

*Fall*  
*2020*  
*Newsletter*



**Cleveland Memorial Society's  
Annual Meeting  
Is Going VIRTUAL this year!**

We are holding our Annual Meeting via ZOOM, and everyone is welcome! Your attire is, for once, inconsequential! Optional!

You only need to provide us with your email address so we can send you the link. Then, at the time of the meeting, you click the link and join the discussion!

Sunday, October 04, 2-3 p.m.

Important business requires your presence:  
Election of Officers and Trustees (see pg. 2)  
We'll have an expert or two to discuss important things....

*(We MUST have your email address for the link)*

*With apologies....*

*In the printed version of this issue of the Cleveland Memorial Society's newsletter, an insensitive "joke" occupied this space on page one. It is with sincere regret that I issue an apology for this choice. Future issues of the CMS newsletter will be more carefully constructed to reflect our appreciation of and value in our wonderfully diverse membership and general readership.*

*Kate Smith, Editor*

The Nominating Committee Has  
Recommended the Following Slate

Officers

President — Kate Smith  
Vice President — Mark Binnig  
Secretary — Doreen Kelleher  
Treasurer — Don Stimpert

Trustees

New Board Members, terms to expire in 2023

Megan Mull  
Adaire Petrichor  
Heidi Barham  
Chip Joseph (*Current & Renewing*)

Continuing in Office, terms to expire as noted

Mary Dietzen (2021)  
Doreen Kelleher (2021)  
Jan Glasser (2021)  
Bill McCullam (2022)  
Kate Smith (2022)  
Don Stimpert (2022)  
Jackie Stimpert (2022)

We thank retiring Board member Jill Koch-Johnston for her participation and efforts to implement Death Cafes and discussions. Please find the salutations from the new Board members on page 3.

**More Annual Meeting News:**

*We will be voting on revisions to the Articles of Confederation filed with the State of Ohio (which so far as we know have not been updated since 1948) and revisions to our Constitution (last revised 2013). The proposed revisions will be posted on our website and will be mailed on request.*

*The revisions will contain an expanded statement of purpose, describing our efforts in education and advocacy, that membership is open to any person without regard to race, creed, sex, sexual orientation, religion or national origin. In addition, we are adding standard affirmation for non-profit organizations confirming that no part of the net earning of the corporation will be distributable to members, directors, or officers.*

Visit [www.clevememorialsociety.org](http://www.clevememorialsociety.org) to view our CMS Constitution.

## *Meet our newest Board Nominees*

### *Rev. Heidi L. Barham*

Heidi has served as a Spiritual Care Coordinator with Hospice of the Western Reserve (HWR) since 2008. She also pastors LedgeWood Christian Church in Novelty, Ohio and is adjunct faculty with Indiana Wesleyan University. Prior to joining HWR, she spent 20 years in the financial services industry, working for KeyBank and Fifth Third Bank respectively.

Rev. Barham is an active member of Delta Sigma Theta Sorority, Inc., serves on the board of God Before Guns and is part of the clergy faculty for Job Opportunities Breakthrough Services. She received Bachelor and Master of Business Education degrees from Cleveland State University, a Master of Divinity degree from Ashland Theological Seminary and a certificate in Paralegal Studies from Myers University. She and her husband, Ron, live in the City of Cleveland.



### *Megan Mull*

Megan is a patient advocate and state-certificated paramedic. After several years working as a paramedic in Cleveland, she realized she could no longer accept the gaps in health education and supportive care that continued to harm her patients.

Megan left EMS to begin a small business working to bring education, support and advocacy to individuals and families, particularly at the end of life. An experience that helped shape her trajectory included working in a nursing care facility in NY during the early months of COVID-19. She mentored under Adaire Petrichor of the Heart of Dying, and takes special interest in preparing people for the choices we all may have to make for loved ones.

Megan resides in Cleveland Heights with dogs, cats, fish and her fiancée.

### *Adaire Petrichor*

Adaire is a certified End-of-Life Doula, hospital chaplain, speaker and community educator. She is the founder of the Heart of Dying-Community Doula Training as well as the Heart of Dying Project. She is a founding member of a new community group in Cleveland called NE Ohio End of Life Coalition and uses an array of social media tools (FaceBook Twitter, etc.) too expand her community in the death industry to all corners of the globe.

Adaire brings such programs as coffin clubs and soul-shroud sewing circle works into the community while exploring the circles of life and death. She offers expertise on home funerals and she helps raise awareness about the need for social hospices.

Adaire lives in Cleveland Heights with her wildly energetic Ibizan Hound, Kashmir.

## Recycling Medical Devices

Regulations in the US prohibit the recycling of implanted medical devices after their owners die, but Frank Swain on the BBC reports that there's "a growing trend to recover them for use in the developing world". <http://www.bbc.com/future/story/20140311-body-parts-that-live-after-death>.

At \$4,000 for a pacemaker and \$20,000 for an ICD [internal cardiac defibrillator], a second-hand implant is the only way that millions of people will be able to afford this life-saving equipment. In the UK, [Pace4Life](#) collects functioning pacemakers from funeral parlours for use in India. In a similar effort, the journal *Annals of Internal Medicine* recently published the results of a US programme called Project My Heart Your Heart, which found that 75 patients who received second-hand ICDs showed no evidence of infection or malfunction. The group is now applying for FDA approval to send recycled heart devices overseas. Back in Nashville, Standing With Hope has adopted a similar approach by shipping prosthetic limbs to Ghana.

### Let's save some trees together!

Would you rather receive your CMS bi-annual newsletter electronically?  
Do you sometimes forget to recycle the paper copy delivered by the Post Office? Let us know and help us *reduce our footprint.*



Either send us an email at [info@clevememorialsociety.org](mailto:info@clevememorialsociety.org)  
or call us at **216-751-5515**.

Please share the name(s) of the members and the mailing address (in case we have more than one member with the same name) as well as a phone number, should we have any questions.

### *Is Dementia of Concern to You or a Loved One?*

Reprinted from the Funeral Consumers Alliance website ([FCA.org](http://FCA.org))

**Introduction:** If you live in the US and develop dementia, you have essentially four ways to deal with the condition: (1) live with the disease until you die, while receiving the best medical and palliative care available; (2) hasten your own death before the dementia renders you incapable of doing so; (3) refuse life sustaining medical care for any other medical conditions that you may have or that develop after dementia begins; (4) direct that you be allowed to voluntarily stop eating and drinking (VSED) after you have reached a certain point in the development of dementia; or some combination of these choices.

*See Dementia, pg. 5*

**Background:** The following Elective Advance Directive for Dementia is for use if you do not want to live through the later stages of dementia. The document is intended for use as a supplement to whatever advance health care directive you may have completed. These directives are sometimes called a living will, a Directive to Physicians, Advance Health Care Directive, or some similar name. This document can also be attached to your advance directive appointing someone to make health care decisions for you when you can no longer make them for yourself. For some people, the appointment of agent may be included in an advance health care directive. When this dementia directive is attached to an existing health care directive or appointment of agent directive, it should be referred to by name in that directive. If no space is provided in the directive for additional information, you can refer to this Elective Advance Directive for Dementia at the end of the directive, stating that it is a part of that directive for all intents and purposes.

State-formulated advance directives—which are only one way to make one's health care decisions known—were developed to (1) provide a standard form for use by that state's residents, and (2) provide clinicians protection from liability if the directives are followed. However, the constitutional right that we all have to make our views about health care known to clinicians can be exercised without the use of a form—by our own writing, orally (if competent), and/or by video. What is important is to make your decisions known clearly. In the words of an Idaho statute, “Any authentic expression of a person's wishes with respect to health care should be honored.” What a clinician should be guided by is understanding a person’s decisions, regardless of how they are expressed.

To download and complete this Elective Advance Directive for Dementia, use this link:

<https://funerals.org/wp-content/uploads/2020/01/2020-Hankins-Advance-Directive-For-Dementia.pdf>

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!



## **Funeral Guidance for Individuals & Families**

Presented by the Centers for Disease Control (CDC), 7/25/20

Grieving the loss of a loved one during the fear and anxiety about the COVID-19 pandemic can be overwhelming. It may be difficult for people to make decisions about how to safely grieve and honor their loved one. This guidance is for individuals and families as they work with funeral directors, community and religious leaders, and others to plan and hold funeral services and visitations during the COVID-19 pandemic.

Help lower the risk of spreading COVID-19 by following these guiding principles.

### **Guiding Principles**

- The more people interact, the closer in distance the interaction is (less than 6 feet), and the longer the interaction lasts, the higher the risk of spreading COVID-19.
- The [higher the level of community transmission](#) in an area, the higher the risk of spreading COVID-19.
- [Masks](#) help lower the risk of spreading COVID-19, particularly if social distancing cannot be maintained.
- During an in-person gathering, convene in outdoors or in well-ventilated areas, if possible, rather than poorly ventilated, indoor areas to help lower risk of spreading COVID-19. Outdoor gatherings are safer than indoor gatherings.
- Avoid sharing commonly used objects such as religious aids (e.g., religious books, collection plates, programs, etc.) to help lower the risk of spreading COVID-19.
- Reducing the number of people who are engaged in activities like singing or chanting as these behaviors can increase the amount of respiratory virus in the air.
- Practice increased hand hygiene, and cleaning and disinfection of frequently touched surfaces and objects to help lower the risk of spreading COVID-19.
- Practice [social distancing](#) by maintaining at least 6 feet between attendees; facility or lay staff; and clergy or officiants, especially when small, in-person services are held.
- Take extra precautions for those at [increased risk for COVID-19](#), particularly those who are older or have pre-existing conditions, to help lower the risk of spreading COVID-19.

The risk of COVID-19 spreading at gatherings and services is ranked as follows, from lowest to highest:

**Lowest risk:** Virtual-only services and gatherings.

**Lower risk:** Smaller outdoor, in-person services and gatherings in which individuals from different households remain spaced at least 6 feet apart, wear masks, do not share objects, and come from the same local area (e.g., community, town, city, or county).

**Higher risk:** Medium-sized in-person services and gatherings, either indoors or outdoors, adapted to allow individuals to remain spaced at least 6 feet apart, with some individuals wearing face masks and with some attendees coming from outside the local area. Sharing of items or objects is limited.

*See Guidance, pg. 7*

**Highest risk:** Large in-person services and gatherings held indoors and where it is difficult for individuals to remain spaced at least 6 feet apart; many attendees travel from outside the local area. Few individuals wear masks and objects are shared.

In [some situations](#), many people have become sick with COVID-19 after attending a funeral service. To help prevent the spread of COVID-19 in communities, changes need to be made to the way funerals, visitations, and memorials to the deceased are held. This guidance provides strategies to protect yourself and others when you are grieving the loss of a loved one, supporting each other, making funeral arrangements, and participating in funeral services and visitations. Some examples include:

- Using technology to connect virtually with family and friends during the grieving process.
- Considering modified funeral arrangements, such as limiting attendance at funerals held during shortly after the time of death to a small number of immediate family members and friends; and then holding additional memorial services when social distancing guidelines are less restrictive.
- Practicing [social distancing](#) by maintaining at least 6 feet between attendees, facility staff, and clergy or officiants when small, in-person services are held.
- Considering modifications to funeral rites and rituals (for example, avoid touching the deceased person's body or personal belongings or other ceremonial objects) to make sure of everyone's safety.
- Wearing [masks](#) while around others and outside of your home.

### **Holding funeral services and visitations**

Consider the following modifications to funeral services and visitations to help prevent the spread of COVID-19. These modifications are recommended for events held in any setting, including funeral homes, cemetery facilities, places of worship, private homes, and other venues.

Limit the attendees to a small number of immediate family and close friends

- Consider holding services and gatherings in a large, well-ventilated area or outdoors, as circumstances and traditions allow.
- Holding a graveside-only service.
- Changing or removing funeral practices that involve close contact or sharing things among members of different households, such as:
  - Sharing a car or limousine ride between the church and cemetery.
  - Providing food and beverages for attendees after the service.
  - Changing religious rituals in consultation with clergy and other religious leaders.



## *Meet our Donors*

Robert & Lenore Adams	Marjorie Gettig	James LaRue	Edward Schwaegerle
Don Adamson	Virginia Gobidas	Kenneth J. Laskey	Ruth Searles
Bill & Bobby Allen	Gerald Goldstein	Joyce Lee	Jean Selig
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Carol Z. Battle	Kate Greenfield	Donald W. Loranger	Flora Smith Sorna
Michael Beckman and	Deborah Greiner in	Thomas & Marilyn Lynch	Kent & Sharon Spieth
Mary O'Shea	memory of her mother,	Flo T. Marcinko	Nora O'Neil Stern
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Virginia Canright	Judith Hoerner	Marlene Merrill	Janice Terradotter &
Bruce Canright	Diane Hoff	John and Ruth Michelich	Amber Greenwolf
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Daniel & Patsy Clark	Luretta J. Holanda	Princess F. Muhammad	Steven Toth
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Walden & Marilyn	Maxine W. Houck	Evelyn B. Newell	Jack G. Ulman
Crabtree	Frances Howlett	Rose A. Norman	Phillip Ungerer
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Kenneth Dunham	Susan Kenney	Andy Ries	Diane Walcott
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Susan A. Friend	Barbara Kotsan	Sharon Schnall & R.	
Susan M. Furth	Jean M. Lalli	Drew Sellers	
Michael & Patricia	Brian Larson & Laurie	Thomas Schneid	
Gedeon	Albright	Joanna Schoonover	



## What If I Die Out Of Town

Your survivors/travel companions should look online or in a telephone book for the nearest Memorial Society. A list of all societies is at [www.funerals.org/affiliates](http://www.funerals.org/affiliates). This group may be called a "Funeral Consumer Alliance." Call them and ask what services are available on a reciprocal basis. Some groups are like our Society and have contracts with one or more local funeral directors. Others simply offer recommendations and advice. Flying a body on an airplane is expensive. The airlines, however, will allow you to carry cremated remains with you. Go to the website [www.funerals.org](http://www.funerals.org) or call our national office at 1-800-765-0107 for complete information.

**Suggestion** – Gather your Durable Power of Attorney for Healthcare, your Living Will, and your Durable Power of Attorney. Go to a photocopy machine. Push the "Reduce" button on the copy machine. Make the copies of each of these documents as small as possible, but still readable, by copying the reduced version one or more times. Put the small copies next to your Memorial Society membership card which should be next to your driver's license, healthcare card and other identification. This way, you can carry your advance health care directive documents with you everywhere and at all times.

## You've Joined CMS....now you have to SHARE that information!

by Cynthia Lehman, CMS Secretary and Go-To Guru

Many people join the Cleveland Memorial Society, in part, to make the days following their death less stressful and uncertain for their family and friends. It is a loving gesture and I have heard from many family members who were deeply appreciative to know exactly what to do at the time of death.

However, sadly, I have too often received anxious phone messages from people who think their parent or spouse or sibling or aunt is a member, but they don't know which funeral director to call or what kind of service s/he wanted.

The loving gesture goes beyond becoming a member. It includes talking about your decisions with the people who need to know. Death is a difficult topic for some of us to talk about openly, but it is one that deepens our relationships with one another. Being open about our mortality and our wishes allows those we love to hear about our needs and wants and share in our planning.

Making sure that those who need it have the necessary information in writing is made easier with the form that you will find on the next page titled "What to Do at the Time of My Death." Once this form is completed, you need to make copies and give it to family members, friends, neighbors, your nursing home/retirement community/assisted living facility, hospice.

If you still find the subject difficult to discuss, at least complete the form, put it into an envelope and give it to those who need to know. Tell them it contains the information they need to know at the time of your death and they should keep it where they can access it right away so that reading it is what they do first.

## What to do at the time of death

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

1. Call my Memorial Society funeral director.

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 a 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 2020 price for Memorial Society direct cremation service is \$795. 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 hav the grave opened
4. transport the body to the 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 2020 price for Memorial Society direct burial services is \$975. 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: your physician, hospital, apartment manager, neighbor, your family members - anyone who might be handling your arrangements.**

Please use the envelope included with this newsletter or fill out and send in the form below.

MY SPECIAL GIFT OF \$\_\_\_\_\_ IS ENCLOSED

Name (as you would like it to appear)

\_\_\_\_\_

Address\_\_\_\_\_

Email address\_\_\_\_\_

Phone\_\_\_\_\_

My group would like to have a Memorial Society speaker. Call me at\_\_\_\_\_

Please return your donation and this tear-off slip to:

CLEVELAND MEMORIAL  
SOCIETY  
21600 SHAKER BVLD,  
CLEVELAND 44122

.....

**If You Move**

PLEASE let us know if you move. Whether it is moving in with your son or daughter, across town, into assisted living, or out-of-state, we do not want to lose touch with you! Did you know that if you move to another area you can transfer your Memorial Society membership to your new locale, usually for free? We'll help you do that if only you tell us where you are going! Help us help you – and your family!

**Donations**

Without your generous donations and assistance, we could not go forward with our work! We are expanding our outreach to bring you more information, discussion opportunities, speakers and meeting options. And, of course, the most affordable prices possible for your final needs.

We are reluctant to ask you again for a contribution, but since we do not have any annual dues, we must rely on your generosity. An envelope is included for your convenience and thank you for your continuing support.

Cleveland Memorial Society  
21600 Shaker Boulevard  
Cleveland, OH 44122

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

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44022

**DATED MATERIAL - DO NOT DELAY**

**These funeral directors are our contracted participating firms**

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

**Busch-Boswell-Jones-Deck  
Mortuary**  
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 Avenue  
Elyria, OH 44035  
440-322-3224

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

**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

**Shapiro Funeral Services**  
27099 Miles Road  
Orange Village, OH  
44022-2130  
440-498-1993

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

**Vitantonio & Son Funeral  
Home**  
6330 Center Street  
Mentor, OH 44060  
440-255-1655