



April 2008 Newsletter

My Life in a Box Has a New Home!

Please visit the new website at www.mylifeinabox.com for a totally new look, new products, and new services.

Three New E-Books!

My Life in a Box...A Life Organizer in Spanish. This book contains all of the stories and forms found in the English version and it can be downloaded immediately from your personal computer.

The Next 48 Hours

After losing 12 family members and close friends over a period of 5 years, I realized that I did not have the tools needed to face everything that happens when someone dies. This is not a book on how to deal with grief. It is a book that covers the legal and financial issues leading up to and surrounding someone's death. The subject is one that none of us like to face, however once you read *The Next 48 Hours*, you'll realize how vital it is to have everyone in your family fill out the three forms and get their Will written!

My Memory Keeper...the essence of my life

Do you ever talk about family and friends who have impacted your life but are no longer around to introduce to special people? Wouldn't it be wonderful if you could write a brief story about who they were, and how their life experience helped make you who you are today? That's what Janet Wendland and I have done. We have created a simple way for you to archive your legacy without having to do years of research, or even be a talented writer.

Newsletter Archive

Another section of the new website is the newsletter archive. You can simply download past newsletters and read them, send them to friends and family, and also use them within your business. In case you are not familiar with Adobe Reader, you can download the free software from the newsletter page and it will allow you to open the PDF format easily.

Family Emergencies

Three weeks ago I got one of those late-night calls that we all dread. It was my sister. She said two words..."Mom fell". Actually, Mom tripped over the new rocker that I delivered for her patio that day and fell on the concrete and broke two teeth and received a minor concussion. Thank God she was able to get up and call my sister.

Over the next two days we spent time in the hospital emergency room and oral surgeon's office.

The main reason I am bringing this up is because Mom had to move into my sister's home for several days as she recovered from the concussion and oral surgery. She had her *Get Away Bag* packed and we were able quickly locate it along with all of her medical files in her *My Life in a Box* file.

Several months ago Mom purchased a rolling back pack and followed the directions on building her *Get Away Bag*. She had clothing, toiletries and most of all, enough medication for several days. It proved to everyone in the family how vital it is to have a *Get Away Bag* packed for each family member. I am happy to announce that Mom is doing just fine, she is back in her home, she has recovered from the concussion, and is now promoting the value of her *Get Away Bag* to all of her friends!

If you have an elder family member please share with them the value of having their *Get Away Bag* packed. Next month's newsletter will include other valuable information about emergency preparedness for seniors. If you do not have a copy of how to build your *Get Away Bag*, go to this link for the directions: <http://www.mylifeinabox.com/getaway.pdf>

If you have some safety and emergency suggestions for elderly family members, I hope you will send them to me in an email.

My direct email address is laurie@mylifeinabox.com.

Laurie's Notes:

I enjoy receiving notes from people who read my monthly newsletter. Even more, I appreciate receiving great suggestions to share.

Laura, one of our newsletter recipients sent in this great bit of information after reading last month's newsletter regarding identity theft. She wrote... *"if you shop on line, use a virtual credit card. That is a card where the number changes every time you change sites, thus preventing hackers from stealing your credit card number."*

This is great info and worth investigating! Thanks Laura.

I also want to thank the Washington National Guard Family Program for the warm welcome I received last month when I presented two workshops for their volunteers. It was a joy being able to share my stories and emergency plan with such a wonderful group of people.

If your organization would like me to speak or present my workshop, just send me an email. If you would like to order the PowerPoint, which incorporates the use of the book *My Life in a Box...a Life Organizer*, and present it to your church or organization, that's fine too! My goal is to get people ready for any possible emergency they may face and I do not necessarily need to be the presenter! Also, *My Life in a Box...a Life Organizer* is available as a custom printed book for your organization, or may be purchased in bulk at a substantial discount.

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