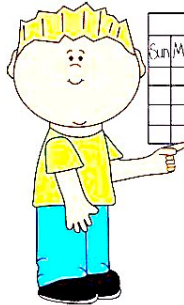




# Cleveland Memorial Society

# SPRING 2023 NEWSLETTER

Save the Date!  
CMS Annual Meeting  
Sunday, Oct. 22, 2023  
2 - 4 p.m.



Month						
Sun	Mon	Tue	Wed	Thu	Fri	Sat

Keynote Presentation:  
Panel Discussion

Topic: Clarity & Organization of  
Decisions and Plans

You won't want to miss this informative panel discussion with experts in pertinent fields: law, health care (body and soul), funerals, end-of-life care.

Light refreshments will be served after the Q & A period.

Details to follow in early autumn.

### What's Inside:

Pg. 2: Creating Your Life File: a checklist for end of life planning

Pg. 4: Glossary of (Often-Confusing) Terminology

Pg. 6: What To Do At the Time of Death

Pg. 7: Trends of the Funeral Industry

Back Cover: Contracted Funeral Directors

We encourage you to keep this issue of the CMS Newsletter for both current and future reference.



### Are you familiar with Facebook?

Remember, we have a new and improved means to help you stay informed! Visit our Facebook page, click "LIKE", and offer your own comments and insights or peruse ours! Simply put *Cleveland Memorial Society* into the Facebook search box and watch the magic unfold!

Don't forget our own independent website:  
[clevememorialsociety.org](http://clevememorialsociety.org)

"Amazing tradition. They throw a great party for you on the one day they know you can't come."



—Jeff Goldblum

## Creating your Life File: A Checklist for End of Life Planning

Death With Dignity ([www.deathwithdignity.org](http://www.deathwithdignity.org)), March 2023

There are many resources that explore this topic in depth, and it can be hard to know how to tackle what feels like a monumental task. In order to get you started, we've developed a checklist to help you create your life file (see or download it below).

### What is a Life File?

A Life File is a central place to keep “how and what” documents that ensure your wishes are honored at the end of your life and your loved ones have the information they need to take care of your affairs when you die. If you choose, it also can include guidelines for how to honor your life and your legacy.

We know that creating a Life File isn't an easy task to put off, but once you're done, you'll have peace of mind. And you don't have to do it all at once!

After you've compiled your Life File, make sure to revisit and update it if you experience a major life change like a marriage, illness, divorce, or the birth or adoption of a child.

Document any life insurance policies and beneficiaries, including information on funeral insurance or pre-paid burial plot, if applicable.

- Include your will. Consider updating it if things have changed in your life since you last updated it.
- Make a list of bills with due dates and amounts. Note how statements are received and payments are made. Identify which bills are ongoing and which have an end date.

### Your Care

- [Create an advance directive](#), a document that articulates your wishes concerning medical treatments at the end of your life and designates an individual—your healthcare agent—to ensure those wishes are honored should you no longer be able to speak for yourself. Make your advance directive specific. Address a variety of different scenarios, e.g. in what situation you would want to receive morphine, when would you not want to be intubated, etc.
- Explore whether your wishes can be turned into a POLST/MOLST (Physician/Medical Orders for Life-Sustaining Treatment) form in your state.
- *Have multiple conversations with your healthcare agent* about your wishes. Take them out to tea, have them over for dinner, go to a bar or library. Talk about what you want. This can be a serious conversation, or it can be full of laughs. You get to decide how this conversation plays out.

*Continued on pg. 3*

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### **Your Possessions**


- *Designate meaningful items to be given away to specific people. Consider doing so now, rather than spelling it out in your will. Consider reading [The Gentle Art of Swedish Death Cleaning](#), by Margareta Magnusson, to give yourself some guidance on how to slowly distribute important things to your loved ones.*
- *Dispose of any items you own that you wouldn't want your heirs to find, or include instructions about disposing of sensitive items, (e.g. your high school diaries) for a trusted friend or family member.*
- *Identify the location of any cash you have stored for emergencies and provide instructions on how to use it.*
- *Draft a "Where to Find..." document identifying the location of important things your heirs might need after your death: the deed to your house, the title and keys to your car, your social security and insurance cards, etc.*

### **Your Legacy**

- *Write your own obituary. Doing so will give you control over how you are publicly remembered.*
- *[Write down instructions for your final disposition.](#) What do you want to happen to your body when you die?*
- *Plan for your funeral/remembrance ceremony. Who are your chosen speakers? What music would you like to include? Write down and share your vision.*
- *Create a message for loved ones. Write a letter, make a video, or whatever you think will be most meaningful for the people who matter most.*

### **Secure Your Life File**

- *Purchase a fireproof home safe and a USB thumb drive to store your Life File.*
- *Make copies of the Life File's contents and leave them with a trusted friend or family member.*



Bronnie Ware is an Australian nurse who spent several years working in palliative care, walking alongside patients in the last 12 weeks of their lives. She recorded their dying epiphanies and put her observations into a book called "The Top Five Regrets of the Dying." You will likely identify with at least a couple and perhaps have a few of your own. There's no time like the present to make some changes.....

#### The Top 5 Regrets of the Dying:

1. I wish I'd had the courage to live a life true to myself.
2. I wish I hadn't worked so hard (so long, so incessantly).
3. I wish I'd had the courage to express my feelings.
4. I wish I'd stayed in touch with my friends.
5. I wish that I'd let myself be happier.

One last one, from my mother to me as she died: "I wish I'd hugged my children more."

# Glossary of Important (but often confusing) Terminology



## **Advance Directive**

This is a general term describing two kinds of legal documents [See Living Will and Durable Powers of Attorney]. Such documents allow a person to give instructions about future medical care in case they are unable to participate in medical decisions due to serious illness or incapacity. Each state has its own regulations concerning the use of advance directives.

**Assisted Death** This is also known as “physician-assisted dying” or “aid in dying” and is legal in all states with existing death with dignity laws. It permits mentally competent, adult patients with terminal illness to request a prescription for life-ending medications from their physician. The patient must self-administer and ingest the medication without assistance.

**Autonomy** This is the exercise of self-determination and choice among alternatives, based on the individual’s values and beliefs.

**Continuum of Care** This relates to a course of therapy during which a patient’s needs for comfort care and symptom relief is managed comprehensively and seamlessly. Hospice provides a continuum of care to patients with terminal illness, and aid-in-dying is assumed as the option of last resort at the end of that continuum.

**Comfort Care** This medical specialty, also referred to as palliative care, is often associated with hospice; however, it can also be used independently and alongside curative treatments. Palliative care is available in every state, appropriate for anyone at any stage of life suffering with a debilitating illness—terminal or not—and focuses on pain management and providing comfort.

**DNR or DNI** DNR/DNI stands for Do Not Resuscitate/Do Not Intubate and is a specific physician order. A DNR means that in the event of cardiac arrest, no CPR or electric shock will be performed to restart the heart. A DNI means that no breathing tube will be placed in the throat in the event of breathing difficulty or respiratory arrest. Each of these orders may be given separately and are generally prominently noted in the patient’s medical chart. The patient can change a DNR and DNI order at any time, and experts urge that such orders are reviewed regularly. In a DNR/DNI situation, a patient is provided comfort care. Without such an order, emergency medical technicians are legally required to perform CPR.

**Durable Power of Attorney** This is a document appointing a surrogate to make medical decisions in the event that an individual becomes unable to make those decisions on their own. It is also sometimes referred to as a “health care proxy.”

**Euthanasia** This is translated literally as “good death” and refers to the act of painlessly, but deliberately, causing the death of another who is suffering from an incurable, painful disease or condition. It is commonly thought of as lethal injection and it is sometimes referred to as “mercy killing.” *All forms of euthanasia are illegal in the United States.*

*Continued on pg. 5*

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**Guardian Ad Litem** A Latin term for a court-appointed representative who makes decisions in a legal proceeding on behalf of a minor or an incompetent or otherwise impaired person.

**Hospice** Hospice is an organization or institution that provides comfort (a.k.a. palliative) care for individuals who are dying when medical treatment is no longer expected to cure the disease or prolong life. Hospice sometimes also applies to an insurance benefit that pays the costs of comfort care, usually at home for patients with a prognosis or life expectancy of six months or less.

**Life-Sustaining Treatment** This is any treatment, the discontinuation of which would result in death. Such treatments include technological interventions like dialysis and ventilators. They also include simpler treatments, such as feeding tubes and antibiotics.

**Living Will** A “living will” is a type of advance directive containing instructions about future medical treatment in the event the individual is unable to communicate specific wishes due to illness or injury. Each state has its own regulations concerning the use of living wills.

**Palliative Care** This medical specialty is often associated with hospice; however, it can also be used independently and alongside curative treatments. Palliative care is available in every state, appropriate for anyone at any stage of life suffering with a debilitating illness—terminal or not—and focuses on pain management and providing comfort [See also Comfort Care].

**Patient Self-Determination Act of 1991** This federal law requires health care facilities that receive Medicare and Medicaid funds to inform patients of their right to execute advance directives regarding end-of-life care.

**Surrogate Decision Making** This is a procedure that allows a loved one to make medical-care decisions in accordance with a patient’s known wishes. If the patient’s wishes are not known, the decisions are generally said to be made in the patient’s “best interests.”

**Suggested websites to help navigate and understand**

National Institute on Aging (<https://www.nia.nih.gov/health/providing-comfort-end-life>)

Healthline ([www.healthline.com](http://www.healthline.com))

The Conversation Project ([www.theconversationproject.org](http://www.theconversationproject.org))

Cake ([www.joincake.com](http://www.joincake.com))

**And if you’d like to talk with like-minded souls, try either of these websites:**

<https://www.gracefulfusion.com/death-cafe>

<https://deathcafe.com/>

# What to do at the time of death

## Instructions to leave for the individuals who will be handling your arrangements

1. Call my funeral director that I designated through the Memorial Society.  
Name: \_\_\_\_\_  
Telephone number: (    ) \_\_\_\_\_
2. \_\_\_ I am an organ donor. Call Lifebanc at (216) 752-5433.
3. \_\_\_ I have donated my body to \_\_\_\_\_ Medical School.
4. \_\_\_ I have chosen DIRECT CREMATION. You can expect my Memorial Society funeral director to provide these services under the Memorial Society contract:
  1. pick up the body
  2. arrange to have it cremated.
  3. return the ashes to you
  4. help prepare death notice for the newspaper

Memorial Society funeral directors will provide other services at a reasonable cost, but anything beyond the above-listed services must be paid for separately. The 2023 price for Memorial Society direct cremation service is \$845. It may be more at the time of my death.

5. \_\_\_ I have chosen DIRECT BURIAL. You can expect my Memorial Society **funeral director** to provide these services under the Memorial Society contract:
  1. pick up the body
  2. place the body in a container
  3. arrange to have the grave opened
  4. transport body to cemetery
  5. help prepare a death notice for the newspaper

Direct burial does not include embalming. Embalming may be required if the body is to be stored, shipped, or viewed. The 2023 price for Memorial Society direct burial services is \$1025. It may be more at the time of my death. All cemetery charges are extra, including cost of the plot, opening and closing the grave.

6. \_\_\_ Donations in lieu of flowers to:  
*Cleveland Memorial Society* \_\_\_ *Other* \_\_\_\_\_
7. If you need a Death Certificate for financial or other institutions, your Funeral Director can provide one for additional cost.
8. Other special instructions:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Now tear this sheet off and give it to the people who need to know.  
DO THIS NOW.**

## TRENDS IN THE FUNERAL INDUSTRY

Excepted from <https://www.talkdeath.com/top-new-funeral-trends/>

July 14, 2015

1. Water Cremation: there is a process called Water Cremation, or Bio-Cremation that is growing in popularity. In lieu of flames, Bio Cremation technology uses a combination of water and an alkali solution of potassium hydroxide to break the body down.
2. At Home Funerals: A prime of example of this would be the Death Midwifery (or Doula) movement, which advocates at home death care, as well as memorial practices in which the family takes greater control of the organization of the memorial services of the deceased.:
3. Interactive Headstones: A company called Qeepr provides a means of accessing information about the dead through the use of QR codes on headstones or memorials. With a smart phone, those interested would be brought to the memorial page associated with that code for details about that person.
4. Crowdfunded Funerals
5. Memorial Reefs: Living Reef Memorial - burial option entails the purchase of an artificial receptacle for the deceased's cremated remains, which is then taken out to sea and installed on the ocean's floor. The memorial structure is then left to become part of the sea's habit, becoming home to flora and fauna of the ocean.
6. Mesoloft: With their team of aerospace engineers, Mesoloft offers a completely unique commemorative service during which the cremated remains of a loved one can be launched into the sky. When the urn reaches the appropriate altitude, it is opened and the remains scatter in the sky.
7. Green Funerals
8. Participatory Funerals: encourages a return to the practice of family and friends caring for the body of the deceased as much or as little as they feel comfortable. This may include such things as preparing the body for burial, but still within the care of a funeral home environment.
9. Themed Funerals: Yes, you, too can create your very own Star Wars Funeral! Hello Kitty? 007? Your call!
10. Webcasting: A necessity during COVID restrictions, and helpful with geographically-distanced families.
11. Composting: a process for the final disposition of human remains in which microbes convert a deceased body into compost. It is also called natural organic reduction (NOR) or terramation. Cultural attention to concerns like sustainability and environmentally friendly burial has led to a resurgence in interest in direct composting of human bodies. ■



### Aw, lighten up already, would ya?

"Smoking will kill you. Bacon will kill you. But smoking bacon will cure it."

"Why do corpses ride elevators? To lift their spirits."

"I'm not afraid of death. I just don't want to be there when it happens." Woody Allen

"We could certainly slow the aging process down if it had to work its way through Congress." Will Rogers



"I can't afford to die; I'd lose too much money."  
"At my age, flowers scare me."

—George Burns



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21600 Shaker Boulevard  
Cleveland, OH 44122

Phone: 216-751-5515  
[www.clevememorialsociety.org](http://www.clevememorialsociety.org)

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***CMS is proud to have the following Funeral Directors  
as our contracted partners***

**Best Funeral Home**  
15809 Madison Road  
Middlefield, OH 44062  
(440) 632-0818

**Busch Funeral and  
Crematory Services**  
4334 Pearl Road  
Cleveland, OH 44109  
216-741-7700

**Cummings & Davis Funeral  
Home**  
13201 Euclid Avenue  
East Cleveland, OH 44112  
216-541-1111

**Dicken Funeral Home**  
323 Middle Ave.  
Elyria, OH 44035  
440-322-3224

**Fioritto Funeral Home**  
5236 Mayfield Road  
Lyndhurst, OH 44124  
440-442-5900

**Hummel Funeral Homes**  
500 East Exchange St.  
Akron, OH 44304  
330-253-6126

**Maher-Melbourne Funeral  
Home**  
5236 Mayfield Road  
Lyndhurst, OH 44124  
216-382-4500

**Malloy Memorial Service**  
1575 W. 117th Street  
Cleveland, OH 44107  
216-221-3380

**McMahon-Coyne-Vitantonio  
Funeral Home**  
6330 Center Street  
Mentor, OH 44060  
440-255-1655

**Strawbridge Memorial  
Chapel**  
3934 Lee Rd.  
Cleveland, OH 44128  
216-752-9801

**Thompson, Smith,  
Nesbitt Funeral Home**  
345 Main Street  
Conneaut, OH 44030  
440-599-8106