

## ***What do Do When Death Occurs***

If the deceased was a member of the Memorial Society and filled out pre-arrangement forms and filed them with a funeral director, many decisions about the funeral will already have been made. Ideally, the deceased gave a copy of the form to a family member or to the executor. Still, there will be many details left for the family or friends to handle. If the deceased also left a completed Vital Information record, that should help with many of the following items:

1. Call the funeral provider, giving the name of the deceased, location of the body, and mention of the fact that that the deceased was a Memorial Society member. Set up an appointment to decide the time and place of the funeral and/or memorial service.
2. Go to the funeral provider with the pre-arrangement form copy, if available, and any pre-payment receipts for the funeral and/or cemetery plot.
3. Ask the funeral director or transfer service operator to give you several copies of the death certificate as it is required when applying for insurance/death benefits.
4. Make a list of family, friends, employer or business colleagues to be informed, by phone, if appropriate. Also prepare a list of distant relatives or friends to be notified either by mail and/or printed notice.
5. Notify lawyer and executor. Select pall bearers (including honorary) if desired. Prepare obituary (optional). This may include age; place of birth; date and cause of death; list of immediate family; occupation; academic degrees; memberships; military service; achievements; other important information.
6. Decide where in memoriam donations are to be directed. Plan for disposition of flowers after the funeral: call the intended recipient(s) to confirm they can be accepted. Arrange for family members or friends to answer the door or phone; keep a notebook to record all calls.
7. Delegate someone to be at home during the funeral service because this is a favourite time for attempted break-ins.
8. Coordinate supplying of food for the first few days. Other requirements such as cleaning could perhaps be done by friends or a maid service.
9. Check life and casualty insurance and death benefits, including CPP (these must be applied for) and affiliations – credit or trade union, fraternal, military, motor club etc.
10. Promptly check all debts and installment payments. Some may carry insurance clauses that will cancel them. If there is to be a delay in meeting payments, consult with creditors and ask for more time.
11. If the deceased lived alone, notify all utilities, landlord and tell post office where to send mail. Canada Post will forward a deceased's mail for six months without charge. Take precautions against thieves.
12. Notify the Memorial Society if deceased was a member; we will update our records.



"I prearranged and prepaid my funeral. I shouldn't have to stand in line."

### **ANNUAL GENERAL MEETING**

**When:** Wednesday, May 12, 2010

**Where:** St. Andrew's Place,  
second floor  
111 Larch Street, Sudbury

**Time:** 7:00 p.m.

**Guests**  
Sudbury Rising Stars

In a break from tradition we have decided to invite the Sudbury Rising Stars to present a light-hearted but very informative series of skits and songs that deal with many health and safety issues affecting seniors.

This acting troupe, made up mainly of retirees, has presented these skits to over 2000 Sudburians over the last two years and is always enthusiastically received. Come and learn about this exciting group and share with them what MSNO is all about.

**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

Sally Spence

### Treasurer

Claire Lecoupe

### Directors

Keith Godin, Valda (Penny) Schaff,  
Nancy Thurston, Lorne Chuipka  
(resigned January 2010)

## Board Volunteers

### Database Coordinator

David Gamble

### Mail Coordinator

David Walker

### Telephone Coordinator

Millie Facca

### Assistant to Telephone Coordinator

Cec Cook

"The Memorial Society is very beneficial to belong to. At the death of my brother, I experienced relief because the funeral arrangements were already planned and the savings were a significant amount. I am thankful to be a Memorial Society member myself."

*Sharon Campbell, Levack ON*

## Board Activities

This past year has seen steady activity since launching our Speakers Bureau. Presentations have been made to several community groups, the largest of which was the CARP Annual Meeting with about 75 members present and to the Seniors Information Fair at the Parkside Older Adults Centre. Thanks in part to these presentations our membership has continued to increase, with sixty (60) new members in 2009.

Last year we had two new board members, Claire Lecoupe who continues as our conscientious treasurer and Lorne Chuipka. Unfortunately Lorne had to resign in mid-term because of other commitments. One long-standing board member, Gaetanne Piette, completes her term this year. We will miss her sage advice and hard work, but hope to add two new board members this year to keep our complement.

Our membership committee has revised our brochure and our website to make them more current. For those of you with Internet access I would suggest you check our website at [www.memorialsociety.ca](http://www.memorialsociety.ca).

This issue of the newsletter outlines some newer trends in funeral or burial practices that might be of interest to you. While still uncommon in Canada, they demonstrate trends that may well have much less impact on our environment than current and traditional practices. These ideas are offered in the interest of making us all more informed consumers, in the spirit of MSNO.



Dr. Robin Bolton  
President and Board Chair

## Nominees Board of Directors 2010 – 2011

Walter Karen  
(new)

Jan Morrison  
(new)

Robin Bolton  
(re-election)

Keith Godin  
(re-election)

Claire Lecoupe  
(re-election)

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

## We couldn't do without

The 90 generous members who gave donations. Those who gave us permission to use their names are:

Margaret Barlow; Danny&Louise Besserer; Bruce Bigelow; Elizabeth Carrier; Alice Doi; Mabel Dopson; Palu Ellis; Dosee Field; Josep&Jannine Grisevich; Nick Jarmovich; Basil&Elizabeth Jesshope; Robert&Margaret Jorgenson; Barbara Kauhanen; John Kive; Paulette&Andre Lacasse; Earl Lalonde; Howard &Patricia Lauber; Tauno&Helvi Lundgren; Aline Martin; Glen Murray; Lillian&John Nisbett; Patrick Ryan; Ron&Karen Shell; Cecelia Simard; Karl&Eleanor Vlach

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 various aspects of the Annual Meeting preparations and who will be recognized at the Annual Meeting.



## Developing Trends in "Funeral" Practices

We would like to inform you about three developing trends in funeral, burial or disposition practices that, while still rare in Canada, are becoming more common in the USA and Europe. They may be the wave of the future.

### Green Funeral and Woodland Burials

"Green Burial" is a concept that originated in the UK and is gaining acceptance in Canada and the US. When we speak of green funerals we are referring to a meadow or woodland burial. These burials promote the use of biodegradable products, like simple wood hand-made caskets, including wicker caskets or burial shrouds. No toxic embalming chemicals, metal caskets steel or concrete burial vaults are allowed.

The environment is kept as wild and as close to nature as possible by eliminating the use of memorials or headstones. Trees are planted instead to mark the gravesite and grave density is kept much lower than that of a typical cemetery. The body is returned to nature and the resulting green space establishes a living memorial. These spaces can become protected wildlife reserves open to hikers and nature enthusiasts.

*Adapted from the Funeral Advisory Society of Hamilton & District, Spring 2006. Check [www.naturalburial.ca](http://www.naturalburial.ca)*

### Promessa (Freeze dry & vibrate method- available in Sweden)

The body is frozen quickly then dipped in liquid nitrogen. A simple vibration shatters the extremely brittle body into powder. This is then placed in a vacuum chamber, which removes the water, then is placed into a metal separator, which removes toxic metal fillings and surgical parts, leaving dry, odourless organic remains. This can then be disinfected. It gives off no damaging fumes, as in cremation. When buried in a coffin made of cornstarch, for example, the coffin and contents become compost in 6-12 months.

*Adapted from Memorial Society of Thunder Bay, Spring 2009*

### Resomation (Alkaline hydrolysis)

This process is similar to what happens in the small intestine. Consumed tissues are digested by alkaline hydrolysis at body temperature with the benefit of enzymes. Resomation is more rapid since it uses strong alkali – potassium hydroxide at 150-170 degrees C in a pressurized vessel. This water-based alkali under pressure leaves an innocuous liquid of amino acids, peptides, sugar and mild soap. At the end there is no detectable link to a cadaver. The "bone shadows" or bio-ash are pure calcium phosphate. While looking like solid bone, it can be crushed by hand into a soft white powder.

This process has been used in Florida and at the Mayo Clinic and may well become much more prevalent.

*Adapted from Memorial Society of Thunder Bay, Spring 2009*

## Please Help Us Reduce Our Costs

In an effort to reduce some of our costs we are 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 ([msno@canoemail.com](mailto:msno@canoemail.com)):

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

Please include your name and 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 the Annual Meeting).



## Gifts Much Appreciated

You may not realize that the money we receive through new memberships does not cover administrative costs. 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.

## 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.

## 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 the Newsletter?

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

## Talking it Over

To avoid conflict when death occurs, family discussion is important when preplanning your funeral. Pre-planned arrangements are not usually altered after the death of the pre-planner. However, you should be aware that dead bodies have no rights under Ontario law. They are the property of the executor/executrix. If you want a simple arrangement, try to ensure that your family members understand and are in agreement.

*From Toronto Memorial Society Newsletter, Spring 2007*

## What is a Transfer Service?

A transfer service is a business licensed to provide the basic formalities in connection with a death. Its staff members may remove the body from the place of death, place it in a casket, deliver it to a cemetery or crematorium and file the necessary documents.

Transfer services, as the name implies, cannot do any preparation of the body, including embalming or conduct or attend a visitation or funeral. A transfer service can only provide a Memorial Society Type A funeral.

*Adapted from Funeral Advisory Society of Hamilton Newsletter, Spring 2006.*

## 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
- Lougheed 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	2009	2008
Total assets	\$21,951	\$21,468
Total liabilities and members' equity	\$21,951	\$21,468

## Income Statement

Income		
Memberships	\$2,400	\$3,180
Donations and other	2,420	2,170
Total income	4,820	5,350

## Expenses

Membership expense	1,614	1,858
Public awareness	742	778
Newsletter	1,359	1,446
Administration	592	560
Other (FOOMS, AGM, Board)	492	541
Total expenses	4,799	5,183
Net income	\$21	\$167

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

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

Financial statements are available upon request.

## Humorous Tombstones

Harry Edsel Smith of Albany, New York: *Looked up the elevator shaft to see if the car was on the way down. It was.*

On the grave of Ezekiel Aikle, in East Dalhousie Cemetery, Nova Scotia: *Here lies Ezekiel Aikle, age 102. The good die young.*

In a Ruidoso, New Mexico, cemetery: *Here lies Johnny Yeast. Pardon me for not rising.*

In a Uniontown, Pennsylvania, cemetery: *Here lies the body of Jonathan Blake. Stepped on the gas instead of the brake.*

- P.O. Box 1355 • Stn B • Sudbury • ON • P3E 5K4 •
- Tel: 705-671-3753 • Toll Free 1-866-203-5139 •
- email: [msno@canoemail.com](mailto:msno@canoemail.com) •
- [www.memorialsociety.ca](http://www.memorialsociety.ca) •



MEMORIAL SOCIETY OF  
NORTHERN ONTARIO