

## PRESS RELEASE

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### It's Time to Make a Will for Your Estate!



**(August 1, 2022 – Contra Costa County)** August is National Make-A-Will Month. For many of us, making a will is something we keep putting off, but having one is incredibly important.

Making a will allows you to ensure that your wishes are met so that your assets, your beloved possessions, and even your pets are taken care of after your passing. A will can prevent family conflict during a very difficult time, it eliminates confusion, and it ensures that what you want to do for those you most care about takes place.

If you have a will, experts suggest reviewing and revising it every 3-5 years, as your situation and relationships may have changed. When revising or making a will, make sure you've named beneficiaries of your [non-probate assets](#), like your life insurance policies or retirement accounts. There are online templates to help you make your own will or contact your lawyer or financial adviser.

You may also want to consider naming a charity as a beneficiary of these assets as another great way to leave a lasting impact. If you'd like to make a gift that provides a lasting legacy to Meals on Wheels Diablo Region and allows us to continue delivering meals and supportive services into the future, please visit our [website](#) or call Shanti Peterson at 925.937.8315.



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***About Meals on Wheels Diablo Region:*** *Helping over 6,700 seniors each year, our mission is to enhance the lives of older adults in Contra Costa County by providing coordinated care that enables them to live independently and with dignity. Our dedicated staff of experts connects seniors with essential services in Contra Costa County. We work to keep our elderly neighbors nourished, healthy, safe, and independent because we provide more than a meal. Learn more about our work here. As our list of seniors in need grows, so does our need for more volunteers. Help us support more seniors in the county! If you would like to get involved, [please visit our website](#). We have several open positions for employment, [click here to join the team](#). Stay in the loop with our updates and announcements, [“LIKE” and connect with us on Facebook!](#)*