

Ducks In A Row Digest



CAROLINA FAMILY ESTATE PLANNING • MONTHLY NEWSLETTER

FEBRUARY 2023 • ISSUE #2

What's Inside

A Tough Conversation Out of Love

What to do when mom or dad don't want the help they need?

From our Staff: Healthy Brownies

Make your day extra special with this delicious and easy-to-make brownies recipe!

10 Tips for Family Caregivers

These tips make the process of caring for a loved one a little easier. Number 10 is the most important!

Puzzle Time!

Challenge your mind and have fun with this word search game!



We are proud to share that our Founder, Jackie Bedard, and Lead Attorney, Kellie Corbett, have been honored on the 2023 Business North Carolina's Legal Elite list. Plus, Carolina Family Estate Planning was named a 2022 Law Firm 500 Award Honoree – as one of THE FASTEST GROWING LAW FIRMS IN THE US.

We would like to express our gratitude to everyone who has contributed to this success, especially our hardworking and committed team, our community partners, and most importantly, the clients who have chosen to put their trust in our firm to safeguard their loved ones.

Legal
Elite
Business North Carolina 2023



Carolina Family Estate Planning
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A Tough Conversation Out of Love

One of the most challenging things for us to say as humans is that we need help. It's tough to admit when we can no longer do things on our own, and this can especially be difficult for an aging parent who has been set in their ways for decades. When these conversations occur, we need to approach them with the right mindset to peacefully resolve the situation and give our parents the care they need without any resentment.

Here are a few helpful tips to navigate the conversation with Mom or Dad to accept the help they need.

#1 Put yourself in their shoes.

We always hear the saying, "put yourself in their shoes," but it is crucial when you are trying to convince Mom or Dad to accept help. When you approach a conversation with them, keep their thoughts and motivations in mind because you increase the potential success of the conversation. I also recommend keeping a list of questions at the top of your mind that you can ask yourself to help center your thoughts on what Mom or Dad may be thinking:

- Are they acting this way out of habit?
- Are they worried about losing their independence?
- Are they possibly dealing with depression or anxiety?
- Are they confused, or do they possibly have a cognitive impairment?
- What are some things they may be fearing?

When we use these questions to help understand where they are coming from, the conversation will likely go much better.

#2 Treat them like adults.

This might seem silly, but it's essential; they might feel as if roles have suddenly been reversed by having to hear you tell them they need help. This can understandably be a bit of a shock to what they have always known. It is easy to talk to Mom or Dad as if they are a stubborn child rather than a parent who is



struggling with change, so it's important to remind yourself that they are your parents rather than your children.

When we treat them like adults, they are more likely to listen and respect what we say, making the conversation easier for everyone.

#3 Accept what you cannot change.

It can be easy to take the situation personally and feel as if it is your role to get Mom or Dad to come around, and those feelings can take a toll on you. As much as you might want them to make a particular decision, you have to remember that, unless there is a competency issue, they are in charge of their care. It's better for your mental health and your relationship with them if you remind yourself that you cannot force them to make the decision you want them to make. A healthy respect for their autonomy as adults can go a long way!

At the Alzheimer's Planning Center and Carolina Family Estate Planning, we have helped many family members in your shoes! We understand the difficulties you're encountering with your parents as they accept they need help and for you as a child that only wants the best for them. Our goal is to relieve stress by mapping the way through for you. Call our office today, 919-694-4437, to discuss the best way for you to get started. The earlier you begin your planning, the more powerful your options will be, and the more peace of mind you'll have.

- Jackie

FROM OUR STAFF: HEALTHY BROWNIES

Treat yourself to a little sweet treat. These healthy brownies are super easy to make and are simply delicious!

Ingredients:

- 4½ oz dark chocolate
- ¼ cup coconut oil
- 3 eggs
- ¾ cup coconut sugar
- 1 cup almond flour
- ¼ cup cocoa powder
- pinch of salt
- ½ cup chocolate chips (optional)

Directions:

1. Preheat the oven to 355°F and line a baking pan with baking paper.
2. Melt the dark chocolate and coconut oil together. Set aside.
3. Whisk the eggs and coconut sugar until fluffy and tripled in volume.
4. Slowly drizzle in the melted chocolate while whisking.
5. Sift the flour, cocoa powder and salt into the egg-chocolate mixture.
6. Transfer the batter into the prepared baking pan.
7. Bake in the pre-heated oven at 355°F for 18 - 20 minutes.
8. Serve the brownies either still warm or once cooled.

Optional: Serve these brownies with sugar-free chocolate chips on top, or add your favorite berries!



10 TIPS FOR FAMILY CAREGIVERS



1. Ask support from another caregivers.



2. Take care of your own health.



3. Take some respite time.



4. If someone offers help, take it.



5. Ask for help if you have signs of depression.



6. Seek for training.



7. Organize medical information.



8. Learn how to communicate effectively with doctors.



9. Plan early for the present and future needs of your loved one.



10. Give yourself credit for doing the best you can in one of the toughest jobs out there!

For additional resources, we recommend downloading our free e-book: [Guide to Alzheimer's Care](#)

Visit the new Alzheimer Planning Center website: www.alzheimersplanningcenter.com

WORD SEARCH GAME!

Solving a word search puzzle can be a great way to challenge yourself and work on your problem-solving skills. It helps to keep your brain active, as it requires logical, analytical, and critical thinking.

In this puzzle, we hid 15 words related to Valentine's Day. Have fun and good luck!

- Family
- Sweetheart
- Gift
- Hug
- Chocolates
- Friends
- Romance
- Kiss
- Care
- Flowers
- Loved Ones
- Married
- Cupid
- Date
- Valentines Day



Alzheimer's Planning Center

AT CAROLINA FAMILY ESTATE PLANNING



A MESSAGE FROM JACKIE

It's hard to believe it's already February! 2023 is starting strong at Carolina Family Estate Planning and the Alzheimer's Planning Center as our team and clients continue to grow. In January, we introduced our new Core Values that are at the forefront of our daily work performance:

- We Act With Integrity
- We Are Proactive
- We Hold Ourselves & Each Other Accountable
- We Work as a Team
- We Drive Innovation
- We Thrive!

Plus a bonus one...

- ♥ We LOVE Dogs!

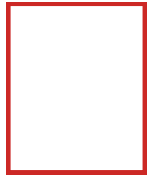


February might be a short month, but it's a powerful month with the tax season underway and playing host to American Heart Month and National Cancer Prevention Month. Now is a good time to take a step back and review all the wonderful things you have in your life and tackle the hard tasks you may have put off last year.

For the tax season, is your estate plan up-to-date? Have recent life events taken place that affect how it was created? For American Heart Month, you can celebrate by checking your blood pressure or cooking a heart-healthy snack (check out our recipe on page 2). For National Cancer Prevention Month, take 15 minutes out of your day and schedule your annual screenings. I understand it's not the phone call we want to have, but my recommendation to everyone I meet is that the sooner you plan, the more options you have.

Have a lovely February and stay warm!

Jackie



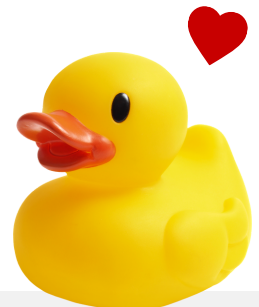
Thank you for your referrals!

We donate a portion of our income from each Estate Plan, Estate Administration, and Memory Safeguard Plan to *Meals on Wheels* of Wake County and the *Dementia Society of America*. When you refer to Carolina Family Estate Planning or The Alzheimer's Planning Center, you can rest assured that not only will they receive the award-winning service we are known for, but that you are helping support two very worthy causes.



Thank You For Introducing Your Friends and Family to Carolina Family Estate Planning!

Lucy Nottingham
Cecil Financial, Kevin Cecil
Law Offices of Lowry & Associates, Stephen Lowry
Suresh Sus
Brookdale MacArthur Park, Casey Brown
McKinney, Melissa Shaheen
First Command, Nick Putnam
Brian & Melinda Burke
Aging Care Matters, Rebecca Wyatt
Anne Squire
Esther Giambalvo
Ronnie Kramer
Melissa Eakin



Get a **FREE** Guide for North Carolina Executors and Trustees Navigating the Probate Process:

Understanding Estate Administration

Download Now!