Financial Emergency Plans
Disasters and other emergencies can disrupt our finances and sense of normal. Being prepared for financial emergencies can help you plan, recover, and rebuild. Unscramble hints below to find tips for financial emergency planning — then complete the word search!

1. A disaster can cause _ _ _ _ _ _ _ damage that affects _ _ _ _ _ _ _ well-being. [OPPRYTRE] [NANALIFIC]
2. Review insurance _ _ _ _ _ _ _ [AOGCERVE].
3. _ _ _ _ _ _ _ _ _ an emergency _ _ _ _ _ _ _ account. [ASTHIEBLS] [NASGVSI]
4. _ _ _ _ _ _ _ _ _ _ _ _ _ important documents, such as _ _ _ _ _ _ _ _ _ _ _ _ _ records. [MEPLICO] [ALDMICE]
5. _ _ _ _ _ _ _ _ _ _ _ _ _ records regularly. [TUEPAD]

FEMA.gov shares tips for creating an emergency financial first aid kit (EFFAK): bit.ly/FEMAeffak

Protect Your Heart
Limit sodium intake to reduce the risk of heart disease. Test your sodium knowledge and try practicing easy tips for staying at or below the recommended daily sodium intake of 2300mg.

Which Has Less Sodium?
1. 4 slices of bacon or 3 ounces of ham?
2. 10 potato chips or ½ cup potato salad.
3. 1 cup tomato juice or 1 cup spaghetti sauce.

Tips for Reducing Sodium Intake
• Read nutrition fact labels for sodium content.
• Choose garlic powder rather than salt, make your own seasonings, or use fresh or dried herbs and spices.
• Add a squeeze of lemon and lime juice.
• Rinse canned vegetables before using.
• Split a meal when you dine out.
• Ask for sauces on the side.
• Cut back on breads.
• Choose reduced or low sodium products.

(answers on page 2)
Life’s Reflections

Reflecting on our life’s events and coming to terms with both the good and bad memories is an important way to support healthy aging and comes with many benefits:

• Puts things into perspective.
• Releases burdens of the past and validates experiences.
• Provides opportunity for others to understand you.
• Offers a sense of joy and inner peace as stories are passed along.

Not all memories are happy ones. Some may be painful when they resurface, yet the retelling can be cathartic with distance and time from the experiences.

Write down some of your own memories and share with family members or friends.

Get started with these prompts:

• What did you do on hot summer days as a child? Or on snowy days?
• Write about memories from school (early years, middle years, or later years).
• Describe a typical day with your family when you were a child.
• Describe your grandparents.
• What are your mother or father’s best traits?
• Write about a disastrous trip.
• Write about an object you treasure.

Answer Keys

Confirm answers to this issue’s activities:

<table>
<thead>
<tr>
<th>1. 1 C. Tomato juice</th>
<th>2. 10 potato chips</th>
<th>3. 1 C. Spaghetti Sauce</th>
</tr>
</thead>
<tbody>
<tr>
<td>625mg sodium</td>
<td>2000mg sodium</td>
<td>654mg sodium</td>
</tr>
</tbody>
</table>

Which Has Less Sodium?

Less Sodium   More Sodium

I S E F I N A N C I A L
S X H D W A K O M J X
S I L W M O C N S
Z E T I M O E N S
A R R U E O J V S E Y A
A B B O N Y O N D R X A
G H K B N Y V N Y N I L T I
I T I L Y M Y X N I A L T
I N O R P F O R P
A T A C I D E M H B G S
D J M I R E H H R K S
P C Y S R V S W O T A E
O Q O O G I E V E O O
X V E M X S A H P H U M

Financial Emergency Plans

1. Complete Financial
2. Protect Property
3. Establish Savings
4. Medical Coverage
5. Update Family, Financial

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