Legacy work is about living. It empowers you. It allows you to stay in control of your story. Legacy work does not have to be limited to someone with a terminal illness. Below are suggestions and options of creative products and organizations available to you and your family. Scan the QR code with your mobile device to access website.



#### **Record Me Now** | *recordmenow.org*

A free app that helps you create a professional legacy video

### Thru My Eyes | thrumyeyes.org

A non-profit organization that creates "living" legacy videos for the children of people with life-threatening illnesses





#### Cake joincake.com

A grief and end-of-life planning platform co-founded by Get Your Sh\*t Together Author, Chanel who lost suddenly lost her husband.

#### Stanford Letter Project | med.stanford.edu/letter

Writing prompts to assist with advanced care planning, conversation starters and bucket list items





GACY RESOURC

#### Peace of Mind Planner on Amazon

An excellent option for collecting thoughts and directives for family members

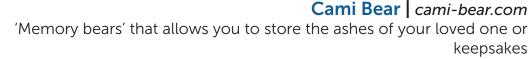
#### Artful Ashes | artfulashes.com

Turn cremated ashes memorialized in hand-blown glass art pieces



#### The Living Urn | thelivingurn.com

Bio urn and planning system designed to celebrate the life of a loved one







#### Story Worth | storyworth.com Creates a story book with weekly prompted questions



### newyorkoncology.com

### What is legacy work?

No matter the stage, a cancer diagnosis often forces us to think about our legacy and what we may leave behind to our loved ones when the time comes. Sometimes these thoughts are practical and pragmatic, and other times these thoughts are more existential or intangible. Often, these thoughts remain just as those, thoughts.

What if you had the opportunity to take those thoughts about what you would like to leave to your loved ones and actually make it tangible? Would you consider it? Does it feel overwhelming to you?

The good news is that turning these thoughts into something tangible doesn't have to be a big project. It can be something as simple as writing a family recipe down in your handwriting or telling some of your favorite memories (either writing them down or creating an audio file), or recording a storybook for a grandchild.

Legacy work is the process of sitting down and purposefully transforming thoughts into action. Specifically, it is about transforming the memories that your loved ones have of you into something tangible that will be something of comfort for them in the future.

Legacy work is about giving you control over your story and the memories that those closest to you may pass on to future generations. The beauty of your legacy is that it is yours to leave. It can be any form that you choose with whatever meaning that is important to you. Your legacy is an extension of you, and no matter what you choose, big or small, it will become a beautiful expression of you that transcends time.



newyorkoncology.com



### Legacy Project: Family Recipes

Are your fondest memories of preparing Sunday dinners or baking cookies from a recipe passed down through generations? Write down your favorite recipe with all those secret ingredients so your loved ones can continue and remember you fondly as they prepare and enjoy delicious foods.

Are you a little bit of this, and a "little bit of that" kind of person? No problem, make that delicious meal while someone is there to record all your pinches and dashes; then transcribe it to the recipe card as you savor the flavor of your creation.





### Legacy Project: Recording Moments

Is your wedding song "unforgettable in every way," or do you have a favorite saying, quote, scripture verse or story?

Use these voice recordings to capture your voice or a song then place the device behind a picture frame to serenade your loved one back to the most wonderful days of your life as they look upon the photo adoringly.

You can also place it in a pillow or the paw of a teddy bear so your loved one can physically hold onto something that reminds them of you as you recite the top 10 things off the endless list of reasons you love them.

Record anything you'd like to share. The sweet voice that plays over and over in your loved one's head can become more tangible and shared with others.



### Legacy Project: Greeting Cards

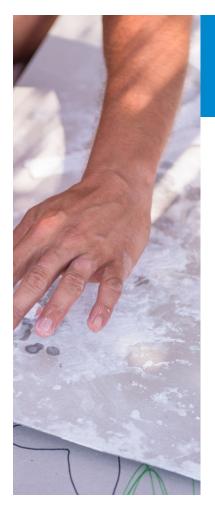
Handwritten cards with your words of wisdom or messages of love are an easy way for your loved ones to feel your presence on milestone occasions or even "just because," even after you are gone.

Choose cards for your loved ones to receive for special occasions from you either a little while from now or years into the future. Imagine your child (or grandchild) receiving a card from you before they walk down the aisle or receiving some of your words of wisdom as they become a parent for the first time. Send your spouse your love on their birthday, Valentine's Day, or your best friend congratulations on their retirement.

Address the envelopes and put stamps on them and give them to a trusted friend or family member to send out as you wish.

These mementos will be something that will be truly powerful ways for you to participate in monumental life occasions and for your family to feel you close by.

> NYOH New York Oncology newyorkoncology.com



### Legacy Project: Fingerprint Memories

A fingerprint project is a creative way to build a connection between you and your loved ones by creating a lasting token or memento with your fingerprints. This project can be done solo or with adults or children to feel connected to them through this project.

Here are instructions to get you started. Choose between clay or ink and paper or both!

#### **Fingerprint with Clay**

- Roll a small ball of air-dry clay, then flatten it slightly but not too thin so it doesn't easily snap when it dries
- Press one (or more) of your fingers into the clay to make an impression of your finger(s)
- Use a pencil or pen to make a small hole to turn it into an ornament or leave it without a hole to keep it as a memento to hold or keep in a pocket
- Allow to fully air dry before adding optional ribbon or color or words with paint or markers
- Give the token to someone who wants to feel connected to you no matter where you are

#### **Fingerprint with Ink**

- Press your finger(s) firmly on an ink pad avoid using washable ink to preserve longevity
- Thumbs often work best.
- Starting with one side of your finger, roll and press your fingerprint onto cardstock or paper. We suggest doing it a few times to pick the cleanest print.
- Snap a picture to create a digital image that can be saved, emailed, shared, or turned into something creative



### Creative Ideas to Turn Your Fingerprint Art Into

Several online companies turn digital fingerprint images into tangible items like metal stones, necklaces, charms, keychains etc. Visit Etsy to view options - etsy.com/market/fingerprint\_jewelry or search for "fingerprint mementos" online

With a flat marble, use Mod Podge glue to affix the fingerprint onto the bottom of the flat marble to create a stone that is easy to keep in a pocket and squeeze in your palm. Add an extra layer of Mod Podge on the bottom to help hold the print in place.



Search for "kid fingerprint art" to get ideas on turning fingerprints into animals, trees, or other designs. This is a great project to do with children. You could even create a heart by overlapping your fingerprint with someone else's fingerprint.







### New York Oncology Hematology

# LEGACY BINDER



**Personal Information Advanced Planning Financial Information Insurance Information Home/Auto Information** Ketnem Technology/Social Media Important Contacts **Retirement Information** 

**Document Locations** 

### **PERSONAL INFO**

Mailing Address		
Phone #		
Phone #		
Emergency Contact #		
Email		
Password		
Recovery Phone #		
Email		
Password		
Recovery Phone #		
Drivers License #	State	
SSN		

#### Medical Contact Information

Primary Care Physician
Phone #
Oncologist
Phone #
Specialist
Phone #
Specialist
Phone #
Preferred Hospital
Other

### **PERSONAL INFO**

### **Military Records**

Records/Discharge Paper Type (i.e. DD###)		
Location		
Medals/Awards		
On-going Military Benefits? 🗆 yes 🗆 no		
Description of Benefits		
Contact		
Phone		

### **ADVANCED PLANNING**

#### Will Information

Attorney Name	
Address	
Phone #	
Email	
Document Location	

#### Health Care Proxy

Name	
Phone #	
Relationship	
Document Location	

### Living Will

lame	
hone #	
elationship	
ocument Location	

### **Power of Attorney**

Name
Phone #
Relationship
Document Location

### **ADVANCED PLANNING**

### Medical Orders for Life-Sustaining Treatment (MOLST)/Code Status Documentation

#### **Funeral Planning**

Name of Home\_\_\_\_\_

Contact Information

Details/Wishes \_\_\_\_\_

**Other Information:** 

#### **Bank/Credit Union Information**

Bank Name		 
Phone Number		
Checking Account #		
Savings Account #		 
Other Account #		
Other Account #		
Online Banking □yes □no		
Username	Password	
Bank Name		
Phone Number		
Checking Account #		
Savings Account #		
Other Account #		
Other Account #		
Online Banking 🗆 yes 🗆 no		
Username	Password	
Credit/Debit Card(s)		
Card Issuer		
	-	

Card #	_ Exp	CVV #
Phone Number		
Online Banking 🗆 yes 🗆 no		
Username	Password	

Card Issuer		
Card #	Exp	CVV #
Phone Number		
Online Banking 🗌 yes 🗌 no		
Username	Password	
Card Issuer		
Card #	Exp	CVV #
Phone Number		
Online Banking 🗆 yes 🗆 no		
Username	Password	
Card Issuer		
Card #	Exp	CVV #
Phone Number		
Online Banking 🗌 yes 🗌 no		
Username	Password	
Investments (non-retirement)		
Broker/Management Company		
Contact #		
Account #		
Online Account □yes □no		
Username	Password	

Broker/Management Company	
Contact #	
Account #	
Online Account □yes □no	
Username	_ Password
Broker/Management Company	
Contact #	
Account #	
Online Account □yes □no	
Username	_ Password
Savings Bonds or Other Savings Accou	ints
Details	
Account #	
Online Account □yes □no	
Username	_ Password
Details	
Account #	
Online Account □yes □no	
Username	_ Password

### Debt (Non-Mortgage or Auto)

Lender/Creditor		
Contact #		
Account #		
Online Account □yes □no		
Username	_ Password	
Lender/Creditor		
Contact #		
Account #		
Online Account □yes □no		
Username	_ Password	
Lender/Creditor		
Contact #		
Account #		
Online Account 🗆 yes 🗆 no		
Username	Password	
Tax Information		
Name of Preparer		
Contact Information		
Location of returns and records from the last three years		

### **INSURANCE INFORMATION**

#### Life Insurance

Policy Issuer/Underwriter
Policy #
Contact
Beneficiary
Policy Issuer/Underwriter
Policy #
Contact
Beneficiary

#### Health Insurance

Primary Insurance	
Member ID#	_ Group #
Online Account 🗆 yes 🗆 no	
Username	_ Password
Secondary Insurance	
Member ID#	_ Group #
Online Account 🗆 yes 🗆 no	
Username	_ Password
Dental Insurance	
Insurer	
Member ID#	_ Group #
Online Account □yes □no	
Username	_ Password

### **INSURANCE INFORMATION**

#### **Vision Insurance**

Insurer	
Member ID#	Group #
Online Account 🗆 yes 🗆 no	
Username	Password
Other Insurances (non-auto or home)	
Policy Issuer/Underwriter	
Policy #	
Contact	
Policy Issuer/Underwriter	
Policy #	
Contact	

### **Employer Insurance Information**

olicy Issuer/Underwriter
blicy #
ontact
eneficiary

#### Mortgage/Title

Lending Institution		
Contact Information		
Account #		
Online Account □yes □no		
Username	Password	
Auto Pay 🗆 yes 🗆 no If yes, which bank/credit	account	
Home/Renters Insurance		
Insurer		
Contact Information		
Policy #		
Online Account 🗆 yes 🗆 no		
Username	Password	
Auto Pay 🗆 yes 🗆 no If yes, which bank/credit	account	
Home Utilities Information		
Gas		
Account #		Online Account 🗆 yes 🗆 no
Username	Password	
Auto Pay 🗆 yes 🗆 no If yes, which bank/credit	account	
Electric		
Account #		Online Account 🗆 yes 🗆 no
Username	Password	
Auto Pay 🗆 yes 🗆 no If yes, which bank/credit	account	

Water/Sewer		
Account #		Online Account 🗆 yes 🗆 no
Username	Password	
Auto Pay 🗆 yes 🗆 no If yes, which bank/credit	account _	
Cable/Internet		
Account #		Online Account 🗆 yes 🗆 no
Username	Password	
Auto Pay $\Box$ yes $\Box$ no If yes, which bank/credit	account _	
Trash Removal		
Account #		Online Account 🗆 yes 🗆 no
Username	Password	
Auto Pay □ yes □ no If yes, which bank/credit	account _	
Landline Phone		
Account #		Online Account 🗆 yes 🗆 no
Username	Password	
Auto Pay 🗌 yes 🗌 no If yes, which bank/credit	account _	
Cellphone		
Account #		Online Account 🗌 yes 🗌 no
Username	Password	
Auto Pay $\Box$ yes $\Box$ no If yes, which bank/credit	account _	
Other		
Account #		Online Account □yes □no
Username	Password	
Auto Pay □ yes □ no If yes, which bank/credit	account _	

#### **Contact Information for Home Maintenance Needs**

Electrician	 	 
Plumber		
Yard Work		
General Contractor		
Snow Removal	 	
Other		

#### Home Maintenance to Check/Do Annually

Spring	
Summer	
Fall	
Winter	

#### Upcoming Upkeep/Repairs/Replacement Needed

#### **Quirks to Know About the House/Property**

#### **Auto Insurance**

Insurer		
Contact Information		
Policy #		
Online Account □yes □no		
Username	Password	
Auto Pay 🗆 yes 🗆 no If yes, which bank/credit	account	
Auto Information		
Vehicle #1 Make & Model		Year
License Plate #	State	e
VIN		
Title #		
$\Box$ Leased $\Box$ Financed $\Box$ Paid in Full		
Lending Institution (if financed or leased)		
Account #		
Online Account □yes □no		
Username	Password	
Auto Pay 🗌 yes 🗌 no If yes, which bank/credit	account	
Vehicle #2 Make & Model		Year
License Plate #	State	e
VIN		
Title #		
$\Box$ Leased $\Box$ Financed $\Box$ Paid in Full		
Lending Institution (if financed or leased)		

Account #		
Online Account 🗌 yes 🗌 no		
Username	Password	
Mechanic name, location, and contact information		
Important Information about vehicle hi	istory or maintenance needs	

# **RETIREMENT INFORMATION**

□ROTH □other
Password
□ROTH □other
Password
□ ROTH □ other
Password
□ROTH □other
Password

### **TECHNOLOGY/SOCIAL MEDIA**

#### **Device Login Information**

Computer	
User ID	Password
Cell Phone	
Pass Code	_ Voicemail Pin
Other Devices	
Туре	
Username	Password
Туре	
Username	_ Password
Digital Accounts	
Email Accounts	
Email Address	
Password	
Email Address	
Password	
Email Address	
Password	
Social Media	
Platform	
Username	_ Password
Recovery Email	
$\Box$ Keep Active $\Box$ Switch to Legacy Mode	if Available 🛛 Deactivate

# **TECHNOLOGY/SOCIAL MEDIA**

Platform		
Username	Password	
Recoverv Email		
	Switch to Legacy Mode if Available	
Platform		
Username	Password	
Recovery Email		
□ Keep Active	□ Switch to Legacy Mode if Available	□ Deactivate
Platform		
Username	Password	
Recovery Email		
□ Keep Active	□ Switch to Legacy Mode if Available	□ Deactivate
Platform		
Username	Password	
Recovery Email		
-	□ Switch to Legacy Mode if Available	

# **IMPORTANT CONTACTS**

### Family Members

Phone
Phone
Phone
Phone
Phone
Phone
Phone
Phone
Phone
Phone

# **DOCUMENT LOCATIONS**

Social Security Card
Insurance Cards
Birth Certificate
Marriage Certificate
Passport
Deeds
Divorce Papers
Adoption Papers

# **DOCUMENT LOCATIONS**

Citizenship Papers/Green Card

HCP/Living Will			
MOLST			
Deeds			
Other			

# NOTES

