

In the spirit of the holidays
we share with you –

The Story of Anna

“If you told me a year ago what my sister Anna and I would be facing, I probably would not have believed you...”

Anna’s sister, Mary (age 25)



Anna and her mother, Julie, listen intently from the studio audience at LifeSPAN’s KCTS 9 filming of *Beyond the Ties That Bind* in January 2006.



Dear friend –

Autumn leaves are falling, seasonal rains have begun, and the nights are not only chilly but longer. The holidays make us want to pull closer to those who are important to us, and that includes our LifeSPAN community.

With the end of the year in sight, the LifeSPAN Board is reflecting on an event that changed the year for us - the loss of Julie, a Lifetime member of LifeSPAN. Julie was the mother of Mary and Anna. Anna is the focus person of a LifeSPAN Personal Support Network.

With Julie’s untimely passing, Mary, at age 24, became her sister Anna’s caregiver.

Mary says: *“If you told me a year ago what Anna and I were going to be facing, I probably would not have believed you. I am glad that my mom had the foresight to get involved with LifeSPAN and can see now more than ever that she did it not only for Anna, but for me as well.*

Through Anna’s Personal Support Network of family and friends, mom was able to articulate our family’s vision for what a ‘good life’ looks like for Anna. After she passed, the Network members already had that framework and could help me do what was best for my sister.

Instead of being overwhelmed by everyone asking ‘What can I do to help?’ I turned to the Network and put people’s ‘help’ to good use. Although we have been through a lot in the past year, one thing that has remained constant in Anna’s life is the friendship and support she receives from her Network.”

Her mother’s planning helped Anna’s Network come together not only to grieve, but to move forward with new plans for Anna. A new home was located; network members helped move Anna and decorate her room. They visit often, spending time with her and going to community events.

Isolation is the only disability. In addition to Personal Support Networks that help in life’s transitions, LifeSPAN encourages parents and families to plan safe and secure futures for their relatives with disabilities. Why? In matters of future planning, love is not enough. Planning takes an act of courage.

We help people get started wherever they are in the journey and however they choose to learn. That may be a one-on-one consultation, a workshop, or book discussion group. We also present seminars, such as our Wills and Estates series. For those who like a good book, we have the *Good Life* workbook. For techies, there is the CD-Rom *Peace of Mind* with films and downloadable worksheets.

We are families and network members ourselves and thankful for your participation.

With your help, LifeSPAN is creating peace of mind for families, friendship and support for people at risk of isolation, and strong communities that benefit from the gifts that all members offer. We know that there are people in our community, like you, giving their time, talent and treasure so that LifeSPAN can be here to help individuals like Anna, sisters like Mary, and parents like Julie.



We would like to share that 100% of our Board supports LifeSPAN through financial gifts and volunteerism.

As we strive to raise funds, our Board has also personally contributed over \$2,000 in end of year gifts beyond our annual contributions. We invite you to join in making a donation to LifeSPAN and thus help us sustain our programs and increase our educational outreach to more families.

Time with a good friend.

All of our board members join me in wishing you the happiest of holidays.

Warm regards,

Sue

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P.S. Are you making holiday gifts differently this year? Please consider these ideas.



Anna's Network as featured on last year's holiday card.

- **Contributions:** A direct gift to LifeSPAN changes lives. In addition to checks, we are now able to accept credit cards. We also accept pledges.
- **Gifts in honor or family or friends:** Are you making gifts to charities in tribute to friends and family? Consider LifeSPAN. You may also designate us for your United Way gift.
- **Donate online and personalize a beautiful card to email or print:** Beginning at \$10, you can also make gifts online. Visit www.networkforgood.org and type in "Lifetime Secure Personal Assistance Network." Follow the instructions. There's a nice selection of cards.
- **Our books and films also make wonderful gifts.**
- **Purchase Associate Memberships:** These are available for businesses (\$500), professionals (\$250), non-profits (\$100), and individuals (\$60). *New memberships include a book or other premium.*
- **Share this letter and brochure with friends:** You may find copies at www.lifespan-wa.org

<p>Become a Contributor</p> <p><input type="checkbox"/> \$500 or higher \$ _____</p> <p><input type="checkbox"/> \$250 <input type="checkbox"/> \$100 <input type="checkbox"/> \$50</p> <p><input type="checkbox"/> Other \$ _____</p> <p>Purchase Planning Tools</p> <p><input type="checkbox"/> <u>Good Life</u> book: \$40+\$5 S&H</p> <p><input type="checkbox"/> <u>Peace of Mind</u> CD-Rom: \$25+\$5 S&H</p> <p><input type="checkbox"/> <u>Ties That Bind</u> DVD: \$30+\$5 S&H</p> <p>Information on Networks & Lifetime Memberships</p> <p>Contact me with information on:</p> <p><input type="checkbox"/> Lifetime Membership</p> <p><input type="checkbox"/> Personal Support Networks</p>	<p>Associate Memberships</p> <p><input type="checkbox"/> \$500 (Business)*</p> <p><input type="checkbox"/> \$250 (Professional)*</p> <p><input type="checkbox"/> \$100 (Non-Profit)*</p> <p><input type="checkbox"/> \$60 (Individual)</p> <p>* Includes a 2-hour "Introduction to Future Planning and LifeSPAN"</p> <p>Benefits include:</p> <p><input type="checkbox"/> <u>A Good Life</u> workbook (\$40 value)</p> <p><u>OR</u></p> <p><input type="checkbox"/> <u>Peace of Mind</u> CD-Rom (\$25 value)</p> <p>Plus a 10% workshop discount & e-newsletter</p>	<p>Contact Information</p> <p>Total order:\$ _____</p> <p><input type="checkbox"/> Check enclosed <i>Payable to LifeSPAN</i></p> <p><input type="checkbox"/> Credit Card: <u> </u> Visa <u> </u> MasterCard # _____</p> <p>Exp. Date: _____ / _____</p> <p>Signature: _____</p> <p>Name: _____</p> <p>Address: _____</p> <p>City: _____ ST _____ Zip _____</p> <p>Email: _____</p> <p>Phone: _____</p>
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