

June 2020



## "Promise Me This"

Parents are usually our first teachers. I was blessed to have 2 "teachers" to help guide me in my formative years. I remember my Father always said, **"Life is short."** and **"If you don't have time to do it right the first time - you sure won't the second time!"**

My Dad was a serial entrepreneur, so he was always busy doing something. He loved helping others and so many times I saw him "preparing something".

One of many lessons I learned from Dad & others was to **"be prepared"**. I hung out with the Girl Scouts for 1 school year and then we moved. I have to admit - it looked like the Boy Scouts were having more fun! (So maybe that's why I didn't go back.)

I look back on life and realize just how many helpful things that Dad said, that I took for granted. Maybe one of the most important was:

**"Some of the best things in life are free, but don't come without love & trust."**

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Perhaps you are looking back **before COVID** changed everything about everyday life.

Maybe you had gotten some good advice about preparing for emergencies & your medical wishes. It's not too late. You could download the new 2-page ["Being Prepared in the Time of COVID-19" Guide here](#)

**Or join us Monday, June 15 @ 12:00 Noon - First Presbyterian Church Ft. Worth and Care & Prepare will have a Zoom webinar: "Promise Me This". [Follow this link to register.](#)**

The webinar **"Promise Me This" is free** and I will share a little more of my Dad's wit & wisdom in this **30 minute** presentation retracing advance care planning in a COVID world along with Karen Telschow Johnson & Cantor Sheri Allen.

Consider investing a half hour with us Monday. In this season of unrest you could **give your family the Gift** of knowing what you want for your medical care.

All my best,  
Leah

P.S. Everyday Care & Prepare's [website](#) is a clearinghouse of actionable resources for the whole community & [U Can support our efforts in DFW](#)

## Missed it last time? Sign up today!



# Promise Me This

Care & Prepare Webinar on Advance Care Planning and Covid-19

Join the conversation with local experts!

**June 15 at 12 noon**

**Care & Prepare & First Presbyterian Church Ft. Worth are offering a free resource.**

Has the pandemic got you thinking about your future or medical wishes? Together, let's retrace our ideas of Advance Care Planning. Follow this link to a Zoom meeting over lunch Monday, June 15 @12

**["Promise me this." 6/15/20 "](#)**

## Want FREE CEUs? COVID related



Expert Panelists:



Kenneth Dolka,  
PhD, MDiv



Robert Nelmeier  
PhD

HFA has a series of complimentary on-demand programs to assist end-of-life care professionals as they deliver care throughout the pandemic.

Some programs offer free continuing education. Click below to see what's available: [View all programs](#)

For the next 50 who register for [Promise Me This webinar Monday](#) - a hard copy of Care & Prepare's Advance Care Planning Handbook - FREE!



## Coping Skills & Resources: Building Bridges that Withstand Change

**June 30th @ 11:00am CST**

Brought to you by James L. West Center for Dementia Care & the Fort Worth Library



A series of virtual conversations on caregiving, coping, and sustaining through change.

Another free Zoom Webinar supported by James L. West & the Ft. Worth Library!2

**"If democracy is supposed to be about the will of the people,  
someone should find out what that will is."**

George Gallup



