

M S N O

MEMORIAL SOCIETY OF
NORTHERN ONTARIO

Newsletter

Spring 2013

Federation of Ontario Memorial Societies (FOOMS)

It has been incredible the contribution the Federation of Ontario Memorial Societies has made to the development of the Funeral, Burial and Cremation Services Act, 2002, (www.e-laws.gov.on.ca) which took effect on July 1, 2012. It took eleven years of meetings with funeral directors, government officials and the FOOMS' legislation committee. The subsequent new **Consumer Information Guide to Funerals, Burials and Cremation Services** is published in booklet format by the Ontario Government, available at funeral homes, transfer services, cemeteries and crematoriums. Copies are free and also available for groups or individuals through the Board of Funeral Services or the Ministry of Consumer Services. It is available online (www.ontario.ca/consumerservices) and on the Board of Funeral Services (www.funeralboard.com).

FOOMS meets once a year, with representatives from each of the Ontario Memorial Societies over a full weekend, to discuss matters related to arrangements following the death of a loved one. It decided at its meeting in September to establish a web-based portal to be known as **"Death Care Options Ontario."** The purpose is to provide access to information on death care, particularly for those in areas not covered by active local memorial societies.

Members' fees and donations have been responsible for enabling FOOMS to make these kinds of remarkable contributions, with its basic aim of consumer protection and enabling informed choices regarding funerals, memorial services, transfer services, cremations, burials, pre-arrangements and prepayments.



"I forgot... She was the first Tupperware lady in our neighbourhood."

ANNUAL GENERAL MEETING

When: Wednesday, May 1, 2013

Where: St. Andrew's Place, 111 Seniors' Lounge
111 Larch Street, Sudbury

Time: 7:00 p.m.

Guest: Gerry Lougheed Jr.

Topic: Gerry will speak about Ontario's Funeral, Burial and Cremation Services Act, 2002, that came into effect July 1, 2012.

He will also speak about funerals from a funeral provider's perspective.

Please bring friends and introduce them to the benefits of the Memorial Society

Refreshments will be served after the meeting

Memorial Societies across Ontario are in a period of transition wondering what steps need to be taken to continue to provide information for independent funeral planning.

Memorial Societies remain active in Kitchener/Waterloo, London, Ottawa, Thunder Bay, Toronto and Northern Ontario. Guelph and Niagara Peninsula are in significant transition. Peterborough, Windsor and Hamilton Societies have dissolved. Why these dissolutions? One factor is the decline in new members and their revenue from lifetime fees and donations over the years. Another is that too few new volunteers are stepping forward to run the affairs of Memorial Societies. Moreover, new death care legislation (The Funeral, Burial and Cremation Services Act, 2002, which came into effect July 1, 2012) now offers enhanced consumer protection achieved largely through the legislation committee of the Federation of Ontario Memorial Societies (FOOMS). Furthermore, the new Consumer Information Guide to Funerals, Burials and Cremation Services offers much information that was previously only available through Memorial Societies. Memorial Societies, therefore, are having to ask about their future, realizing that in many respects, their original objectives have already been remarkably achieved!

Memorial Societies still have much to offer, even if it is only the resources provided for people to help them prepare, preplan (not necessarily prepay) for what happens following their own or death of loved or even not-so-loved one. Many resources are available on-line and in booklets such as the Consumer Guide but people need to be encouraged to pursue such resources, and they are often most reluctant to do so. I hear many people say they wish they had known about their choices, when the invoice from the funeral home arrives in the mail. The Board of Funeral Services - Quick Facts 2011 statistics information states that the average purchases for a very minimal traditional funeral with services and casket or container in 2010 were \$6,594 excluding taxes, notices, flowers, internment or cremation, and receptions, whereas a direct disposition with services and casket or container was \$1,725. -dj

Nominees – Board of Directors 2013 – 2015

Gerry Felice
Ian McPhee
Mike Omilon
Gordon MacNeil

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

Participating Funeral Homes and Transfer Services

Elliot Lake

- Elliot Lake Funeral Chapel and Cremation Centre Ltd.

Manitoulin Island

- Island Funeral Home, Little Current

North Bay

- Basic Cremation Services

Sault Ste. Marie

- O'Sullivan Donnelly Funeral Home

South Porcupine

- Stinson Funeral Home

Spanish

- Alternate Funeral Services

Sturgeon Falls

- Théorêt-Bourgeois Funeral Home Inc.

Sudbury

- Co-operative Funeral Homes
- Loughheed Funeral Homes

Timmins

- Maison Funéraire Lessard-Stephens Funeral Home Inc.

Crematoria

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

We would like to thank each of the funeral providers for providing the costs of both Type A and Type B funeral arrangements. When members and the public have requested help with some aspect of funerals and funeral costs, they have said to us how timely and generous they were in helping them.

Good Grief

Granger Westberg wrote this small book back in 1962 on the various experiences of good inner grief. Grief is the response following the various losses that can happen to people in the life journey. Westberg noted ten possible good grief dynamics: shock; emotional sorrowful expression; depression and loneliness; physical symptoms; panic; guilt; anger and resentment; resistance to returning back to usual activities; gradually hope comes through; the struggle to affirm reality. Good grief enables people to make endings with the impact of loss, and begin again. Bad grief is the excessive experience of any of the above dynamics; or getting stuck in the grief process; or not grieving at all.



On Death and Dying

The more popular book on dynamics of grief was written by Elizabeth Kubler-Ross in 1969, when she examined people who were dying. She discovered five basic experiences: denial and isolation; anger; bargaining and yearning; depression; acceptance.



The Memorial Society of Northern Ontario provides resources to help people plan for arrangements following their death or the death of a loved one. It is also helpful to know of resources that help people understand good grief when death occurs. One person exclaimed after reading *Good Grief*, that there was finally an experience of freedom and new beginnings. Their grief, once understood as wrong and sinful, was affirmed as a most meaningful part of the process of letting go and starting again.

Both these books are still available in book-stores today.

Do Not Resuscitate (DNR) Confirmation Forms in Ontario

Since February, 2008, it is possible and necessary for individuals in Ontario to possess an official DNR Confirmation Form if they do not wish to be resuscitated in the event of respiratory or cardiorespiratory arrest. These forms direct the practice of paramedics and firefighters so they do not initiate basic or advanced cardiopulmonary resuscitation (CPR) but do provide necessary comfort measures to the patient.

Access to these forms is restricted to health care facility staff and regulated health care providers, who are authorized to sign these forms.

Each form

- has its own unique serial number.
- must be signed by a physician (MD), registered nurse in the extended class (R.N. (EC)), or registered nurse (RPN).
- must be based on their current opinion that CPR will almost certainly not benefit the patient and is not part of the plan of treatment.
- must be based on discussion with the capable patient or substitute decision-maker (SDM) when the patient is incapable.

If a valid DNR form is given to an emergency worker but the patient or family member withdraws the consent, the emergency worker will begin resuscitation when needed.

If the request is vague or uncertain, or if there is any question regarding the validity of the DNR form, emergency workers must err on the side of caution and begin resuscitation when needed. More information is available online at www.gov.on.ca. -dj

Jerry Seinfeld once noted that according to most studies, many people's number one fear is public speaking. Number two is death. This means that for many people, if you go to a traditional funeral, you are better off in the casket than doing the eulogy.

Financial Summary

Balance Sheet	2012	2011
Total assets	\$22,014	\$21,460
Total liabilities and members' equity	22,014	21,460

Income Statement

Income		
Memberships	840	1,280
Donations and other	2,855	1,870
Total income	3,695	3,150
Expenses		
Membership expense	973	1,495
Public awareness	237	352
Newsletter	1187	1,458
Administration	469	493
Other (FOOMS, AGM, Board)	619	644
Total expenses	3,485	4,442
Net income (loss)	\$ 210	(\$1,292)

Assets include maintenance investment of \$8,816, available only upon dissolution, and operating investment of \$9,352 (\$8,979 in 2012).

Greg Steinke, CA performed the review of the Society's financial statements. Financial statements are available upon request.

MSNO could not do without you

Donations are very important to the ongoing work of MSNO. We deeply appreciate those who have supported us anonymously and the following who have agreed to have their names acknowledged: James and Christine Allan, Bruce Bigelow, Danny and Louise Besserer, Robert and Bess Bryson, Denis Carriere, Carol Champagne, Jack Dardick, Jim and Magdeline Davis, Mildred and Primo Facca, Mary Kozak, Paulette and Andy Lacasse, Rudy and Sheila Lafleur, Aline Martin, Indrid Nagel, Lillian Nisbett, Hikka and Ernie Taylor, Berthe Therrien, Nancy Thurston, Karl and Eleonore Vlach, and Dave and Sarah Walker.

Many others support MSNO by volunteering their time and abilities to our tasks and we also express deep gratitude to them.

MSNO needs continuing support through donations; moneys received from new memberships no longer cover all our administrative costs and are greatly appreciated; memberships are \$40, which includes a kit for funeral planning, and supports MSNO and FOOMS.

The 2012 price survey from our participating funeral providers is available to our members upon request.

Report of the Chair

This year has seen a shortage of board members. Walter Karen and Keith Godin were unable to start the year. Mary Price resigned. Penny Schaff is finishing a six year term. Dave Walker is finishing his term as Treasurer, and agreed to stay on as the mail contact person. We appreciate the contributions made by these people and thank them for their work with MSNO.

Mike Omilon and Gordon MacNeil have agreed to accept positions on our Board. We welcome them. I would like to thank Doug Joblin (Vice-President) and Ian McPhee (Secretary) for their important work on the Board. The need to have members serve on our Board is vital to MSNO. If you can help us continue this work, then please contact us. I also want to thank those who continue to volunteer for their contributions: David Gamble (Database Coordinator), Sarah Walker (Nominating Committee Chair), Millie Facca (Telephone Coordinator) and Dr. Robin Bolton.

This past year has been another year of low memberships, with 26 new members. Thanks to the generosity of many of our members, we have finished the year with a small surplus.

I believe the independent guidance we provide to our members can help them make informed decisions about their own choices for funeral arrangements. It further helps ease the burden of their loved ones when they are in a period of mourning.

MSNO has lost a good friend in Gerry Loughheed Sr. He was the first funeral director to join us in Sudbury. The good relationship we had with him continues through his family who are always represented at our annual meetings. At this annual meeting, Gerry Loughheed Jr. will be our guest speaker.

Gerry Felice, President and Chair of the Board

MSNO

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Speakers are available to discuss low-cost funeral arrangements with your community groups.