



The "Embracing Life's Challenges"

Health and Wellness Series

August 9, 2026: Murphy Funeral Home
Lisa Alongi

Title of Presentation: Pre-Planning - why leaving the decisions to your children isn't always the best course.

Pre-planning involves making deliberate decisions about the future regarding finances, healthcare, and end-of-life arrangements. Relying solely on children for these decisions may not be ideal, as they might lack the experience or objectivity needed for complex situations. This approach can lead to conflicts or regret, as children may have their own biases that influence their choices. Proactive pre-planning allows parents to clearly communicate their wishes, ensuring their values are honored while reducing the emotional burden on their children.

Bio: Lisa is originally from Albuquerque, New Mexico. She attended the University of Denver where she earned a degree in Mass Communications. To fulfill a dream, she attended culinary arts school. Upon graduation, Lisa founded La Sorella Catering. She spent 2 years creating some really exciting cuisine for a variety of clients and events. Lisa has two daughters, Sydney and Capri. They, along with her boyfriend Doug, are her greatest joys in life. Lisa has spent her career in roles that serve to help others. She has been with Murphy Funeral Homes for 7 years as their pre-planning specialist. Being able to help families navigate the process of planning is very meaningful and fulfilling. Lisa created and curated a bereavement library at the Lyndhurst location as a way of offering resources to the community. In her spare time, Lisa loves cooking, adventures with Doug, and is always up for any time spent with family and friends.
