

Title:

Embracing Life When Losing a Loved One

Word Count:

462

Summary:

Five years ago my husband Walter, a devoted father and legendary Chicago Bears running back, s

Keywords:

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Article Body:

Five years ago my husband Walter, a devoted father and legendary Chicago Bears running back, s

Preparing for death is not something we're instinctively ready to do, but the truth is, every

\* Live life to the fullest. While they're healthy, couples should develop "life lists" with jo

\* Balance your support system. Friends, family and faith gave me strength during Walter's illn

\* Champion the legacy. Children brought tremendous joy to Walter. Through the Walter & Connie

The sincerest counsel I offer couples is to make time for the "tough conversations." It is muc

\* Life insurance: One of the best ways to strengthen your family's financial security is to co

\* Pen to paper: When it comes to organ donation and life-sustaining measures, get your spouse'

Losing a loved one is never easy. But you can take steps now - difficult or uncomfortable as t

Connie Payton is the wife of late Chicago Bears legend Walter Payton, who succumbed to cancer

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