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Health *bulletin*



Happy New Year!

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Documents You Need Before You Die

The Essentials:

- Will
- Letter of instruction
- Trust documents

Bank Accounts:

- List of bank accounts
- List of all user names and passwords
- List of safe-deposit boxes

Marriage and Divorce:

- Marriage license
- Divorce papers

Life Insurance and Retirement:

- Life-insurance policies
- Individual retirement accounts
- 401(k) accounts
- Pension documents
- Annuity contracts

Proof of Ownership:

- Housing, land, and cemetery deeds
- Escrow mortgage accounts
- Proof of loans made and debts owed
- Vehicle titles
- Stock certificates, savings bonds, and brokerage accounts
- Partnership and corporate operating agreements
- Tax returns

Health-Care Confidential:

- Personal and family medical history
- Durable healthcare power of attorney
- Authorization to release healthcare information
- Living will
- Do-not-resuscitate order

Glaucoma Awareness Month

Glaucoma is a leading cause of vision loss and blindness in the U.S. People are often unaware of glaucoma, because it has no symptoms in its early stages.

If detected early, before noticeable vision loss occurs, glaucoma can usually be controlled, and severe vision loss can often be prevented. Vision that is lost from glaucoma cannot be restored.

Anyone can get glaucoma, but those at higher risk include:

- African Americans over age 40
- Everyone over age 60, especially Hispanics/Latinos
- People with a family history of the disease

Courtesy of www.nei.nih.gov



January is Glaucoma Awareness Month

**Make a Resolution
for Healthy Vision**