

May 2020



Wading into the silence Pt. 2

Even the animals know that there is something different going on.

My neighbors & I used to get together in person twice a week for centering prayer. We now "Zoom to pray" & wait in silence - separately together. (Explaining centering prayer is a tough one. But can you imagine trying to tell your grandparents how you arranged for video conferencing for sitting in silence?)

Last week as we were tying up loose ends, one of my friends incredulously said, "We've seen a lot more wildlife recently. I think I maybe I saw a bobcat?" (When you've been on lockdown for 3-4 weeks, you start to wonder about yourself!) Another neighbor who lives closer to the Trinity River said, "Yes, probably so. You know Ft. Worth was once known as [panther city!](#)"

~ ~ ~

It seems COVID has changed everything about everyday life. The flip side of COVID-19 is people are more interested in talking about **"What if the worst thing happens?"**

Now more people are aware of their **mortality & lack of planning** for emergencies involving end of life care. I always say "In case of **Emergency: Your Life + Your Plan = Advance Care Planning.**"

in May our Board will offer webinars to explore common themes in Advance Care Planning. Everyday Care & Prepare's [website](#) is a clearinghouse of actionable resources for the whole community; reminding everyone: **"It's Always too Early - until it's too Late!"**

In this season of tumult give the gift of letting your family know what you want for your medical care.

The future is up to you!

Leah

[U Can support our efforts in DFW](#)

Statutory update:

[Governor Abbott Temporarily Suspends Certain Statutes To Allow For Appearance Before Notary Public Via Videoconference](#)

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COVID got you

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thinking?



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Care & Prepare 20



ACP, Me & COVID?
May webinars

Join the Conversation with local experts
May 12 @ 10 AM & 6 PM

Respecting Choices Facilitators Advance Steps® Facilitator training

Want CEUs now? Do online learning modules and join us for the 1-day conference after COVID passes.

[SIGN UP Here](#)

Care & Prepare's Board will begin offering Webinars in May:

"Promise me this." 5/12/20 "Getting the most out of the MOST forms" & "Caregiver burnout" are a few of our topics. [Like or follow](#) us to get more details.

@ CARE & PREPARE

We salute all frontliners!

Thank you for your service and sacrifice during this difficult time.
You are our heroes.

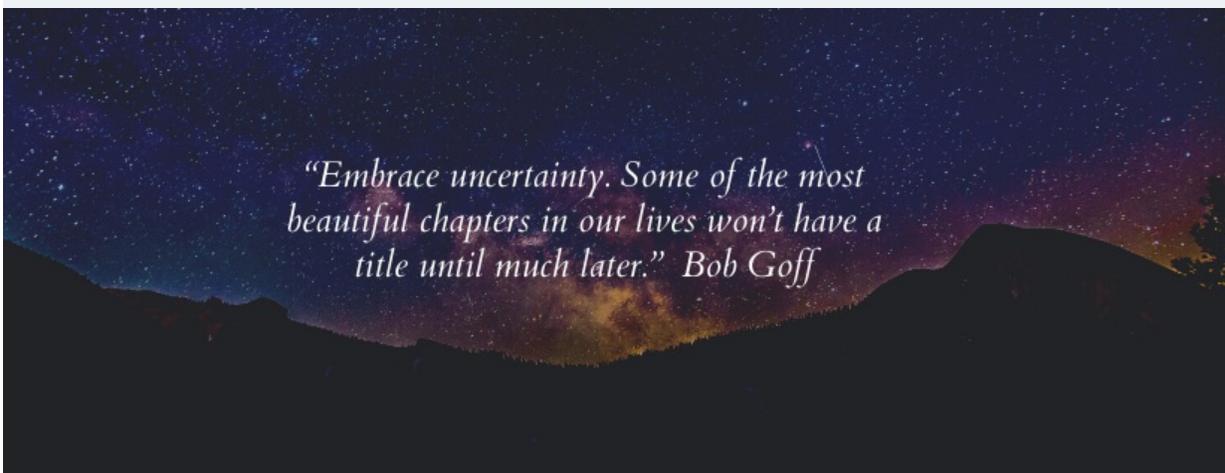
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The flip side of COVID-19 is people are more interested in talking about **"What if the worst thing happens?"**

[U Can support our efforts in DFW:](#)

- Attend our webinars & invite a friend!
- Help us develop more resources.
- Donation of any amount will help!



"Embrace uncertainty. Some of the most beautiful chapters in our lives won't have a title until much later." Bob Goff

Care & Prepare | 817-247-1776 www.careandprepare.org

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