



Getting Started: Planning For Peace of Mind



Life is unpredictable, and it makes sense to be prepared. Making sure that your core documents — will/trust, powers of attorney, beneficiary designations — are up to date may protect you and your family, and as much as possible in unsettled circumstances, your peace of mind. Planning gives you control and affords you the opportunity to provide for loved ones, for your community, and for the causes you value.

It's a good idea to revisit your plan after certain key life events, including changes in health, finances, or family status.

Is it time to update your plans?

	Yes	No
Has it been three years or more since you last reviewed your forms or plans?		
Have you recently retired or changed jobs?		
Has your marital status changed?		
Has your health status changed?		
Have you welcomed a new child or grandchild?		
Would you like to leave a gift to charity?		

If you answered "yes" to any of these questions, it's time to create or update your plan.

Photo (top): Helping families in Ukraine — distribution hygiene kits with much needed supplies in the city of Konstantinovka Donetsk region.

To help you take control, we offer the following steps for ensuring that your essential documents are in place to protect yourself and your family:

1. Create or Update Your Will and/or Living Trust

Your will and/or trust allows you to accomplish three important things:

- Transfer your assets to heirs and to the causes you care about.
- Provide for guardianship of minor children.
- Name an executor, the person who will carry out your instructions and has the important job of settling your estate.

As a companion to your will or trust, you may want to create a “letter of instruction.” This document, while legally non-binding, gives your heirs information crucial to helping them tie up your affairs. Without such a letter, it can be easy for loved ones to miss important items or become overwhelmed trying to sort through all of the documents you left behind.

2. Review your Beneficiary Designation Forms

Many assets do not transfer through a will or revocable living trust. Instead, they transfer through the beneficiary designation forms we completed when we set up our accounts.

Examples are retirement accounts, life insurance policies, certificates of deposit, and bank and brokerage accounts, and donor-advised funds.

These should be reviewed to make sure that the form you have in your file matches the form on file with the account administrator.

If you have a donor-advised fund, you’ll want to ensure you have a succession plan to direct how to allocate funds remaining in your account after your lifetime.

3. Execute Powers of Attorney for Financial and Healthcare Matters

Letters of authorization or power of attorney documents are two legal instruments that name a person who will make healthcare or financial decisions for you if you are unable to do so yourself. Often a spouse is given both financial and healthcare power of attorney, but anyone can be chosen for this responsibility — and it is not uncommon to choose one person for health and another for financial duties. If you do not execute power of attorney documents, the court may appoint a conservator to make these decisions for you. Start with these questions in mind to ensure you make an informed decision. No matter whom you choose for these important responsibilities, be sure to talk about your wishes and secure that person’s agreement to respect and follow them.

Financial Power of Attorney

Typically, the financial power of attorney is given broad power to handle all of your finances. But you can give your designee as much or as little power as you wish. You may want to give the person authority to do some or all of the following:

- Use your assets to pay your everyday expenses and those of your family.
- Buy, sell, maintain, pay taxes on, and mortgage real estate and other property.
- Collect Social Security, Medicare, or other government benefits.
- Invest your money in stocks, bonds, and mutual funds.
- Handle transactions with banks and other financial institutions.
- Buy and sell insurance policies and annuities for you.
- File and pay your taxes.
- Operate your small business.
- Claim property you inherit or to which you are otherwise entitled.
- Transfer property to a trust you've already created.
- Hire someone to represent you in court.
- Manage your retirement accounts.



Mikhaila and her daughter Tamara, 5, a pediatric oncology patient at the University Children's Hospital in Krakow. Mikhaila and Tamara fled the war in Ukraine and are seeking safety in Poland. Project HOPE has supported the University Children's Hospital in Krakow for nearly 50 years, helping design and construct the hospital's medical research facility, rehabilitation center, ambulatory care center, center for newborn care, and ICU for premature infants. In 2016, Dr. Kenyon noted that this was Project HOPE's longest ongoing relationship with any hospital in the world.

Advance Healthcare Directive

If you are not able to participate in making decisions about your treatment, someone will have to make them for you. The person you designate as your healthcare power of attorney will talk to doctors and your healthcare team on your behalf, and can make healthcare decisions according to your directions. Thinking now about what you want and making clear plans are the best ways to ensure that the choices you specify are followed by the people you want to make them. It can help family, friends, and physicians know they are doing the right thing for you.

In addition to the healthcare power of attorney, you will also want to write down instructions that tell your family and healthcare team what you want done in case you have a serious injury or illness and are not able to speak for yourself. The advance healthcare directive guides you through this process. The power of attorney document and the instructions are often combined as an Advance Healthcare Directive.

Create Your Legacy

When every second counts, a gift in your will ensures that health care workers have the training support they need to save lives.

A gift in your will or living trust, or through a beneficiary designation:

- Requires no immediate donation, and you can change your mind at any time and for any reason.
- Can name Project HOPE as a secondary or contingent beneficiary, so we only get your gift if you outlive your other primary beneficiaries.
- Is welcome in any amount.
- Provides critical support in communities close to home and around the world.

Our gift planning staff is ready to answer your questions and assist you in any way.

Telephone: 1-800-544-4673

Email: giftplanning@projecthope.org

Mail: Leadership and Legacy Team, Project HOPE
1220 19th St, NW, Suite 800, Washington, DC 20036

To include a gift in our will or other estate plan, you'll need our legal designation and Tax ID number:

The People-to-People Health Foundation
Federal Tax ID #53-0242962



Ahsan (white shirt, has 4-yo son) and Mohsin (black jacket, has 3-yo and 8-mo daughters) are 24-year old Syrian refugees who came to Turkey when they were 15. They lived in a tent in Syria for a year fleeing the war and their home in Damascus; now they are back to living in a tent in Turkey. Their family received medical services from in a camp in Hatay, Turkey after the devastating earthquakes in early 2023.