

Healing from Loss

1. Take good care of yourself

Make sure that you eat well and get enough rest. It sounds simple, yet many people fail to do it. Grieving can be a draining experience – mentally and emotionally. It is important to maintain your strength.

2. Educate your friends and family

Often, people don't know what to say to those who are grieving, so they make comments like "Be strong" or, "You have to keep busy". At best these cliches are not helpful. At worst, they are downright harmful and annoying.

Such comments are made partly because so many of us are uncomfortable with our own grief. But, however well intended, they tend to downplay the griever's true feelings. Grievers don't want intellectual information or advice. Ask them what happened, to tell you their story, and then put both hands over your mouth. Let the griever talk. Because they want to tell about the loss they have had, and stories about that person. I believe honest communication is the key. One of the best things you can say to a grieving person is, "I can't imagine what this is like for you." Or, as the griever, you say, "You know, right now I'm doing OK, but this morning was really not so good."

3. Allow yourself time

Grieving always takes longer than expected. It is important to remember that there is no set

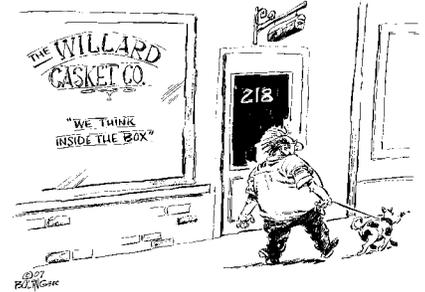
time frame on grieving. Some people expect it to be over after a few months but in fact a lot of people experience numbness for that first while. Some find that their grief is heightened on all the significant dates and occasions through the first year of mourning.

Most grief counsellors agree that genuine healing begins long after the first few months. Our culture is quick to tell people to move on. Right after a loss, people are generally pretty good about helping, but that often ends after a month or so. It is when people begin to experience the loss at a deeper level, sometimes a number of months after the loss has occurred, when they really need help.

4. Look for meaning

Sometimes the loss of someone close to us can act as a wake-up call, providing the impetus for change in ourselves. We may re-prioritize our values, our relationships and even our work. The loss of somebody important certainly makes you reconsider the relationships you have left, many realize that life is short. But at the end of life few people wish they had spent more time at the office. Most would rather have spent more time with the people that matter and on things that really made a difference.

*From : Dr. Bill Webster Canadian
Funeral News January 2008*



Canadians spend \$1.4 billion annually on funerals, and the average funeral costs approximately \$6,000.

ANNUAL GENERAL MEETING

When: Wednesday, May 14, 2008
Where: St. Andrew's Place
111 Larch Street, Sudbury
Time: 7:00 p.m.

Guest Speaker
Rev. Gerry Copeman
"The Journey to Becoming"

Gerry is a graduate of the Toronto School of Theology and the University of Toronto. He was pastor of the Lord of the World parish in Sudbury for 15 years. Among many other responsibilities he has been Director of Social Justice for the diocese of Sault Ste. Marie and Executive Director of the Pastoral Institute of Northern Ontario. He is on faculty at the University of Sudbury and is currently Director of Mission for St. Joseph's Health Centre and St. Joseph's Villa.

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

Dr. Robin Bolton

Vice-President

Gaetanne Piette

Secretary

Nancy Thurston

Treasurer

Judy Quiring

Directors

Lynn Rector, Valda (Penny) Schaff,
Peggy MacInnis (resigned),
Sally Spence (from November '07)

Board Volunteers

Telephone Coordinator

Millie Facca

Mail Coordinator

Penny Schaff

Nominating Committee Chair

Sarah Walker

Membership Coordinator

Carol Champagne

"We all have consumer skills, but we forget about them when we shop for funerals."

Our Website

www.memorialsociety.ca

Over the last year, web master Jim Sheppard has revamped our website to make it more attractive and user-friendly. There is new information including the membership application form, and from time to time, news we think is important for funeral consumers.

If you would like to receive your newsletter by email and help reduce our mailing costs, contact us at msno@canoemail.com.

Board Activities

This past year has been a growth year as the new members from last year settled into their roles. Our membership has continued to increase. We regretfully accepted the resignation of Peggy MacInnis as board member and treasurer but were happy to welcome Judy Quiring as our treasurer and Sally Spence as a replacement for Penny on the board. We are very grateful for the hours of work that the Membership Committee has put into updating the Membership Kit and developing the highly attractive and informative brochure that we hope will be widely distributed by members and friends of the Society. Plans are afoot to develop a Speakers Bureau of board members who will be available to make presentations on the work of the Society to interested groups and organizations. To this end a Power Point presentation has been developed to assist with these presentations. The Board could not have functioned without the continued dedicated behind-the-scenes support of our three long-time committed volunteers, Sarah Walker, Millie Facca and Carol Champagne.



Dr. Robin Bolton
President and Board Chair

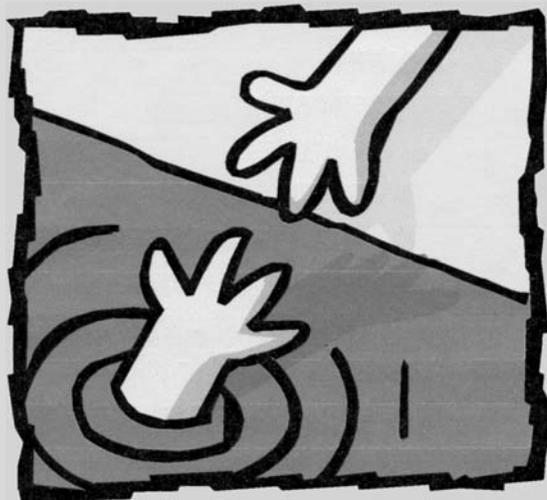
Nominees Board of Directors 2008 – 2009

Sally Spence (re-election)
Gaetanne Piette (re-election)
Robin Bolton (re-election)
Keith Godin (new)

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

Sign o' the Times

In a Pennsylvania cemetery: "Persons are prohibited from picking flowers from any but their own graves"



We couldn't do without you

The 125 generous members who gave donations.
Those who gave us permission to use their names are:

Tom & Colleen Ableson, G. Margaret Barlow, Danny & Louise Besserer, Bruce & Rita Bigelow, Ron Bocy & Lynn Trottier, Cam & Carol Brown, Harriet Grover-Chmara & Daniel Chmara, Bill & Mabel Dopson, Robert Dubreuil, Rita Duhaime, Paul & Isabel Ellis, Elizabeth Holmes, Nick Jarmovitch, Muriel MacEwen, Gerald A. Nantel, Wolfgang & Marianne Peschke, Barbara Marion, Pauline Peters, Thomas S. Sheppard, Charles & Dorothy Smith, Eleanore & Karl Vlach, and Sarah Walker.

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
Financial Decisions (website host), Jim Sheppard (web master)
111 Seniors' Citizen Centre. For the Annual meeting venue
Other volunteers for various aspects of the Annual Meeting preparations
Rosalie & Joseph Beauchamp, Carol Champagne, Millie Facca, Gerry Felice, Marg Kennedy, Mira Kromek, Emily McLaren, Ian McPhee Lynn Rector, Penny Schaff, Sarah Walker, Jean Wickstrom, and to all members who brought in new members.

Protecting the consumer's right to choose a meaningful, dignified, affordable funeral



A Film to Watch

A Family Undertaking is a provocative documentary which explores the complex psychological, cultural, legal and financial issues surrounding an important and growing trend, the home funeral movement. It profiles families who have made the decision to forego the typical mortuary funeral and instead prepare their loved-one at home for burial or cremation. They are learning and experimenting with ways to make the death of a beloved family member or friend more personal and meaningful. In several cases, the dying persons themselves are participating in planning their own funerals.

If you or your organization would like to borrow this DVD, you can reserve it by contacting MSNO by telephone at (705) 671-3753.

Death Away from Home

If death occurs in the USA the contact number 802-482-3437 will give your survivor(s) the number of the nearest cooperating memorial society funeral home. This funeral provider will in turn try to contact the funeral home in Canada (likely through the home society) where your pre-arrangement is on file, to determine what your wishes are and then carry them out as best circumstance will permit.

The "In Canada" number is that of your MSNO at toll free 1-800-203-1539. MSNO will contact the funeral provider with whom you are registered and advise them of the death. In the event that pre-arrangement filing is still pending, your survivor(s) will be advised of the names of local cooperating funeral providers, and they will have to decide whom they wish to use.

Have You Ever Wondered?

What is the system in Ontario for retrieval of tissue (skin, bones and heart valves) after death?

The Trillium Gift of Life network (TGLN) has advised the Federation of Ontario Memorial Societies (FOOMS) as follows:

There are 6 tissue banks in Ontario and retrieval of tissue takes place almost exclusively in hospitals. There is no payment made or received for these retrievals and consent is obtained from the family by the healthcare professional or the TGLN coordinator.

These tissue banks at present can supply only about 8% of the need for these transplants in Ontario, so 92% comes from purchases made from other provinces or the U.S.A. (It should be noted that there is sometimes a profit motive in the purchase of tissue/bone in the U.S.A.). Hospitals can order direct from these outside sources and there are no controls on these purchases, although it is assumed great care is taken to ensure the purchases are made through reputable biomedical organizations.

Planning your own Funeral

Did you know that under Ontario law a family may carry out all the funeral arrangements for a family member without using the services of a funeral home? The body is removed from the place of death by the family (if death does not occur at home), prepared and placed in a home-made or purchased casket. If desired, a home visitation or wake may take place before the family transport the body for cremation and/or burial. Various documents must be obtained: certificate of death, provided by the doctor; coroner's certificate if cremation is chosen; burial or cremation permit acquired from the municipality.

"Dying is one of the few events in life certain to occur."

DO THE MATH

Membership Income:

- not predictable
- doesn't cover operating costs

Donations help make the difference!

Let's Spread the Word!

The Memorial Society would like to get the word out to more people about the work of the Society and the benefits of membership. We are forming a "Speakers Bureau". If your group or organization would like a presentation, please call or e-mail.

Contact Us

Give us your comments and suggestions. We are always happy to hear from you. Our phone is answered 24/7. We do our best to return all calls and e-mails quickly.

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. Please let us know when you are moving either by mail, telephone or e-mail.

Pass It On

When you're done with reading your brochure and newsletter, why not pass them on to someone else to let them know about MSNO?

MSNO Privacy Policies

The Federal Privacy Act (PIPEDA – January 1, 2004) has raised everyone's awareness of the need to protect the privacy of the individual. In order that the privacy of our members is protected as required by the Act, the Board guarantees that the membership information stored in our membership database is held in confidence. In addition the board guarantees:

1. The membership database contains only such information as is necessary to identify individuals as members of the Society and record the information they assign to us.
2. Membership information is available only on request of the member or the member's designate.
3. At the request of a member, that member's name and other recorded information are removed from the database.
4. Upon proof of death, a member's name and other information are removed from the database.
5. We do not sell or exchange membership lists with any other organization.
6. We do not exchange promotional or other material with other organizations for inclusion in the Member's Planning Kit.
7. Records of telephone calls (Telephone Logs) are maintained by the Telephone Coordinator for one year to allow for follow-up by the caller or the telephone volunteer. After that period, they are destroyed.
8. All board members and volunteers must sign Statement of Confidentiality and Code of Ethics.

Participating Funeral Homes and Transfer Services

Type A price range: \$711 to \$1,625 + GST

Type B price range: \$1,090 to \$3,500 + GST

(Price survey January 2008 excludes cremation and burial).

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	2007	2006
Total assets	\$20,465	\$19,752
Total liabilities and members' equity	\$20,465	\$19,752

Income Statement

Income

Memberships	\$2,600	\$2,285
Donations and other	2,565	2,440
Total income	5,165	4,725

Expenses

Membership expense	1,017	750
Public awareness	637	793
Newsletter	1,470	1,393
Administration	599	755
Other (FOOMS, AGM, Board)	748	543
Total expenses	4,471	4,234

Net income	\$694	\$491
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Assets include maintenance investment of \$8,816, available only upon dissolution, and operating investment of \$7,636 (\$7,488 in 2006)

Included in membership expense is \$600 related to the costs of developing the new Members' Planning Kit.

Financial statements are available upon request.

The review of the Society's financial statements and the related books and records was carried out by Greg Steinke, Chartered Accountant.

Gallows Humor

(from Funeral Consumer Alliance Newsletter, Spring 2006)

Three friends from the local congregation were asked, "When you're in your casket, and friends and congregation members are mourning over you, what would you like them to say?"

Artie said, "I would like them to say I was a wonderful husband, a fine spiritual leader and a great family man."

Merle commented, "I would like them to say that I was a wonderful teacher and a servant of God who made a huge difference in peoples lives."

Don said, "I'd like them to say 'Look, he's moving!' "

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- email: msno@canoemail.com •
- www.memorialsociety.ca •



**MEMORIAL SOCIETY OF
NORTHERN ONTARIO**