**“Live and Learn, Walking the Journey of Grief and Preparing for the End of Life”**

By Lolita Pollack, BSN, RN

Nothing is certain in life but Death and Taxes as the saying goes. This may sound morbid to some people but it actually reminds us that we need to be aware and be prepared for the inevitable. With the leadership of Norma Quintong Milnes, PNAGF took the initiative of presenting a seminar titled, “Live and Learn, Walking the Journey of Grief and Preparing for the End of Life” on May 19th 2018 at Cove Cay, Clearwater. Meden Madrinan was the moderator with Betty Miranda assisting. We had two invited speakers, Atty. Ha Thu Dao, who specializes on the following: Advance Healthcare Directives, Asset Preservation, Estate Planning and Guardianship. They also prepare Living Wills, Healthcare Surrogate documents , Long Term Care Planning and Trust Administration. Paula Doyle, a Family Counselor from Dignity Memorial was also present. They both presented several scenarios that any of us could be facing any time in the future. Things we learned from this seminar include the following. It is important to make sensible and informed decisions before the time of need. We need to know the different choices available to reflect our wishes and to have it recorded in writing. All these have to be shared with family members. Experienced staff are available in their office that can assist us get all the necessary documents needed. Elder Law attorneys also offer counseling, education and advocating for clients. By preparing for the inevitable, we can have peace of mind and will help the family that we leave behind. General Membership Meeting followed after the seminar.