have to do? Could they easily find all life insurance policies? What about insurance on your home, your car, or your business assets? How about the health insurance policy—it might be needed to cover last illness expenses? Could they easily find your birth certificate, military discharge, and social security number? How about all property titles?

Those things—and many others—will be important in the process of settling your estate and getting the assets you leave to the right people.

Do it right - now

These are sobering thoughts and they may be sad or painful to consider. But by engaging in a courageous and compassionate conversation with yourself—and your loved ones right now, the reward to you will be peace of mind. and the knowledge that your wishes will be carried out and that your loved ones will be provided for.

Love Letter to My Family

(Your Name)	have filled out the pages of
his booklet in an effort to help you, my family, after my death. I want to ease your	burdens in those challenging
days by giving you ideas of how I feel about some things. As much as possible, I	I don't want you to wonder
"how would I have wanted things done?"	

This is not a legal document. My will or estate plan document is the legal plan for my estate. But a will may not be very well adapted to communicating my personal wishes to you.

- 1. My thoughts expressed in this booklet should not be considered rigid or binding. Situations may change. And those changes may call for a different plan of action then I may have outlined here.
 - It is also my hope that my listing of assets and the list of where things can be found will save you a lot of time and worry.
- 2. Note: You may want to add a personal letter to your family of thoughts not expressed here.

PART 1

Making Your Own Celebration of Life Plans

(We invite you to make of copy of this to leave with the Unity Office in a confidential file)

It may sound unusual to a lot of people to suggest that you make your own Celebration of Life plans. But it really makes a lot of sense. After all, who knows better what you want than you?

Most people have specific likes and dislikes regarding funerals. Some like everything to be simple. Others favor something more elaborate. Whatever you prefer, the best way to have it your way is to write your wishes down.

To help you, let's consider some of the things you may want to decide so your family doesn't have to.

Funeral Home

You probably have a preference about which funeral home will handle your arrangements. If you choose cremation, you may want to talk to the funeral director about his services, legal requirements, and costs.

Some people choose to sit down with the funeral director to make many of the arrangements. He or she can keep your plans on file, or you may leave your arrangements in a confidential file at Unity.

Memorial or Celebration of Life Service

Most people choose to have a funeral memorial service in a church or at the funeral home. Your written plan should include your preference.

Also, specify if you want a public or private memorial service. Do you want the casket open or closed at the funeral home—at the memorial service? Do you want graveside services—and, if so, do you want them to be public or for the family only? Do you want a military service (if you qualify)? Do you want someone to give a eulogy? If so, who?

Other Arrangements

Many people purchase a cemetery plot prior to death. It's a difficult task for family members to have to go to the cemetery the day after a loved one has died to make decisions.

If you won a cemetery plot—or buy one—be sure to put the legal description in your funeral plan. Also, list the location of the deed on your "Where Things Are" list.

Headstones are another expensive item where family members often go overboard without the input of what their loved one may have wanted.

Like cemetery plots, more people are now buying headstones while both spouses are still alive. That way, they can decide what is going to be put on the stone.

Even casket and burial vault selections can be specified. There's a wide range in choices and prices. It might even be a good idea to visit with the funeral director now and look at the choices. That way, you can give your family specific guidelines of your wishes

Personal Requests

Many people have definite ideas about the kind of service they would prefer, the people involved, and the matter of flowers or memorials.

Let's look at some of the things you might consider:

- Music choices. Do you want a soloist? If so, is there someone who's music is especially meaningful to you or your family? Maybe you name that person. But it's a good idea to list a second choice in case the first isn't available. You might do the same for the pianist. You may want to specify what songs or hymns you would like.
- Name the pastor you would like to have a lead the memorial service. You may name him or her by name or simply specify that it be the one serving your church at the time of your death. If you want someone to give a eulogy, specify who you prefer.
 Casket bearers chosen ahead of time
- can ease another chore for your family. You may want to list more than six in order of preference. Then if someone can't serve, there's a reserve to choose from.
- ☐ You may have favorite scriptures or readings that you would like to have used at your memorial service. If so, list them.
- ☐ Flowers. Many people prefer a limited number of flowers and prefer that, instead, money can be given to the church or other worthwhile charity.
- ☐ Personal items. Let your family know (in writing) what do you prefer with regard to rings, jewelry, and clothing. If you don't have a specific preference, say so.

You may want to make a list of names, addresses, emails, and phone numbers of friends and relatives who you would like to be notified of you or your loved one's passing for either a general announcement, or an invitation to attend the Celebration of Life service.

Obituary

In times of grief, it may be difficult to write an obituary for yourself or a loved one. Planning in advance, or even writing your own obituary allows you to mention things that are important to you about your life or the life of your loved one.

What are you proud about your life? What are your passions? How did you contribute to the people around you? What occupations? What education? What organizations did you belong to or serve? What family members do you want to list as survivors? What would you like people to know about you or remember about you?

My Personal Celebration of Life Wishes

(You may choose to copy this portion to leave in a confidential file at the Unity Office)

In the Event of My Death

Funeral Parlor:	Prepaid Cemetery Plot:	
Name:	Cemetery:	
Contact Person:	Cemetery:	
Address:	Address:	
Phone:	_Plot/Drawer No.:	
Email:	Information can be found:	
The minister(s) or officiants I wish to perform	n my Celebration of Life service:	
I have a deceased Spouse, Parent,		
and I wish DO DO NOTwish t		
I DO DO NOTwant to be crema	nted.	
Name of Crematory:		
Pallbearers:		
Music Request:		
Soloist:		
Pianist:		
Songs/Hymns:		
Favorite Scriptures/Readings:		

Obituary (Things you want included and new	vspapers where you want it publi	ished:
Tombstone Engraving:		
Flower/Memorial Ideas:		
In lieu of flowers please ask for donations to:		
Other special requests:		
Family History		
I was born in	on_	, 20
My parents were	and	
My maternal grandparents were	and	
My paternal grandparents were	and	
My children are	Born	
	Born	

	Born		
	Born		
<u>I ha</u> ve no children.			
I have detailed informa	ation on my family's history. It is located at:		
	nt of My Partner's Death		
	Prepaid Cemetery Plot: Cemetery:		
	Cemetery:		
	Address:		
Phone:	Plot/Drawer No.:		
Email:	Information can be found:		
The minister(s) or office	ciants I wish to perform my Celebration of Life service:		
I have a deceased Spou	ise, Parent, Child who is buried at:		
I DO DO NOT_	DO NOTwish to be buried next to such personwant to be cremated.		
name of Crematory: _			
Pallbearers:			

Music Request:
Soloist:
Pianist:
Songs/Hymns:
Favorite Scriptures/Readings:
Obituary (Things you want included and newspapers where you want it published:
Tombstone Engraving:
Flower/Memorial Ideas:
In lieu of flowers please ask for donations to:
Other special requests:

My Partner's Family History

I was born in	on	
My parents were	and	
My maternal grandparents were	and	
My paternal grandparents were	and	
My children are	Born	
E	orn	
E	orn	
	orn	
<u>I ha</u> ve no children.		
I have detailed information on my family's history.	t is located at:	

PART 2

Some personal thoughts and guidelines

Advisors

Some of the people you may need to contact are listed below:

Attorney:	Insurance Agent:	
Name:		
Address:	Address:	
Phone:	Phone:	
Email:	Email:	
Accountant:	Mortgage Holder:	
Name:	Name:	
Address:	Address:	
Phone:	Phone:	
Email:	Email:	
Financial Planner:	Other:	
Name:	Name:	
Address:	Address:	
Phone:	Phone:	
"	"	
Email:	Email:	
This is a brief explanation of my feeling	gs about keeping or disposing of property I own:	

Personal Bequests

Family heirlooms and sentimental items deserve special attention in your planning efforts. It's a shame to have family squabbles over a set of dishes or a pocket watch, for example.

Most wills don't have these personal family items spelled out in detail as to who gets what. However, some states do provide for such a list to be added to your will. We suggest you make your list here. You probably should attach a copy of your will, as well. Just make sure all copies match. Photocopies may be best.

List each item, who is to get it, and where it is located. It will be wise to review your list every year. You may want to add things, make changes, or you may have changed the location.

It will usually be a good idea to talk with your children or other beneficiaries about these items. You may find one has a special attachment to a certain item but none of the others care much about anyway. If two or more want the same item, you may want to settle it by drawing names or by flipping a coin.

Here's a format that will be helpful to your heirs when it comes time to divide these items.

em Who is to Get It		Location	
	,		

My thoughts concerning remarriage by my spouse are:	
My views relating to heroic medical care a	re:
If there is no reasonable expectation of my recovery from physical not be taken to keep me alive continuously by artificial or hero family members in making this decision, it is my desire, in the excircumstances, that the physician or physicians in attendance be sentence of this paragraph, and that the recommendations of	ic means. However, to avoid burdening my vent of a grave illness and under appropriate apprised of the request contained in the first
	Signatures (both spouses)
Witnessed by:	
	Date :

Note: this is just a sample letter (and is not intended as a legal form). You should ask your attorney about the laws regarding a "living will" in your state.

My views relating to donation of my body or organs are: I DO ____ DO NOT _____want my body donated to a medical or research facility. I have a preference of where my body is to be donated, I will list it on this page. If not, my family can make that choice. I DO _____ DO NOT _____want any of my organs donated. If I have any preferences regarding these donations, I will list them on this page. Signatures (both spouses) Witnessed by: _____ Date: Note: Again, this is not intended as a legal form. It will be better if you make these arrangements now. If you want to donate your body for medical research, ask your doctor or attorney how to make those arrangements. If you want to donate organs, fill out a donor card and carry it with you. Again, ask your doctor or attorney. Checklist for my family Several things have to be done in the time memorial services. They may have life insurance immediately following the death of a loved one. and may return part of dues paid. You may want The following provides a checklist and some ideas to list organizations you belong to in this booklet. about how to handle these things. Former employers should be contacted to see Contact the Social Security Administration. if there are any benefits resulting from that Social Security pays a lump sum death benefit. employment. You may want to make a list of The surviving spouse can get benefits as early as former employers in the back of this booklet. age 60—earlier if disabled. Children under age 18 when a parent dies may also be entitled to Collect any life insurance policies and contact benefits. the company. The beneficiary can choose to take proceeds in a lump sum or spread them out as Veteran benefits may be available if the payments over the years. If you have a preference deceased served in the Armed Forces. The of how your beneficiaries receive the proceeds, surviving spouse and dependent children may be entitled to a small pension. The Veterans spell it out in this booklet. Administration will pay some towards burial expenses and provide a headstone or marker and Keogh and IRA plans may have money left in an American flag to drape the casket without them to be paid out to survivors. The survivors charge. If burial is in a national cemetery, the VA should contact the company holding that money. will provide a graveside and pay burial costs. Like life insurance, proceeds can be paid out in a lump sum or in installments. Tax advisers should Organizations that the deceased belong to two usually be consulted before the beneficiaries make

that decision.

should be notified of the death. Some offer

Check with the health insurance company. They may pay some expenses from the last illness. Rates may also be less if the policy has covered two or more people and now there will be one less person covered. Some health insurance policies are also combination policies that provide some death benefits. Property titles will be changed in the estate settlement process. Along with those changes, the new owner should have the names changed on insurance policies on those properties. Titles on all bank accounts should be changed. This includes both checking and savings accounts. Contact the attorney to have the will read and see what must be done with regard to estate settlement.

Assistance May Be Available

Don't be afraid to ask for help during the time of grieving. You can request that the funeral director make the first contact with the Social Security administration and the Veterans Administration. He or she can also see that you have as many

copies of the death certificate as you will need. You will need these for the banks, insurance companies, and other financial institutions.

A note to organizations and former employers is usually adequate to get the wheels in motion if there any benefits available.

Your estate attorney may also be requested to contact the insurance companies and the Keogh and IRA accounts. However, since the attorney will charge a fee, a family member may prefer to do this job.

A family member can also check with the health insurance company. The doctor and or hospital may also file any claims forms or help the family member with them.

An attorney will usually be needed to settle the estate. That will also involve property title changes. A family member can contact insurance agents to change titles on the policies.

Beyond these things, check with the legal and financial advisors listed elsewhere in this booklet and follow your own good judgment and inner guidance.

Where Things Are

Will (original)	Checkbooks
Spouses will (original)	Savings passbooks
Cemetery plot deed	List of credit cards
Burial instructions	
Copy of will	
Copy of spouse's will	
Insurance policies	
Life	
Health	
Accident	Stock certificates
Homeowners	Mutual funds
Business	Bonds
Automobile	
Birth certificates	Other investments
Marriage certificate	Keogh or IRA records
Children's birth certificates	Annuity contracts
Citizenship papers	Stock-option plans
Adoption papers	Stock-purchase plans
Divorce records	Profit-sharing plans
Ante-nuptial agreement	Retirement plans
Military discharge	Titles
Trust agreements	Autos
Partnership agreements	Land
Incorporation papers	
Tax returns	Rental property records
Federal income	Notes and loans
State income	
Federal gift	Safety deposit box
State gift	List of memberships
Federal estate	
State inheritance	Safe combination
Money accounts	Safe deposit box key
Checking	Sale deposit box key
Savings	_
Bank statements	
Canceled checks	_

Important Numbers

ocial Security Numbers – Spouses and children			
Name	Number	Name	Number
Credit Card numbers Name of card	Number	Name of card	Number
Bond Serial Numbers			
Savings Account numbers	S		
Safe deposit box number			
Safe Combination			

		·	
Amount of Coverage	Policy	Number	Agent or Company
nds			
	Asset	Certificate Number	Company or Agent to contact
1	Coverage	nds t Type of Asset	Coverage nds t Type of Asset Certificate

Insurance policy numbers

List of Assets

It's an excellent idea to make a summary of the assets you own right now. The following form will guide you. You may want to write it in pencil so you can update it on an annual basis.

This information will be valuable to you in estate planning now, and to your heirs at estate settlement time.

Description: On most assets, a very brief description of the asset such as "200 acres" or "cattle" will be adequate.

Owner: If the husband is the sole property owner, put "H" after that in the first column. If the wife is the owner, put "W". If the property is owned and joint tenancy put "JT". If its tenancy is common, put "TC".

Fair market value: Assets are to be valued at fair market value (what they should sell for) in your estate. Estimate is close as possible and be realistic.

Amount owed: Debts and mortgages may be deductible in your estate so make sure that you list all of these on this form.

Original cost: The original cost of items can be a big factor in how much tax will be owed when assets are sold or passed on. This can also be a difficult figure for someone else to find. Therefore, list the original cost basis on all assets that you can, especially property and investments.

Finally, when you update this estate summary, it's a good idea to write somewhere on this sheet the date it was updated.

was upuateu.				
Property	Description/owner	Fair Market Value	Amount Owed	Original Cost
Land	/			
	/			
	/	- <u></u>		
Real Estate		_		
		- <u></u> .		
Machinery				
······································		·		
Livestock				
Livestock				
Grain				
	/	- <u></u> .		

Stocks	/	, 		
	/			
_				
Bonds				
Donus	/		 	
- Cl. 1:	/			
Checking	/		 	
-	/_		 	
Savings	/		 	
-	/_		 	
-			 	
Keogh/IRA	/		 	
-	/_		 	
Amounts owed to you	/	, 	_	
-	/_		 	
_	/_		 	
_	/_		 	
Automobiles	/	,		
	/			
	/			
Household Effects		,		
	/			
	/			
-				
-				
-				
-	/_			
-	/_		 	

I work at:			
Company Name:			
Phone Number:			
I have the following benef	its where I work or worked	d (briefly describe):	
Deferred Compensati	on:		
Stock Options:			
Cafeteria Plan:			
Other:			
I am an owner of the follow	vina husinassi		
	_		
Business Name:			
	e:		
	e:		
Nan	ne:	Contact No.:	
Buy/Sell Agreement:	its through my business (bon:		
Stock Options:			
Cafeteria Plan:			
Other:			
I am retired, and have the	following pension income	:	
Company	Contact Phone No.	Monthly Income	Survivor Benefit

Other Income:		
T ' M (11 T C)	1 6 11	
I receive Monthly Income from t	the following annuity or annuities:	
Company:	Company:	
	Policy No.:	
Monthly Income:		
Phone:		
Company:	Company:	
Policy No.:		
	Monthly Income:	
Phone:		
I am entitled to veterans benefits	due to the following military service:	
Description of military serv	ice:	
Years of service—From:	To:	
Contact the Veterans Admin		
Contact the Veterans Admin	institution ut.	

ASSETS

Here is a list of all my investment accounts. I have listed a contact person and telephone number for each item, as well as the location of any documents.

Custodian:	Custodian:		
	Account No.:		
Title of Account:	Title of Account:		
	Custodian Phone:		
Statements are located:	Statements are located:		
Custodian:	Custodian:		
Account No.:			
Title of Account:	Title of Account:		
	Custodian Phone:		
Statements are located:			
Custodian:	Custodian:		
Account No.:			
Title of Account:	Title of Account:		
Custodian Phone:			
Statements are located:	Statements are located:		
Custodian:	Custodian:		
Account No.:	Account No.:		
Title of Account:	Title of Account:		
Custodian Phone:	Custodian Phone:		
Statements are located:			
Custodian:	Custodian:		
Account No.:	Account No.:		
Title of Account:	Title of Account:		
Custodian Phone:	Custodian Phone:		
Statements are located:	Statements are located:		

Here is a list of other investments I own:

Investment:	Investment:
Contact:	Contact:
Phone:	Phone:
Documents are located:	Documents are located:
Investment:	Investment:
Contact:	Contact:
Phone:	Phone:
	Documents are located:
Contact:Phone:	Investment: Contact: Phone: Documents are located:
Money Owed to or From:	
Money is owed to us by:	
Name:	Name:
	Address:
Phone:	
Amount.	Amount:

LIABILITIES

Here is a list of our liabilities, including a contact name and phone number of each, as well as the location of any related documents.

Liability:	Liability:	
Contact:	Contact:	
	Phone:	
	Documents are located:	
Liability:	Liability:	
Contact:	Contact:	
Phone:	Phone:	
Documents are located:	Documents are located:	
Liability:	Liability:	
Contact:	Contact:	
Phone:	Phone:	
Documents are located:	Documents are located:	
I presently carry the following c	redit cards:	
Company:	Company:	
Card No.:	Card No.:	
Company:	Company:	
Card No.:	Card No.:	
Company:	Company:	
Card No.:	Card No.:	

			ipany:		
Company: Card No.:		Con			
Company: Card No.:					
Card No		Carc			
Insuranc	e Cover	. 306			
I have the following		O	check with ea	ch company	and determine i
· · · · · · · · · · · · · · · · · · ·	ows for pre-payi	•			
The policy all	ows you to stop	making premiu	m payments in	the case of	disability
Type Owner	Beneficiary	Face Amount	Company	Phone	Location of I
		_		_	
		_			
			-	-	
			-		
		_			
				_	
I have the following				_	
I have the following	ng other Insura	nce policies.			
I have the following	ng other Insura Comp	nce policies.	Policy No.		
I have the following Type of Insurance Disability	ng other Insura Comp	nce policies. Dany	Policy No.		Location of l
I have the following Type of Insurance Disability Long Term Care	ng other Insura Comp	nce policies.	Policy No.		Location of l
I have the following Type of Insurance Disability Long Term Care Health Insurance	ng other Insura Comp	nce policies.	Policy No.		Location of l
I have the following Type of Insurance Disability Long Term Care Health Insurance Umbrella	ng other Insura Comp	nce policies.	Policy No.		Location of l
I have the following Type of Insurance Disability Long Term Care Health Insurance	ng other Insura Comp	nce policies.	Policy No.		Location of l

Documents

I have executed each of the following documents and you can find them where noted:

Document	Location	Date Signed
Will or Trust:		
Medical Directive:		
Medical Power of Attorney:		
General Power of Attorney:		
Living Trust:		
Insurance Trust:		
Charitable Trust:		
Minor's Trust:		
Pre-Nuptial Agreement:		
Post-Nuptial Agreement:		
Citizenship Papers:		
Retirement Plan Beneficiary Designation	:	
I have appointed (in the above documen disabled:	ts) the following person	ns to act on my behalf if I become
Power of Attorney over my Assets:	1st	2nd
Power of Attorney for Medical Decision	as: 1s <u>t</u>	
Guardian over my Property:	1st	2nd
Guardian over my Person:	1st	2nd

a guardian being appointed, unless my family believes guardianship is necessary.	
I HAVE HAVE NOTattached a list of the persons I want to receive my p property when I die.	ersonal
My Medical Directive states that in the event of my incapacity, I DO _ DO NOTwant to be kept home as long as possible, taking into account the cost.	
I DODO NOThave a divorce decree which may require that certain payr made if I am disabled or after my death. This document is located:	
General Information	
My Safe Deposit Box can be found at:and the key can be found at:	
The following people have signature authority on the box:	
My Personal Safe can be found at: The combination is: The Password to my computer is:	
The Password to my computer is: My Email Address is: User IDEmail Password is:	
Other Passwords Account User Name Password	

It is my desire that the persons having the above powers of attorney act on my behalf rather than

I may receive an inheritance from:
Upon my death, my heirs WILLWILL NOTreceive a distribution or benefits from a trust.
If yes, the trust instrument was created by: The trust can be found:
I am currently the Trustee for a trust. The trust document is located at:
I am a beneficiary of a trust. If I am a beneficiary, the trust document is located at:
I am entitled to military and/or government benefits. The benefits are:
I am entitled to other benefits. The benefits are:
I am a member of the following religious group:
I am a member of the following fraternal groups:
I have provided the following for the education of my family:

DESIRES FOR MY FAMILY

When I am gone, I hope my family will learn from my experiences:
I believe that the most important things in life are:
The most important thing I have done in my life is:
It is my hope that my family will use its inheritance from me to accomplish the following goals in their lives:
How I would like to be remembered:

document is not intended to replace my will or other estate planning documents signed by me. However, it is my express desire that each family member, Power Holder, Executor, Trustee and Guardian will use this Family Love Letter and the other documents signed by me in making any discretionary decisions for me and my family.	
Printed Name	Signature
Copies of This Document were Delivered to:	