

WTNS Radio OSU Extension Update for September 19, 2022
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about bucket lists and important letters, and as always look at some upcoming programs from OSU Extension.

Do you have a bucket list? A compilation of those things you hope to accomplish during your time on earth? Some experts say this is a good thing to create.

Stanford University's School of Medicine researched this topic with over 3,000 people. This all stemmed from a theory that doctors and nurses should routinely inquire about their patients' bucket lists and discuss the impact of their medical treatments on their life goals. Stanford calls this providing preference-sensitive care.

Their research found over 90 percent of the respondents had a bucket list. I find this surprising, but maybe it is true. Even if we don't each have a list written down and posted somewhere, when asked, would most people say there are at least a handful of things they hope to do or see before they die?

Participants who reported that faith, religion, and spirituality was important to them were most likely to have a bucket list compared with those who reported it to be unimportant. In the survey, each respondent could list up to five different things. When all the responses were tallied, the researchers found six different themes:

Desire to travel, Desire to accomplish a personal goal, Desire to achieve specific life milestones, Desire to spend quality time with friends and family, Desire to achieve financial stability, and the Desire to do a daring activity.

The Stanford researchers suggest sharing your bucket list with those closest to you for a few good reasons. Sometimes the bucket list items involve other people either directly or indirectly. It can also be very helpful to share your list with your doctor. Often there is a health-related goal on the list and doctors could be an ally and resource to help you.

I appreciate that Stanford takes this another step beyond the bucket list. They also have resources to walk you through a "What Matters" letter as well as a "Life Review" letter. These are the

things that people very rarely take the time to think through and express in writing. These letter templates can be found at med.stanford.edu/letter .

The “What Matters” letter is for your doctor about what matters most to you at the end of your life. This is a template with guided questions about important future milestones, how medical decisions are made, how your family handles bad news, and other important information you want your doctor to know.

The second letter is for friends and family. This uses the seven tasks of life review. These tasks include things like acknowledging the important people in your life, remembering treasured moments from your life, apologizing to those you love if you hurt them, and forgiving those who love you if they have hurt you. This can be written by someone who is ill but should especially be considered by anyone who is well.

There are times I have imagined writing a letter to each of my children and my husband. Things I would want them to know and to remind them just how much I love them. But I will admit I have not acted on it yet. There are also times I yearn for a letter from my mom. I still get teary-eyed nearly 14 years after her passing when her friends reassure me of how proud she was and how much she loved my brother and me. Oh, to have that written in her own handwriting.

Take some time this week to check out these letter templates. For you and your family it will be time well spent. And now let’s look at some upcoming programs from OSU Extension.

The final “Savoring Ohio Produce” webinar is tomorrow from 4-5 PM on Potatoes. Visit our website to register or watch recorded webinars anytime. The Coshocton County Fair is quickly approaching! We would love to have you attend the Tasting Smorgasbord on Tuesday, October 4 at 12:30 pm to try samples of tasty creations from our 4-H members. We also encourage you to bring cans of food when you attend to help with the Farm Credit “Stock the Trailor” competition that will benefit our local Salvation Army.

You can find details about future programs related to financial wellness, food safety, and more at our website coshocton.osu.edu.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!