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Those of you who have seen the latest Jack Nicholson and Morgan Freeman film, "The Bucket List", will know these 2 older gentlemen receive simultaneous terminal medical prognoses. They eventually take it upon themselves to live life to the fullest, they formulate their list of wild adventures to complete, and all before they kick the bucket. Those who have seen it will recognize the transcendent theme song: "Say what you need to say... Isn't it better than to never say what you need to... even if hands are shaking... and your faith is broken... even as the eyes are closing... do it with your heart wide open"....

These eloquent words also reflect the mission and community efforts of the Nevada Center for Ethics & Health Policy. Our quest has been to offer families an opportunity to dialogue and in essence, to say what loved one's must say to each other. One way is through completion of Advance Directives or, in other words, Living Wills /Durable Power of Attorney for Healthcare, and to complete these during times of family calm and serenity.

Oftentimes, the sad reality is that families and individuals wait until a medical crisis is upon them before initiating the discussion about their end of life treatment choices when, for example, health care providers deem there is nothing more scientifically possible to produce the so- called miracle cure.

So here is an opportunity and a challenge.... Let us all take the time, perhaps this coming Thanksgiving or perhaps during another special family gathering on a Sunday afternoon that you coordinate for your loved ones. Say what you must say and do so in the present. What do you say???

Some of the choices to keep in mind for family discussions include not only your physical treatment needs but also, your emotional and spiritual wishes at end of life care.

One resource for us involves the grand unveiling March 25th, 2008, of the state of the art, online resource for Nevada Advance Directives. Our Secretary of State Ross Miller, along with bill author Assemblyman Bobzien and staff from Nevada Center for Ethics & Health Policy unveiled the new online Advance Directive website: www.nvlivingwill.com

Nevada is now 7th in the nation offering this free online service (a type of computerized Advance Directive database easily accessible to legally registered healthcare providers, with a system mindful of privacy and confidentiality laws).

So we hope we have moved your spirit... to take this opportunity to support your family with one fundamental gift ... "say what you must say" and say it now...

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