

Stand on the corner of Five Mile and State Roads in Anderson Township and gaze to the northeast - - you see an impressive set of buildings. These are jewelry boxes holding some of our area's precious gems and shiny things.

A recent medical challenge brought my attention to that jewelry box and the AMA it holds. For me though, AMA stands for Amazing Medical Advances (rather than the medical professional organization.) The Anderson Mercy campus is full of AMA – the X-ray, CT Scan, MRI, electronic record sharing and much, much more. The technologic advances simply boggle the mind – one moment you're lying on a table being advanced through a machine and minutes later the medical professionals are at a monitor gazing at your innards (yep, I learned lots of medical lingo while there too!)

And while thinking about those machine blessings, I can't help but praise the medical/technical/administrative/volunteer staff at Anderson Mercy in their treatment of me as a person and a patient. In the course of a week I've met many fine professionals and seen them in action. May you never have need for their services, but if you do, my fervent belief is that you'll get first-class treatment.

This experience also has Binder of a Lifetime (BoaL) implications. It was exciting to see how effectively Kim and I were able to talk about "putting our affairs in order" based on a mostly-complete BoaL. We spent an hour reviewing finances, locations of key hard-copy documents plus computer files. With that discussion done, we could then more peacefully deal with the medical challenges at hand. My binder is more complete now and this further cemented in my mind the value of BoaL.

The experience also found us making new use of video. It's not always easy to navigate another's filing structure on computers or in the house, so having video of the journey through the files was perfect. In this day and age, those 15 minutes are now captured in sound and visuals; preserved for the day when it's valuable.

This upcoming weekend is a good time to start your BoaL. All materials are free at [www.BinderOfALifetime.com](http://www.BinderOfALifetime.com). Simply go to the Key Items tab or another topic of interest, bring down the form and start answering questions.

In the meantime, let's marvel at our blessings - the AMA jewelry box, medical professionals and so much more. Enjoy the day!

*Steve Long, an Anderson Township resident, is an aspiring "memory missionary." He and wife Kim are having fun with Long Memories efforts ([www.LongMemories.info](http://www.LongMemories.info)), focusing on helping others in "Making, Capturing, Organizing and Sharing Memories...Now and (Virtually) Forever!"*