



Cooperative Memorial Society (CMS) Keynote

Planning as Empowerment

It's About Control, Dignity, and Peace of Mind

February 28, 2026

Donna Gee, Managing Director

Lawyer, Nurse, Advocate

dgee@paramountlaw.group

(403) 263-8884

Alberta Seniors Planning Checklist

(Downloadable Link in the Chat and at the End of the Keynote Presentation)

- **Legal & Decision-Making Documents**
- **Financial Clarity**
- **Healthcare & Personal Wishes**
- **Digital & Practical Planning**
- **Family Communication**
- **Review & Update**

- **Final Reflection**

February 28, 2026

2

Donna L Gee, Managing Director
Lawyer, Nurse, Advocate



Why Do We Avoid Planning?

- **It feels uncomfortable**
- **It feels final**
- **We assume there is more time**
- **We assume someone else knows**

***Planning is not pessimism.
It is preparation.***

When No One Knows

- **No written directive**
- **No documented wishes**
- **Urgent medical decisions**
- **Family uncertainty**

Grief is hard.

Uncertainty makes it harder.

The Three Essential Documents (in Alberta)

(We Cover Other Jurisdictions as Well)

- **Will**
- **Enduring Power of Attorney**
- **Personal Directive**

*Planning locks in your voice
before it becomes quiet.*

Dignity in Healthcare

- **Who speaks for you?**
- **What treatments align with your values?**
- **What does quality of life mean to you?**

***When your wishes are clear,
your family does not have to guess.***

When Planning Is Avoided

- **Unresolved family tension**
- **Perceived inequality**
- **Conflict after loss**
- **Long-term emotional damage**

Planning prevents regret.

Clarity Prevents Conflict

- Financial transparency
- Conversations with executors
- Updating documents
- Reviewing after life changes

Documents matter.

Conversations matter more.

Final Reflections

***When you plan with intention,
you preserve control, protect dignity,
and leave your family with peace.***

Questions, Discussion and Our Gift to You

We help with Wills, Estate Planning, Trusts and Executorship, plus:

(contact us with your complicated, multiple-jurisdiction, questions)

- Guardianship and Trusteeship
- Family
- Litigation
- Personal Injury
- Surrogate Law
- Real Estate
- Corporate

Download our Seniors' checklist by clicking the link, or contact me for personalized service and mention this presentation for a \$100 credit

<https://www.dropbox.com/scl/fi/qq37kwlytefgm2hcmq0a3/Paramount-Law-Group-Senior-s-Estate-Planning-Checklist-2026-02-28.pdf?rlkey=muqhcd384vhbqrkzeydo6r1j9&dl=0>