



DucksRow is a 6-session course designed to support you as you tackle the immense task of organizing the life you've spent decades building in order to ease the administrative and emotional burden on loved ones when your time comes.

Topics covered include:

- Personal Information (all the data and paperwork)
- Health Information (doctors, insurance, directives ...)
- Financial Information (income, assets, liabilities ...)
- Property (monthly bills, home services, digital assets ...)
- Final Wishes (organ donation, funeral plans, obituary ...)

Classes meet every other week for 1.5- 2 hours. Each meeting includes an educational component as well as the opportunity to share ideas and discuss relevant concerns. Expect accountability, camaraderie, mutual support and a few laughs as we tackle this daunting task together!

Cost is \$50 for the workbook and materials.

For more information visit our website: DucksRow.org

**or contact Kam Flynn, LISW-CP
at
DucksRow@outlook.com
703.508.6450**

Details about the Fall session at St. Mark UMC in Seneca on back.

Additional Information

This fall St. Mark will host the DucksRow course on Tuesday mornings beginning September 15. Classes meet every OTHER week*

**Tuesdays @ 10:00 am
(facilitated by Diane Caster)**

- Sept 15
- Sept 29
- Oct 13
- Oct 27
- Nov 10
- Nov 17*

*one week btw last 2 classes

If you must miss one session, you can easily catch up. But if you already know your schedule will require you to miss two or more sessions, you will find it more helpful if you wait for the next class (January 2027?)

It is beneficial, but not necessary, for couples to attend together. Couples usually share one book with additional pages provided for individual information (Personal, Health and Final Wishes sections). Cost for the duplicate sections is \$10.

Friends and neighbors welcome!

A personal note: this course was developed in 2018 when I was a social worker at a hospice in Virginia. Through my personal experience as an executor, and my work supporting patients and their families, I saw the devastating and long-lasting effects on those left behind when patients did not properly plan for their death. Taking the time to do this now is truly a gift to your loved ones.

Please feel free to reach out with any questions. **If you are interested in attending the fall session, or a future class, please contact me via email.**

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