

A Dying Person's Bill of Rights

- I have the right to be treated as a living human being until I die.
- I have the right to be cared for by those who can maintain a sense of hopefulness, however changing this may be.
- I have the right to express my feelings and emotions about my approaching death in my own way.
- I have the right to expect others to listen.
- I have the right to participate in decisions concerning my care and the way I wish to live or die.
- I have the right to expect continuing medical and nursing attention even though "cure" goals must be changed to "comfort" goals.
- I have the right to be free of pain.
- I have the right not to be deceived.
- I have the right to have my questions answered honestly.
- I have the right to have help from and for my family in accepting my death.
- I have the right to maintain my individuality and not be judged for my decisions which may be contrary to others.
- I have the right to discuss and enlarge my religious and/or spiritual experiences, whatever these may mean to others.
- I have the right to be cared for by caring, sensitive, knowledgeable people who will attempt to understand my needs and will be able to gain some satisfaction in helping me face my death.
- I have the right not to die alone, though I may choose to be alone.
- I have the right to die in peace and dignity.

Passed out in a class on Death & Dying, but there was no credit to the writer. If you know the origin of this fine piece, let us know so we can acknowledge the author.



ANNUAL GENERAL MEETING

When: Wednesday, May 11, 2011
Where: St. Andrew's Place,
 second floor
 111 Larch Street, Sudbury
Time: 7:00 p.m.

Guest

Dr. Douglas Joblin

Topic

"The Art of Good Grief"

Doug Joblin was President-Principal and Associate Professor in Religious Studies and Gerontology at Huntington University, federated with Laurentian University, retiring in 2006.

One of the many courses he taught was "Religion and Passages", a study of the life journey and the many passages, stages and rites of passage that are significant experiences of this life journey. In this he assesses the ways and means we use to deal with grief.

Bring friends and introduce them to the benefits of the Memorial Society

Join us for refreshments after the meeting.

Board of Directors

President & Board Chair:	Keith Godin
Vice-President:	Dr. Robin Bolton
Secretary:	Sally Spence (to Jan. 2011) Ian McPhee (from Jan. 2011) – interim
Treasurer:	Claire Lecoupe (to Jan. 2011) David Walker (from Jan. 2011) – interim
Directors:	Valda (Penny) Schaff Nancy Thurston (to Jan. 2011) Walter Karen Jan Morrison

Board Volunteers

Database Coordinator:	David Gamble
Mail Coordinator:	David Walker
Telephone Coordinator:	Millie Facca
Assistant to Telephone Coordinator:	Ian McPhee

We couldn't do without

We would like to sincerely thank all those who made donations to the Society in 2010. This support is sincerely appreciated. The following donors have agreed to have their names listed in the Newsletter:

Rosalie & Joseph Beauchamp; Howard & Patricia Lauber; Karen & Ronald Shell; Karl & Eleonore Vlach; Dennis & Irene; Rudy & Sheila Lafleur; Harriet Grover-Chmara; Nick Jarmovitch; Dosse Field; Ruth Bilbija; Ferdinand & Ingrid Nagel; Al & Joan Rapski; Patrick Ryan; Bruce & Rita Bigelow; Hermine Schwab; William & Barbara Kauhanen;

and our other supporters:

Bank of Montreal & Sudbury Public Library for the use of meeting rooms, Linda Whitman (Bank of Montreal) for arranging board meetings, Northern Communications (for their excellent answering service), Jim Sheppard (web master), Financial Decisions (investment management), CIBC (banking services) and St. Andrew's Place (for the Annual Meeting venue): All the volunteers for the various aspects of the Annual Meeting.

Nominees – Board of Directors 2011 – 2012

Ian McPhee (new)
Mary Price (new)
Gerry Felice (new)
David Walker (new)

Members may also nominate candidates to the board up to 7 days before the Annual General Meeting.

Board Activities

I have been privileged to act as President of the Society for the past year and would like to share with you this brief update on the board activities of the past year.

This past year has been somewhat tumultuous in terms of board and executive membership. Nancy Thurston and Sally Spence both had to retire in January for health reasons. Claire Lecoupe had to resign as treasurer in January because of a new job away from Sudbury. We have been most fortunate that Ian McPhee has agreed to come back on the board as secretary, pending confirmation by the AGM. David Walker has also kindly agreed to act as interim treasurer until the time of our AGM. Gerry Felice, a former president, has expressed interest in coming back on the board and we will be recommending his re-appointment at the AGM.

Despite the many changes in the board the Society has continued to thrive, with 73 new members in the past year – more than for any other society in the province, we believe.

Because this past year has been one of upheaval we have not been able to undertake any new initiatives to recruit new members or to promote the Society. However, we trust that in the upcoming year we can once again actively promote the benefits of joining the Memorial Society of Northern Ontario.



Keith Godin
President and Board Chair

Preparing to Go Offline for Good*

Many people today bank online and date online. We have social networking, blogging accounts and password-protected e-mail. We use many commercial services, own web domains, advertising space and avatars. However, little thought is given to what happens to those assets in the event of death. This information should be added to an estate planning checklist. The location and designation of digital assets is going to become an issue with a younger generation that has moved much of its riches, possessions and personal lives online. This means more accounts, more passwords and more difficulty sorting out online assets in the absence of a digital will.

Death policies differ from one online service provider to another. For some, when a person dies, their account also expires. Others will transfer access with proof of death, but it can be a long, slow process that requires a court order. It is added stress for the bereaved who know online accounts exist but cannot access them.

Such problems can be avoided if you make arrangements to pass on your passwords – and of course keep the information updated as passwords sometimes change. It is possible to set up a special e-mail account to store passwords and instructions for your digital afterlife and to leave the passwords to that account with your lawyer or executor. For those of you who live at least a part of your life online, it is something to think about.

**A brief summary from a Canadian Press article that appeared in the Hamilton Spectator, February 8, 2010. Reprinted from Spring 2010 Newsletter of the Hamilton Memorial Society.*

Speakers Bureau

Do you know of a group who might be interested in having an information session on the Memorial Society? Our speakers would be happy to make presentations. For more information or to make a request please call or e-mail the society.

Can you Help – Please? Volunteer Telephone Coordinator needed NOW

After 10 years of dedicated volunteer service as Telephone Coordinator, Mille Facca has decided that it is time to retire. That retirement is well deserved. Millie has given unstintingly of her time and enthusiasm over many years to this Society and many others in the community. However, she wants to ensure that someone will be in place to take over this job.

The job involves checking in with the answering service a couple of times a day to pick up messages and to return calls. The calls usually are for information about the society from non-members or for advice for members about what to do in the face of an impending or actual death. Information is mailed out and enquiries are answered to the best of the coordinator's ability. If the coordinator doesn't have an immediate answer then he or she will consult with a knowledgeable board member. The job is not time-consuming but does require friendliness and tact and familiarity with MSNO. In the event the coordinator must be away backup is provided.

If you or anyone you know is interested in finding out more about this rewarding position please call Millie Facca at 705-522-1947

Please Help Us Reduce Our Costs

In our continuing effort to reduce some of our costs we are again offering our membership the option of reading our Newsletter and announcement of our May Annual General Meeting on our website instead of receiving a hard copy in the mail. This will help us revise our mailing list and save printing costs, envelopes and postage. If you wish to use this option please send the following message to our email address (msnont@gmail.com):

"I AGREE TO RECEIVE THE MSNO NEWSLETTER ON THE SOCIETY'S WEBSITE"

Please include your name, address and telephone number.

We will add your e-mail address to our database and will advise you when the newsletter is posted on the website (usually about 2 weeks prior to each Annual Meeting).

Gifts Much Appreciated

You may not realize that the money we receive through new memberships does not cover administrative costs. For example, the cost of printing and mailing the Annual Newsletter is about \$1.35 per newsletter, or over \$1000 for the more than 1000 newsletters we send out each year. That is why we sincerely appreciate those members who help the Society by making periodic donations.

To show our appreciation we would like to recognize your contributions by acknowledging your names (no mention of dollar amounts) in our annual newsletter. We need your permission to do this. Please check the appropriate box on the donation form. Every gift counts.

Moving or have moved?

Every year when we send out the newsletter and notice of the Annual Meeting we get a substantial number of letters returned as undeliverable. As in past years we ask you to please let us know when you are moving either by mail, telephone or e-mail.

Finished Reading this Newsletter?

When you have finished reading this newsletter, please share it with others.

The Gift of Life

It has been several years now since consent forms for anatomical gift giving were placed on our driver's licenses in the province of Ontario. Although this has been a great step ahead, it is still not easy to ensure that our wishes will be carried out. Some of us do not have driver's licenses and, even if we do, most doctors still insist on getting additional signed permission from the next-of-kin at the time of death. A useful information sheet on making anatomical gifts in Canada is available by sending a self-addressed stamped envelope to the Human Parts Bank of Canada, 5326 Ada Boulevard, Edmonton, Alberta T5W 4N7.

Participating Funeral Homes and Transfer Services

Elliot Lake

- Alternative Funeral Services (Transfer Service)
- Elliot Lake Funeral Chapel and Cremation Centre Ltd.

Manitoulin Island

- Island Funeral Home Ltd.

Sault Ste. Marie

- O'Sullivan Donnelly Funeral Home

Sturgeon Falls

- Theoret-Bourgeois Funeral Home

Sudbury

- Co-opérative Funéraire/Funeral Home
- Jackson & Barnard Funeral Home
- Loughheed Funeral Home

Timmins

- Lessard-Stephens Funeral Home Inc.
- Stinson Funeral Home

Crematoria

Located in Barrie, Massey, Matheson, North Bay, Sault Ste. Marie, and Sudbury

We would like to thank the participating funeral directors who helped us this year. We received calls from members and the public throughout our service area, requesting help with some aspect of funerals and funeral costs. In each case, we received timely and generous assistance from the funeral provider.

Financial Summary

Balance Sheet	2010	2009
Total assets	\$22,698	\$21,951
Total liabilities and members' equity	\$22,698	\$21,951

Income Statement

Income

Memberships	\$2,840	\$2,400
Donations and other	2,105	2,420
Total income	4,945	4,820

Expenses

Membership expense	1,402	1,614
Public awareness	773	742
Newsletter	1,237	1,359
Administration	492	592
Other (FOOMS, AGM, Board)	916	492
Total expenses	4,820	4,799

Net income	\$105	\$21
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Assets include maintenance investment of \$8,816, available only upon dissolution, and operating investment of \$8,651 (\$8,238 in 2009).

Greg Steinke, Chartered Accountant, conducted the review of the Society's financial statements. Financial statements are available upon request

Widow to funeral director as she questioned some of the charges:

"Why embalming?"

"He won't last."

"Well, he didn't last. That's why he's here."

* * *

World Health Organization officials expressed disappointment about the group's findings that despite the enormous efforts of doctors, rescue workers and other medical professions worldwide the global death rate remains constant at 100 percent.

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Funeral pomp is more for the vanity of the living than for the honour of the dead.

~ Francois, Duc de la Rochefoucauld

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MEMORIAL SOCIETY OF
NORTHERN ONTARIO