

August 21st is
**Senior
Citizen's
Day**

Member Appreciation Party!

West/Main Building

1800 S. Main Street
and

East Building

1811 S. Main Street 74012
918-259-8377

www.baseniors.org
@Brokenarrowseniors.org

Office Hours:

Monday—Friday
8 a.m.—4 p.m.

Annual Membership:

Broken Arrow Residents—\$40
Non-Residents—\$50

Executive Director

Kim Crenshaw

Member Services Manager

Traci Druten

Office Coordinator

Terry Drummond

Administrative Assistant

Tonnya Cress

Special Events Coordinator

Erica Decker

Volunteer Coordinator

Dea Ann Gray

Transportation

Donald Stockton &
Randall Graybill



SIZZLIN' Summer Send off

CAMPERS HAVE MORE FUN

TUESDAY, AUG. 26TH

4:30 - 6:30 P.M.
**BA SENIOR CENTER
EAST ANNEX**

**CAMPING GAMES,
BONFIRE FOOD, AND FUN**

**MEMBER
APPRECIATION DAY!**

The poster features a light blue sky background with white clouds. Various camping-themed illustrations are scattered around: a yellow fish, a black compass, a pair of black binoculars, a yellow lantern with a flame, a blue flashlight, a yellow water bottle, a green tent, a green pine tree, and a small fire. The text is arranged in a central, eye-catching layout with bold fonts and a red oval for the date.

Calendar of Events

Regularly Scheduled **MONDAY** Activities

Lunch Daily 11:30 a.m. - 12 p.m.

CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	
Party Bridge	8 a.m. - 12 p.m.	E	
Ping Pong	8 a.m. - 11 a.m.	W	
Shuffleboard	8 a.m. - 4 p.m.	W	
Cardio Exercise	8:15 a.m. - 9 a.m.	E	
Yin Yoga	9:15 a.m.- 10:15 a.m.	E	
Crafting	9:30 a.m. - 12 p.m.	W	
Drum to Exercise with Kathy	9: 15 a.m.- 10:15 a.m.	W	
Bible Study	9:30 a.m. - 11 a.m.	E	
Circle of Readers	10 a.m. - 11:30 a.m.	W	August 4th & 18th
Limited Exercise	10:30 a.m. - 11: 30 a.m.	W	
Ping Pong/Pool for Fun	11 a.m. - 4 p.m.	W	
Canasta	12 p.m. - 3:45 p.m.	W	
Tai Chi for Better Balance - Vanessa	12:15 p.m. - 1:15 p.m.	E	
Pickleball Open Play	12:15 p.m. - 4 p.m.	W	
Bingo by Nutrition	12:30 p.m. - 2:30 p.m.	W	
Intermediate Tap Dancing	1 p.m. - 2:30 p.m.	W	
Experienced Mahjongg	1 p.m. - 4 p.m.	E	
Line Dancing with Barb	1:30 p.m. - 3 p.m.	E	
Photography Group	1:30 p.m. - 3:30 p.m.	E	August 11th & 25th
Beginning Tap Dancing	2:45 p.m. - 3:30 p.m.	W	
Zumba	3:15 p.m. - 4 p.m.	E	

Monday Special Events

Medicare Education with Chris	9 a.m. - 12:30 p.m.	W	
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CIRCLE OF READERS

Aug 4: *All the Little Hopes* by Leah Weiss (Historical F) & **Zoom author visit**

Aug 18: Discuss other books

Sep 8: *The Borrowed Life of Frederick Fife* by Anna Johnston (Contemporary F)

Sep 22: Discuss other books

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August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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Calendar of Events

Regularly Scheduled **TUESDAY** Activities

Lunch Daily 11:30 a.m. - 12 p.m.

CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	
Party Bridge	8 a.m. - 12 p.m.	E	
Strength & Tone	8:15 a.m.- 9 a.m.	E	
Ping Pong/Pool for Fun/Shuffleboard	8 a.m. - 4 p.m.	W	
Blues Guitar Lessons	8:30 a.m. - 10 a.m.	E	
Train Dominoes	9 a.m. - 12 p.m.	W	
Scrabble	9 a.m.—12 p.m.	W	
Power Yoga	9:15- 10:15 a.m.	E	
Scrapbooking	9: 30 a.m.— 12 p.m.	W	
Limited Exercise	9:30 a.m. - 10:30 a.m.	W	
Guitar Lessons—Intermediate	10 a.m. - 11: 30 a.m.	E	
Whittling Wonders	10 a.m. - 12:30 p.m.	W	
Limited Exercise	10:30 a.m.-11:30 a.m.	W	
Tai Chi for Balance with Julie	11:45 a.m.-12:45 p.m.	E	
Canasta	12 p.m. - 3:45p.m.	W	
Chess	12 p.m. - 4 p.m.	E	
Line Dancing with Michelle	1 p.m. - 2 p.m.	E	
Beginning Guitar Lessons	1 p.m. - 2:30 p.m.	W	
Beginning Bass Guitar Lessons	1 p.m. - 2 p.m.	W	
Painting	1 p.m. - 3:30 p.m.	W	
Beginner Pickleball Play	12:30 p.m. - 2 p.m.	W	
Pickleball Open Play	2 p.m.- 4 p.m.	W	
Clogging Class	2:15 p.m. - 3:30 p.m.	E	Cancelled 8/26
Beginning Clogging	3:30 p.m. - 4:30 p.m.	E	Cancelled 8/26
Yoga Core/Pilates Fusion	4:45 p.m. - 5:30 p.m.	E	Cancelled 8/26
Vinyasa Yoga/Deep Stretch Fusion	5:45 p.m. - 6:30 p.m.	E	Cancelled 8/26

Tuesday Special Events

Domino Tournament	9 a.m. - Conclusion	W	2nd Tuesday
Board of Directors	3:30 p.m.	E	3rd Tuesday
Sizzlin' Summer Send-Off Party	4:30 p.m. - 6:30 p.m.	E	August 26th

A B C MedicareHelp.com



Art Geddes
918-698-4921

dadgeddes@gmail.com
2800 North 23rd Street#1113
Broken Arrow OK 74014

Independent Agent

Medicare Made Simple

August 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Calendar of Events

Regularly Scheduled **WEDNESDAY** Activities

Lunch Daily 11:30 a.m. - 12 p.m.

CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	
Ping Pong/Pool/Shuffleboard	8 a.m. - 4 p.m.	W	
Quilting	8 a.m. to 3 p.m.	W	
Cardio Exercise	8:15 a.m. - 9 a.m.	E	
Core Strength Yoga	8:15 a.m. - 9 a.m.	W	
S.E.A.T.	9 a.m. - 10 a.m.	E	
Needle Crafting	9 a.m. - 11:30 a.m.	W	
Chair Yoga	9:15 a.m. - 10:15 a.m.	W	
Beginning Ukelele	9:30 a.m. - 10 a.m.	E	
Spades Card Game	9:30 a.m. - 12:30 p.m.	E	
Line Dancing with Eugenia	10 a.m. - 11:30 a.m.	E	
Abstract Painting 102	10 a.m. - 12 p.m.	W	
Ukulele Jam	10 a.m.-12 p.m.	E	
Limited Exercise	10:30 a.m. - 11:30 a.m.	W	
Hand and Foot Cards	12 p.m. - 4 p.m.	W	
Exercise 101	12:15 p.m. - 1:15 p.m.	W	
Abstract Painting 101	12:30 p.m. - 2:30 p.m.	W	
Bunco	12:30 p.m.- 2:30 p.m.	W	2nd Wednesday
Pitch Card Game	12:30 p.m. - 4 p.m.	W	
Technology Training	1 p.m. - 3 p.m.	E	2nd Wednesday
The Sound of Broken Arrow - Choir	1 p.m. - 2:30 p.m.	E	
Bingo	1 p.m. - 2:30 p.m.	W	1st Wednesday
Drawing Class	1 p.m. - 2:30 p.m.	E	No Class 2nd Wednesday of each month *New Location - East Annex*
Experienced Mahjongg	1 p.m. - 4 p.m.	E	
Line Dancing with Barb	1:30 p.m. - 3 p.m.	E	
Pickleball Open Play	1:30 p.m.- 4 p.m.	W	
Zumba	3:15 p.m. - 4 p.m.	E	

Wednesday Special Events

Blood Pressure Checks	10 a.m. - 11 a.m.	W	No checks on 5th Wednesday
Library Assistance	10 a.m. - 11 a.m.	W	2nd Wednesday

**The month of August has turned into a griddle
where the days just lay there and sizzle.**

Calendar of Events

Regularly Scheduled **THURSDAY** Activities

Lunch Daily 11:30 a.m. - 12 p.m.

CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	Tournament 3rd Thursday - 9 a.m.
Ping Pong/Pool for Fun/Shuffleboard	8 a.m. - 4 p.m.	W	Pool Tournament 3rd Thursday - 9 a.m.
Strength & Tone	8:15 a.m. - 9 a.m.	E	
Train Dominoes	9 a.m. - 12 p.m.	W	
Soft Yoga	9:15 a.m. - 10:15 a.m.	E	
Limited Exercise	9:30 a.m. - 10:15 a.m.	W	
Creative Card Making	9:30 a.m. - 11 a.m.	W	
Guitar Jam	9:30 a.m. - 11:30 a.m.	E	
Play Money Poker	9:30 a.m. - 12 p.m.	W	
Grief Healing Group	10 a.m. - 11:30 a.m.	E	3rd Thursday
Quilting Layout	10 a.m. - 2 p.m.	W	
Limited Exercise	10:30 a.m. - 11:30 a.m.	W	
Party Bridge	11:45 a.m. - 3 p.m.	E	
Tai Chi for Better Balance	11:45 a.m. - 12:45 p.m.	E	
Drum to Exercise with Kathy	12:15 p.m. - 1:15 p.m.	W	
Creative Card Making	12:30 p.m. - 3 p.m.	W	
Happy Hookers - Crochet	12:30 p.m. - 2:30 p.m.	W	
Card Game of the Day	12:30 p.m. - 4 p.m.	W	
Fundamental of Line Dancing - Michelle	1 p.m. - 2:30 p.m.	E	
Pickleball Open Play	1:30 p.m. - 4 p.m.	W	
Cardio Drumming	2:45 p.m. - 3:30 p.m.	E	
Fast Abs	3:40 p.m. - 4 p.m.	E	
Guitar Jam	4:30 p.m. - 6:30 p.m.	E	

Thursday Special Events

Membership Advisory Committee	3 p.m.	E	1st Thursday
Quilting Layout Workshop	10 a.m. - 2 p.m.	W	August 14th
Consumer Education Course	1:30 p.m. - 2:30 p.m.	W	7/10/25 - 8/14/25
Hawaiian Hula Dance Workshop	4:15 p.m. - 5:15 p.m.	E	Begins 7/24/25 thru 9/11/25
Belly Dancing	5:30 p.m. - 6:30 p.m.	E	Begins 7/24/25 thru 9/11/25

Medicare Education with Lynn Roach	10 a.m. - 12 p.m.	W	1st and 2nd Thursday
Medicare Education with Lynn Roach	1 p.m. - 3 p.m.	E	3rd, 4th, & 5th Thursday

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CONTACT LYNN ROACH
FOR MORE INFORMATION

918-913-8199

lynn@procomparemedicare.com

For accommodations of persons with special needs at meetings call 918-913-8199.



Calendar of Events

Regularly Scheduled **FRIDAY** Activities

Lunch Daily 11:30 a.m. - 12 p.m.

CLASSES	TIME	BLDG	NOTES
Dominoes	8 a.m. - 12 p.m.	W	
Ping Pong/Pool for Fun	8 a.m. - 4 p.m.	W	
Cardio Drumming	8:15 a.m. - 9 a.m.	E	
Fitness Machine Orientation w/Danny	9 a.m. - 10 a.m.	E	4th Friday
S.E.A.T.	9 a.m.- 9:45 a.m.	E	
Friday Fitness	9:15 a.m. - 10:15 a.m.	E	
Singing Group	9:30 a.m. - 10:30 a.m.	W	
Alzheimers Support Group	10 a.m. - 12 p.m.	E	1st and 3rd Friday
Quilting	10 a.m.- 2 p.m.	W	
Creative Writing	10 a.m.- 12 p.m.	E	
Limited Exercise	10:30 a.m. - 11:30 a.m .	W	
Line Dancing with Eugenia	10:30 a.m. - 12 p.m.	E	
Shuffleboard	10:30 a.m. - 4 p.m.	W	
Canasta	12 p.m. - 3:45 p.m.	W	
Party Bridge	12 p.m. - 4 p.m.	E	
Exercise 101	12:15 p.m. - 1:15 p.m.	W	
Cornhole	12:30 p.m. - 2:30 p.m.	E	
Pitch Card Game	12:30 p.m. - 4:00 p.m.	W	
Bingo	1 p.m. - 2:30 p.m.	W	1st, 2nd, and 4th Friday
Singo	1 p.m.- 2:30 p.m.	W	3rd Friday
Parkinson's Support Group	1 p.m. - 2:30 p.m.	E	4th Friday
Pickleball Open Play	1:30 p.m. - 4 p.m.	W	
Zumba	3:15 p.m. - 4 p.m.	E	

Friday Special Events

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August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

CHILI MAC FOR ONE



- 1 tablespoon olive oil
- ¼ cup chopped onions
- ¼ cup chopped red bell peppers
- 1 clove garlic -minced
- 1 teaspoon tomato paste
- 4 ounces lean ground beef
- ¾ cup low sodium chicken broth
- ¼ cup canned red beans -rinsed and drained
- ½ teaspoon ground cumin
- ¼ teaspoon [kosher salt](#)
- ⅛ teaspoon chili powder
- ½ cup dried elbow macaroni (2 ounces/57g)
- 1 tablespoon shredded Parmesan cheese

- In a 10-inch skillet, heat olive oil over medium-high heat. Add onions and peppers and cook for 4 minutes, stirring occasionally, until tender.
- Stir in garlic and tomato paste. Cook for 1 minute, stirring often.
- Add ground beef. Cook for 5 minutes, breaking it up as it cooks, until browned and no longer pink.
- Stir in broth, beans, cumin, salt, and chili powder. Bring to a boil.
- Reduce heat to medium-low. Add pasta, cover, and cook for 15 minutes, stirring occasionally, until pasta is tender.
- Spoon into a bowl, top with Parmesan, and serve.






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June Poker Winners -

1st - Greg Westerman

2nd - Pam Fitzgerald



July Domino Winners -

Carol Walker and Ron Lewis



June Pool Winners -

1st - Chris Adams

2nd - Rob Cass

3rd - Frank Galle



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IN THE NEWS...

BLOOD PRESSURE CHECKS

EVERY WEDNESDAY

10 a.m. - 11 a.m.

In Nutrition Area

TECHNOLOGY TRAINING

WEDNESDAY, AUGUST 13th

1 p.m. - 3 p.m.

EAST ANNEX

EAST ANNEX EXTENDED HOURS

CANCELLED

TUESDAY 8/26

DUE TO SIZZLIN' SUMMER SEND-OFF

Out of This World Sudoku Puzzle



		3	9	1		5		8
				8	5	3		
						4		
		4	5	3				7
					9	8		
	1		2		7			4
		1				6		
6	4	9		5	1	7		3
		2		9				



Donna Grady

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October 15 - December 7

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Activity Sponsors:

Poker Tournament:

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Domino Tournament:

White River Fish Market, Ron's Hamburgers & Chili, Billy Ray's Catfish & BBQ, Jimmy's Egg, & Fish Shack

Pool Tournament:

VIPCare Clinics, Local Insurance Advisors

Bingo & Singo:

TruHeart Home Health & Hospice, Cedarhurst of Woodland Hills, Season's Hospice, Archwell Health (Singo), Bixby-South Tulsa Funeral Service

Blood Pressure Checks:

Miller Hospice, Hillcrest Hospital South, MyChoice, First Light Home Care

Hearing Screenings & Hearing Aid Maintenance:
HearingLife

Center Information

Accommodations - Handicap parking is located on the east and south side of the West building and east side of the East building.

Name Tags - All members are required to wear their name tag while engaged in center activities. Please see the office if you lose your name tag.

Center Hours - WEST - Monday through Friday 8 a.m. - 4 p.m. **EAST** - Monday, Wednesday, Friday 8 a.m. - 4 p.m., Tuesday and Thursday 8 a.m. - 7 p.m.

Guests - Guests must be 55 or older and considering membership. They are required to check in with the office so a guest form can be completed.

Perfumes and Odors - Many members are highly sensitive to strong scents. Please refrain from using strong scented perfumes, after-shaves, and lotions. Practice good personal hygiene to prevent strong or offensive body odor.

Lunch - Lunch is provided at the Center by the Tulsa and Creek County Senior Nutrition Program at 11:30 a.m. each day in the West Building. Lunch is not served after 12 p.m. Reservations are required and must be made the day before by 11 a.m. Separate paperwork is required for registration of the lunch program. Please call (918)259-8377, ext. 16. For those over 60, the suggested donation is \$2 per meal.

Transportation - Questions regarding transportation to and from Center via the Shuttle Bus can be answered by calling (918)259-8377, ext. 15.

Calendar of Events - The notation "E" are activities held in the East Annex and "W" are activities held in the West Bldg.

Inclement Weather Closing Notification

If the Center closes due to weather, there are multiple ways we attempt to notify you:

1. On the home page of the Center's website—
www.baseniors.org.
2. On our Facebook page - **Broken Arrow Senior Activity Center**.
3. **Channel 6** will post center closures on their newfeed.



Planning for Peace of Mind: 5 Legal Steps to Support Your Family Across Generations

By Brittany Littleton



If you're in your 60s, chances are you're witnessing your adult children juggle a lot—raising kids, building careers, and increasingly, stepping in to help care for you or other aging family members. It's a demanding phase of life, and it's called the "Sandwich Generation" for a reason.

You may not think of yourself as needing "care" yet, but many adult children begin helping with everything from paperwork to doctor visits long before a serious health issue arises. Being proactive about your legal and financial planning is one of the most meaningful ways you can support your family.

Here are five key steps you can take now to ease the burden on your loved ones and protect your own peace of mind.

1. Ensure Everyone Has Emergency Health Care Documents

Emergencies can happen at any age, and they often arrive without warning. Having the right documents in place protects your wishes and allows trusted family members to make decisions on your behalf if needed. These include:

- **Health Care Power of Attorney:** Appoints someone you trust to make medical decisions if you're unable to do so.
- **HIPAA Authorization:** Gives that person access to your medical records to make informed decisions.

Advance Health Care Directive (Living Will): Expresses your wishes about life-sustaining treatment, end-of-life care, and organ donation.

Without these documents, even close family members can be blocked from receiving medical updates or making critical decisions. Getting them in place—and encouraging your adult children and other loved ones to do the same—is an important step toward family preparedness.

2. Create a Durable Financial Power of Attorney

If you ever need help managing finances due to illness, travel, or other life events, a **Durable Power of Attorney (DPOA)** makes that possible.

This legal document allows someone you trust—often an adult child—to help with things like:

- Paying bills and managing bank accounts
- Handling tax matters
- Dealing with insurance, real estate, and benefits

Navigating claims or contracts on your behalf

Having a DPOA in place can help prevent financial delays or court intervention if you become incapacitated. It's a gift of clarity for your family—and for yourself.

3. Use Trusts to Protect Assets and Avoid Probate

Trusts aren't just for the ultra-wealthy—they're practical tools that can help your family avoid unnecessary stress and court costs down the road.

- A **Revocable Living Trust** keeps your assets accessible during your lifetime while allowing them to pass privately and efficiently to your heirs when the time comes—without going through probate.

Continued on page 22

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You're Invited:
Public Meeting on the
GO Bond Vote 2026

Broken Arrow Senior Residents — come be part of the conversation about our city's future!

Join us for a public meeting to learn more about the upcoming GO Bond Vote 2026. This is your opportunity to get informed, ask questions, and understand how proposed projects could shape our community — including possible impacts on the Broken Arrow Senior Center.

Date: THURSDAY, AUGUST 28th

Time: 6:30 p.m. - 8:30 p.m.

Location: EAST ANNEX

Your voice matters! Whether you're a long-time resident or new to the area, this meeting is a great way to stay engaged and make thoughtful decisions about the future of Broken Arrow.

We hope to see you there!



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NATIONAL WELLNESS MONTH

Prioritizing Health and Well-being for Older Adults

August is National Wellness Month, a time dedicated to focusing on self-care, stress management, and the creation of healthy routines. While wellness is important for everyone, it holds particular significance for **older adults**, who often face unique health challenges and lifestyle transitions. This month offers a timely reminder that investing in wellness—both physical and mental—can lead to a longer, more fulfilling life.

Why Wellness Matters for Older Adults

As we age, our bodies and minds go through changes that can affect our overall health. From managing chronic conditions to coping with social isolation or mobility limitations, older adults may encounter a range of challenges that can impact quality of life. That's why a proactive approach to wellness is not just beneficial—it's essential.

How to Celebrate National Wellness Month

Wellness doesn't have to be complicated or overwhelming. In fact, simple, consistent steps often make the biggest difference. Here are some wellness-focused ideas tailored to older adults:

- **Start a gentle fitness routine** like daily walks, chair yoga, or tai chi.
- **Stay connected** by scheduling regular calls or meetups with friends or family.
- **Try a new hobby** such as gardening, painting, or reading.
- **Practice mindfulness** with breathing exercises or guided meditation.


Attend wellness workshops or health screenings offered in the community.

A Month to Start a Lifetime Habit

National Wellness Month is not just about August—it's about setting the stage for ongoing habits that support healthy aging. Small changes can lead to big improvements over time. Whether it's taking more steps each day, eating more whole foods, or simply taking time to relax, every positive action counts.

Final Thoughts

Aging doesn't have to mean slowing down. With intention and self-care, older adults can continue to live vibrant, meaningful lives. **National Wellness Month** is a perfect opportunity to reflect on personal well-being and make health a lifelong priority.

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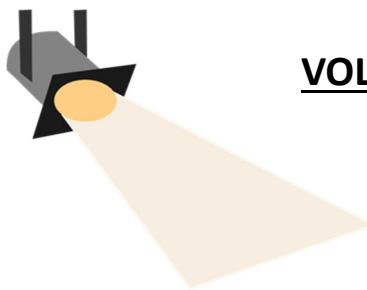
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VOLUNTEER SPOTLIGHT



Sue Bennefeld

Volunteerism embodies a spirit of selflessness and community service. It is a cornerstone of civil society, driven by individuals who willingly contribute their time and skills to support causes they believe in.

Our Volunteer Spotlight this month shines its light on Sue Bennefeld. We appreciate and thank her for donating her time.

Sue is a Greeter/Tour Guide in the East Annex building, and you will probably recognize her if you visit East on Thursday afternoons. Sue became a member of the Senior Center in 2018 when she moved to Broken Arrow. After joining, she volunteered in the lunchroom and then started greeting visitors and giving tours at the East Annex when it opened almost 3 years ago.

Meeting new members, greeting visitors, and talking to people are what she enjoys most about volunteering. Sue believes that the Broken Arrow Senior Center is a great place that offers many daily activities. She also believes that members have multiple opportunities to volunteer in various ways if they are interested in helping the Center.

Sue has 3 children, 9 grandchildren, and 4 great grandchildren. She has been a widow for almost 13 years and spends a lot of time with her youngest daughter. This daughter is very devoted to Sue as they always cook dinner together on Fridays and Sundays.

Sue enjoys going to concerts and loves country music!

Edward Jones

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Continued from page 13



- A **Medicaid Asset Protection Trust** may be worth considering if you're concerned about future long-term care expenses and preserving assets for your spouse or children.

An **Inherited IRA Trust** allows you to pass retirement accounts to your surviving spouse in a way that provides asset protection and tax planning while avoiding disinheritance (even unintentionally) of your contingent beneficiaries. This tool is especially helpful for blended families or when a child will inherit more than \$500,000 in retirement accounts.

Trusts offer flexibility, control, and peace of mind—especially when managing family transitions or protecting your legacy across generations.

4. Revisit Guardianship Plans for Grandchildren

If your adult children have named you as a guardian for your grandchildren in their estate plan, it's worth having an honest conversation about whether that's still the best fit.

Many parents choose grandparents as initial guardians when their children are young, but as time passes, it's important to consider:

- Your own health and energy levels
- Whether you're still able—and willing—to take on that responsibility

If alternative options within the family may be better suited now

Helping your children update their plans with realistic choices ensures that your grandchildren are truly protected—and that you aren't put in a position that's too demanding or impractical.

5. Review and Update Your Estate Plan Regularly

Even the best estate plan can become outdated. A plan made five or ten years ago may not reflect your current wishes, assets, or family dynamics.

We recommend reviewing your estate plan:

- After any major life event—retirement, a new grandchild, a move, or a health change
- After changes in the law or your finances

At least every 5 years, even if nothing major has changed

Updating your plan keeps it relevant and ensures that your legacy is protected the way you intend.

Your Family Will Thank You

Estate planning isn't just about documents—it's about easing the emotional and logistical burden on your loved ones. Taking action now allows your adult children to support you more confidently, and it ensures your family's needs are addressed with care and clarity. Consider reaching out to an estate planning attorney you trust to create a plan that supports you and strengthens the people you love.



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