

A decorative graphic in the top-left corner consisting of a cluster of overlapping circles in shades of blue, brown, and gold. Several white lightbulb icons are scattered throughout the circles, some appearing to glow.

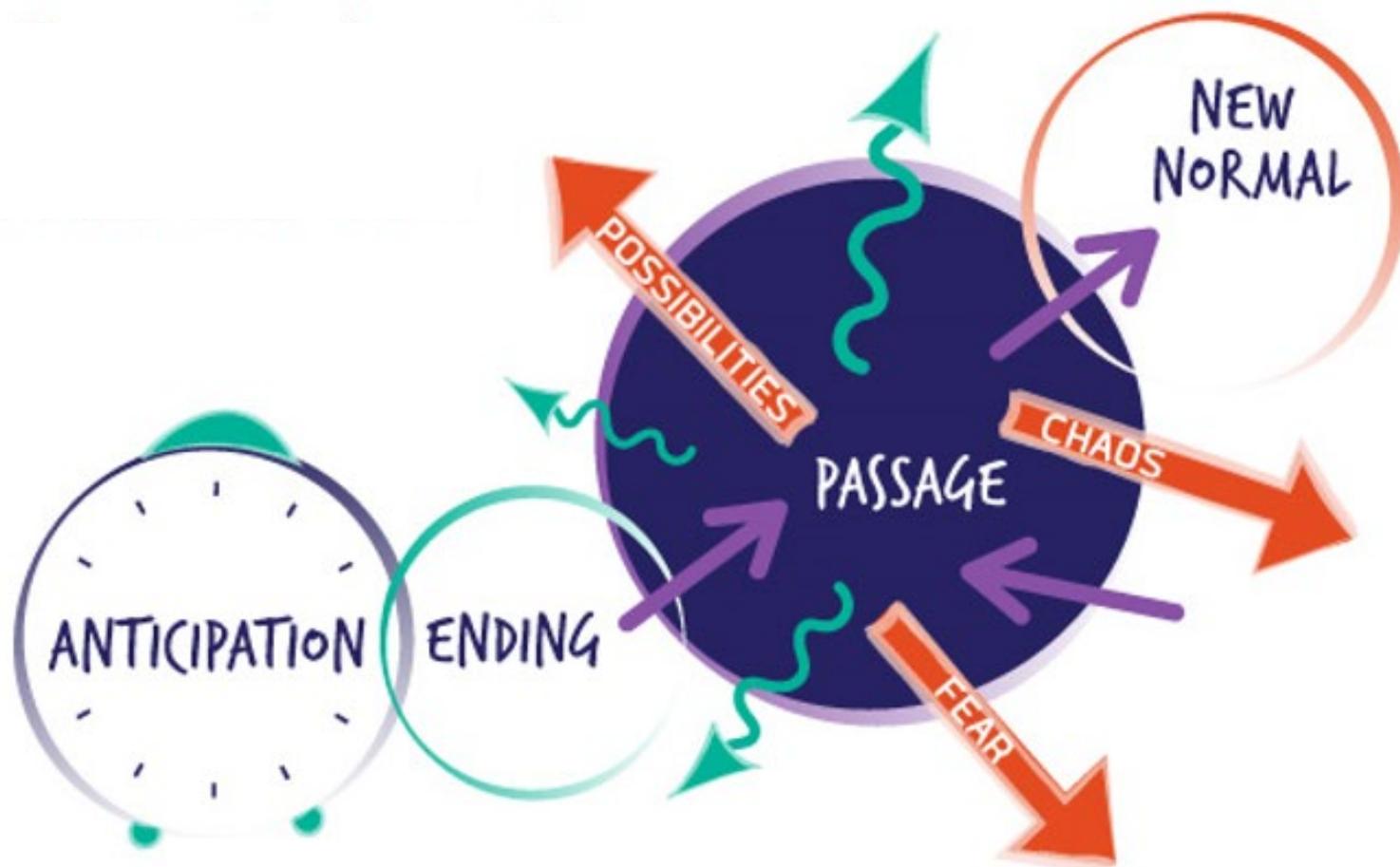
Successfully  
Picking Up  
The Pieces

*Living  
Wisely*

# Surviving Spouse Next Steps

Presenters:  
Monica Ma  
Teresa Kakadelas

# Life Transitions



Source: Sudden Money Institute

# Ending and Grief Stage



# Stages of Grief and Mourning

Shock / numbness

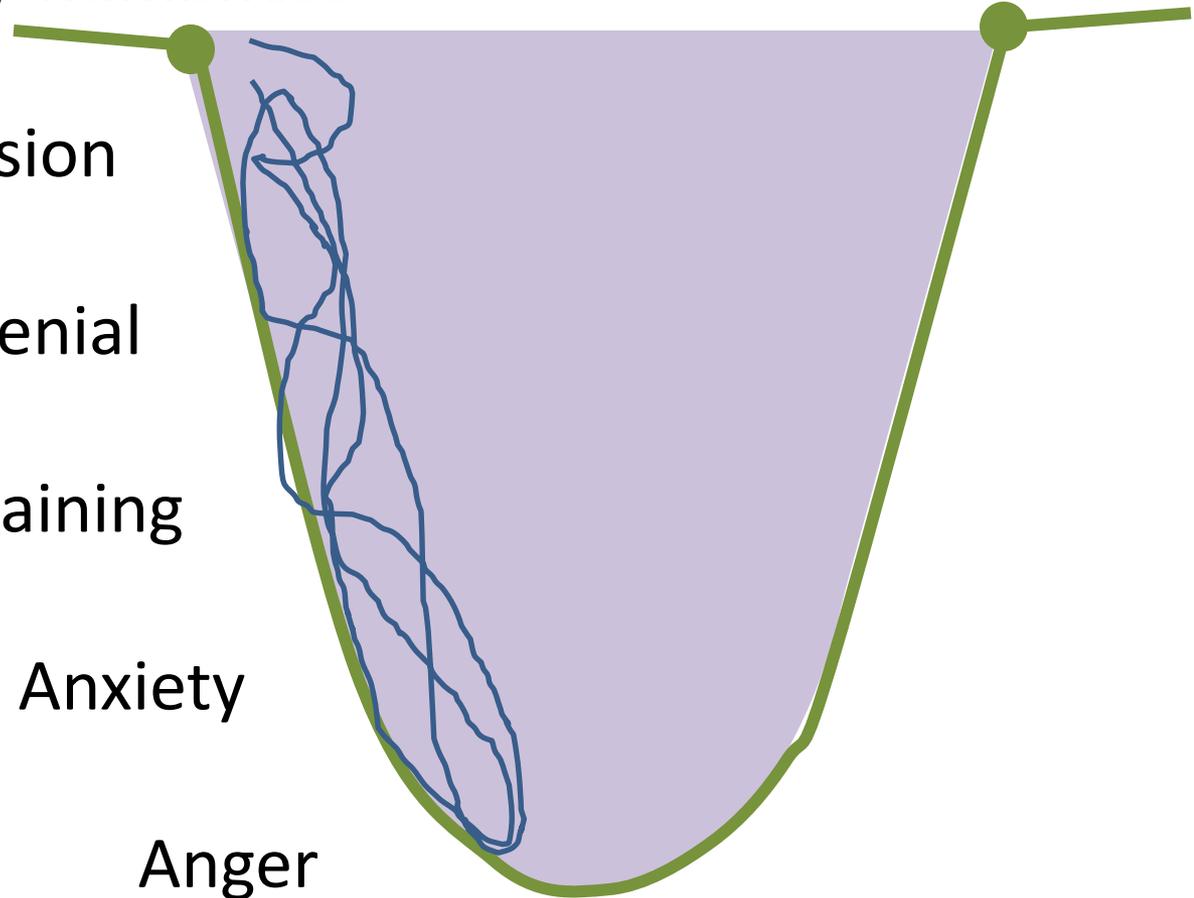
Confusion

Denial

Bargaining

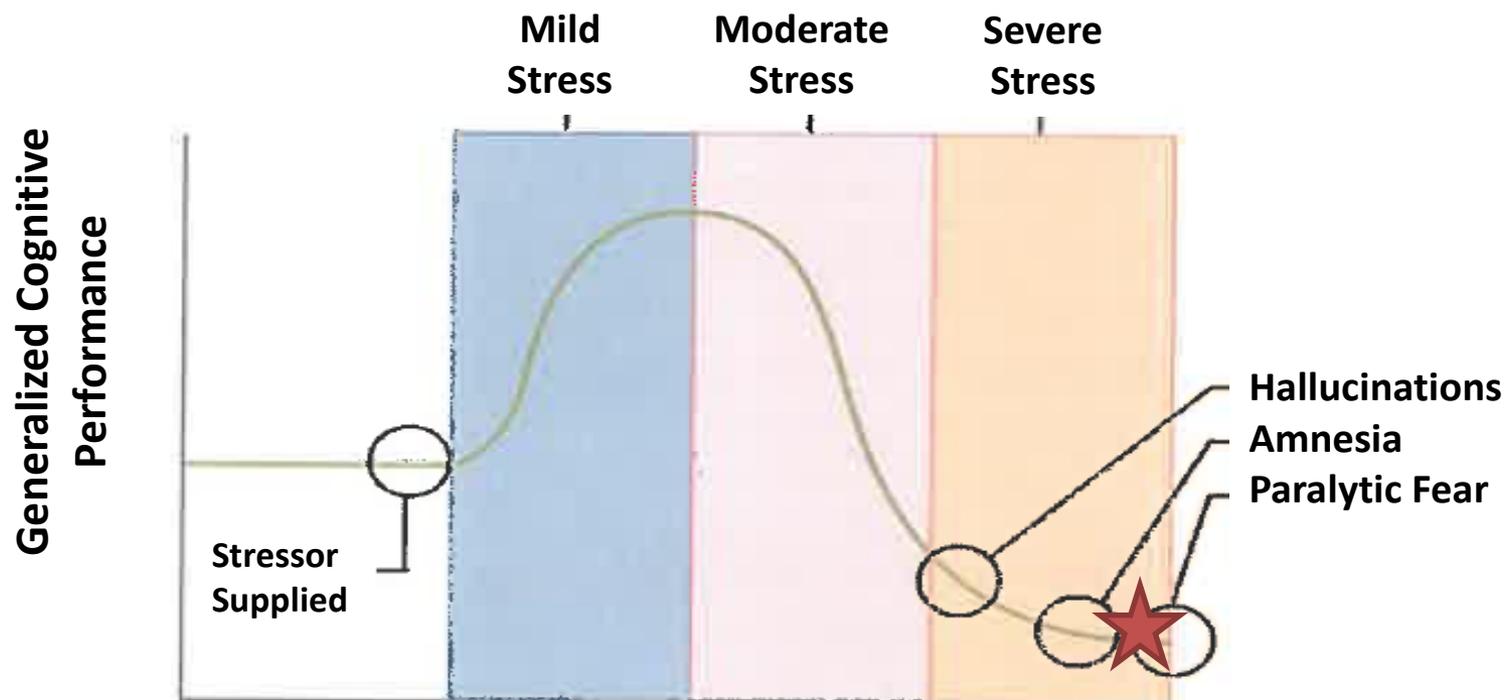
Anxiety

Anger



# Brain Fog – It's Normal

Effects on cognition – severe stress



“Sweet Spot”  
Cognitive Improvement



Potentiation Ends  
Fragmentation Begins



Dissociative  
Responses

Source: Sudden Money Institute

# Stages of Grief and Mourning

Shock / numbness

Acceptance

Confusion

Decision  
Free  
Zone

False Sense of  
Overconfidence

Denial

Vulnerable

Bargaining

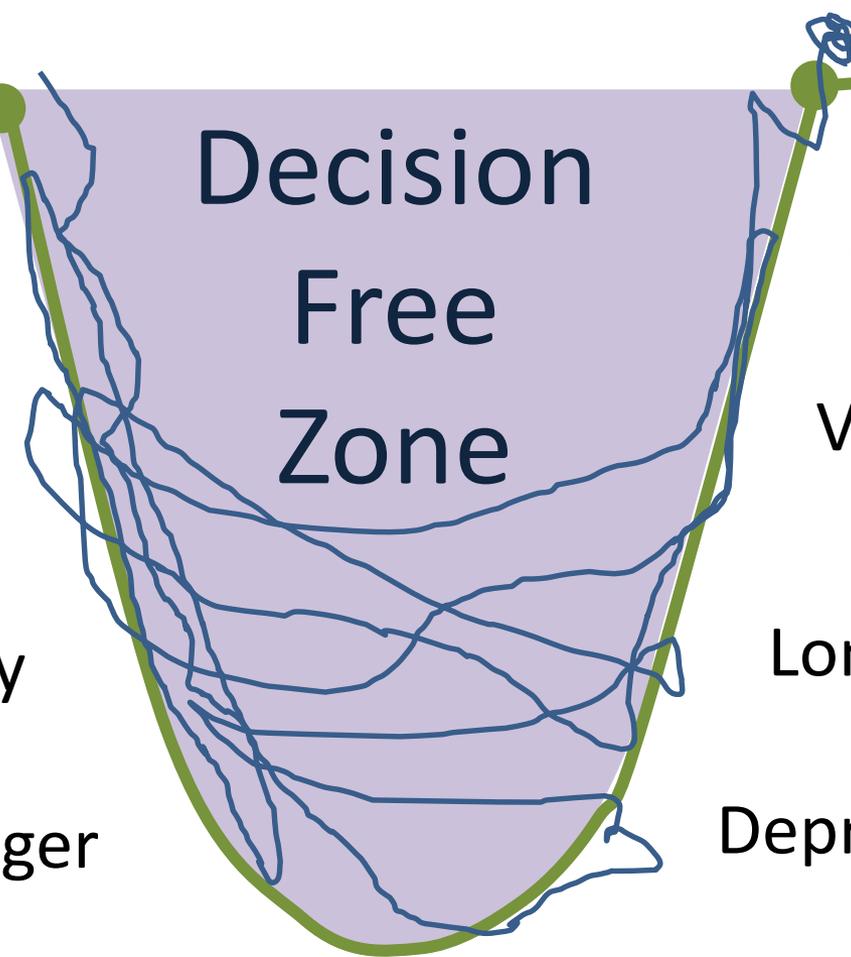
Anxiety

Lonely

Anger

Depression

Guilt

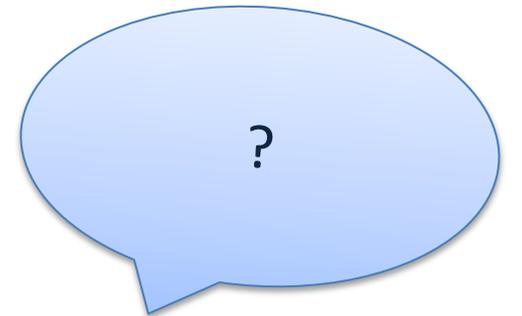
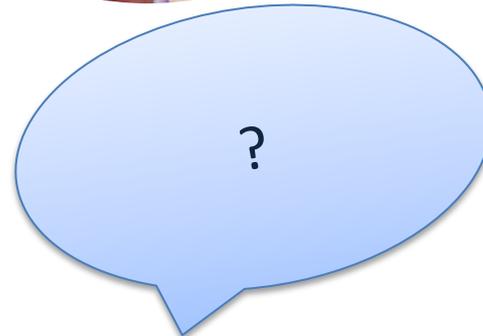
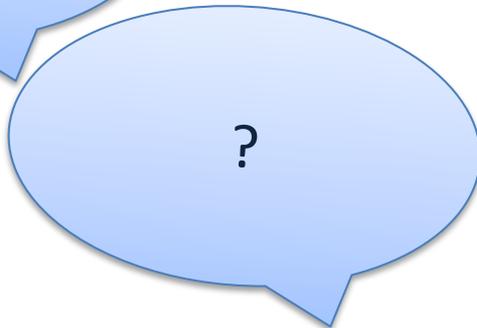
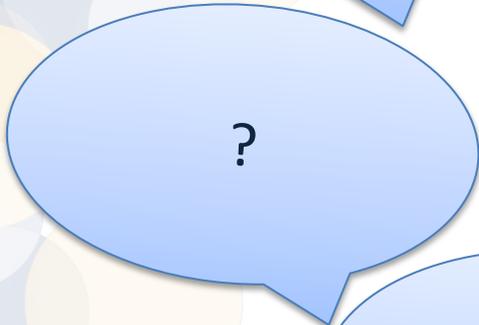
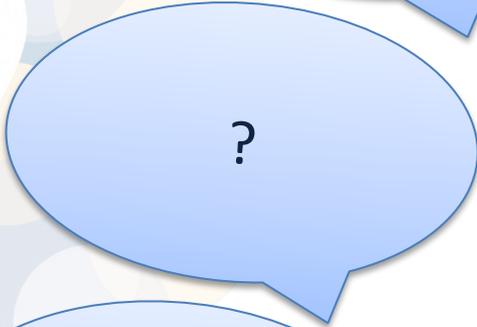
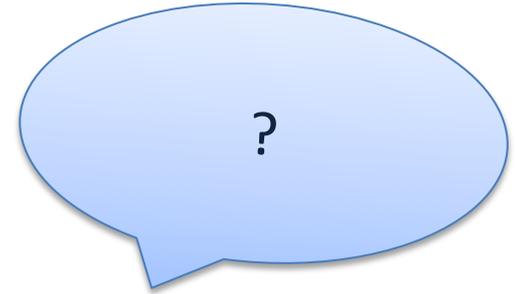
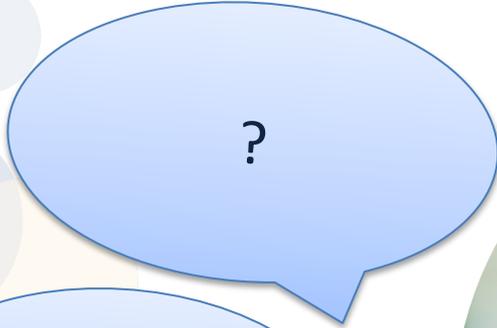


# Decision-Free Zone

## Avoid Irreversible Decisions

- Marriage
- Moving
- Selling your home
- Purchase life insurance or annuities
- Major purchases

# Decisions: Now, Soon, Later



# Next Steps for a Widow(er)

## Months 1 – 2

- Funeral and memorial period
- Begin to organize information
- Contact your financial advisor
- Contact your estate planning attorney
- Determine immediate cash needs

# Next Steps for a Widow(er)

## Months 3 – 12

- Collect benefits
- Adjust health care and other insurance
- Review assets and liabilities

# Growth and Passage Stage





# Begin to Move Forward

- Fog starts to lift
- Thinking becomes more normal
- Maybe take two steps forward and one step back
- Rebuilding a new you

# Emotional Well-being

- Support groups
- Therapist
- Family
- Friends
- Social circles
- Activities that clear your mind
- Find what works for you



# Organize

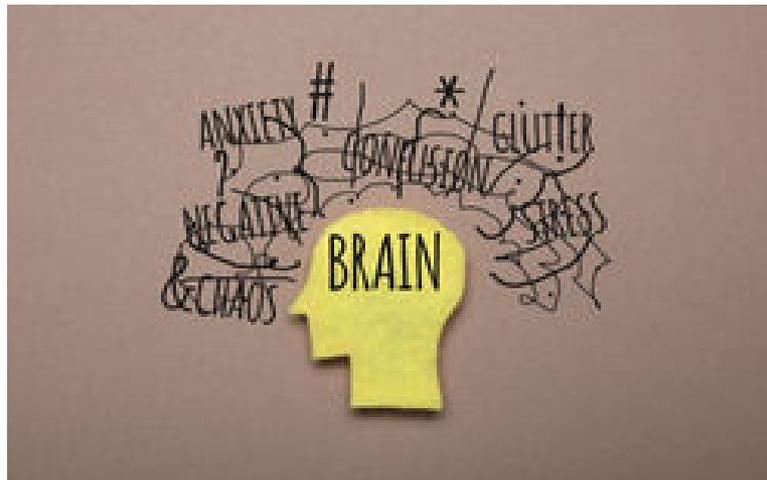
The best criterion for choosing what to keep and what to discard is whether keeping it will make you happy, whether it brings you joy.

- Marie Kondo



# Simplify

- Take a fresh look at everything
- Combine accounts
- Understand all bills and set up easiest way to pay them



# Support Network

## Piece together a support network

- Housekeeper
- Landscaping
- Plumber
- Handyman
- Car repair
- Grocery shop



# Understand Your Financial Future

- Do I have enough money?
- Do I need to go back to work?
- Do I need to downsize my home?
- Can I make gifts to my children?



# Housing Decisions

## Look at long-term housing options

- Do you want to stay in your house?
- What is your plan if you can't live alone?
- Do you have long-term care insurance?



# Housing Decisions

## Important things to remember

- Don't rush into anything
- Proximity to good medical care
- Proximity to airports
- If moving, establish support network

# Estate Settlement

- Rollover spouse's IRA accounts
- Update titles:
  - Residence
  - Vehicles
  - Accounts
  - Credits Cards
- File necessary federal or state estate tax returns

# My Estate

## Update estate planning documents

- New successor trustees, executors and agents
- Correct beneficiaries for retirement accounts and life insurance



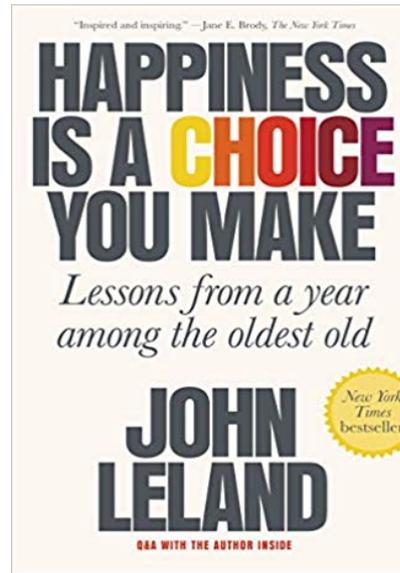


# Transformation and New Normal Stage



# Happiness is a Choice You Make

The oldest old did not define themselves by their losses. Their purpose lay in things that they could still do, not in what they'd lost.



# Transformation and New Normal Stage

- Move forward with new goals
- New sense of purpose
- New friends, activities, jobs or charity work
- Letters to your family
- Write your life history



# Renewed Purpose

- Develop a personal values and hopes statement
- Assess your current activities and donations
- Explore new activities and organizations



# Activity Evaluation

| Activity           | Routine     | Social | Challenging | Measurable                         | Bring Joy              |
|--------------------|-------------|--------|-------------|------------------------------------|------------------------|
| Mentoring children | Yes, weekly | Yes    | Yes         | Sometimes                          | Yes                    |
| Watching CNN       | Yes         | No     | Frustrating | No                                 | No, quite the opposite |
| Walking the dog    | Always      | Maybe  | No          | No, but not doing it is measurable | Yes, for the dog       |

# Activity Evaluation

| Activity | Routine | Social | Challenging | Measurable | Bring Joy |
|----------|---------|--------|-------------|------------|-----------|
|          |         |        |             |            |           |
|          |         |        |             |            |           |
|          |         |        |             |            |           |
|          |         |        |             |            |           |

# Purpose Exploration

| Ideas          | Why  | Time Commitment | Financial Commitment           | What will it feel like         |
|----------------|--|-----------------|--------------------------------|--------------------------------|
| Making Pottery | Loved it in college, love the way it feels in my hands | 4 hours / week  | \$400 a month                  | Sense of joyful engagement     |
| Helping dogs   | Love dogs and has been a pet owner for 30 years        | 2 hours / week  | \$100 a month (gas & supplies) | Rewarding and sense of meaning |

# Purpose Exploration

| Ideas | Why | Time Commitment | Financial Commitment | What will it feel like |
|-------|-----|-----------------|----------------------|------------------------|
|       |     |                 |                      |                        |
|       |     |                 |                      |                        |
|       |     |                 |                      |                        |
|       |     |                 |                      |                        |

# Second Marriages

- No decisions during the decision- free zone
- Discuss finances and expectations before getting married
- Get necessary documents in place:
  - Pre-nuptial agreement
  - Estate Planning documents
- Understand what happens to sources of income



## **GRIEF**

Immediate needs  
Decision free zone  
Contact trusted advisors



## **GROWTH**

Take care of yourself  
Organize  
Understand your financial future



## **TRANSFORMATION**

Sense of purpose  
New goals  
Developing your legacy

“Be content to progress in slow steps until you have legs to run and wings with which to fly.”

-Pio of Pietrelcina





# Fostering a Legacy of Peace and Harmony

Presenters:  
Claudia Powell  
Dawn Hall Cunneen  
Tim Riley

