

2023

Fall

Newsletter



Cleveland Memorial Society

*The Answer Gurus are Coming!*  
You don't want to miss this event!

*CMS Annual Meeting*  
*Panel Discussion & Information Symposium*

### **Getting Your Ducks in a Row in a Way You Really Understand**

**This is an audience-driven discussion led by our diverse group of experts.**

Bring your questions, confusing forms, concerns, and let our panel of experts clarify your path going forward. Our panelists are well-educated in end-of-life issues and are prepared to answer all of your questions, explain documents and terminology, discuss medical and legal issues, and much more. Bring friends and family - everyone's confused..you're not alone!

**October 22, 2023**

**Sunday 2 - 4 p.m.**

**Brecksville Public Library**

**9890 Brecksville Rd..**

**Brecksville, 44141**

#### *Guest Panelists*

- The Rev. Heidi Barham, speaking to hospice and palliative care
- Megan Slatinsky, RN, EMT-P., addressing medical issues at the end of life
- Petrichor, Adaire, Death Doula practice explained
- Christina Bushnell, targeting elder law, rights, & when to be cautious
- Stephanie Strawbridge, Strawbridge Memorial Chapel, will join in on funeral home practices, service options, and the business end of the end of life.

*Light Refreshments will be served following the meeting.*

### **Who is your designated Funeral Director?**

As a member of Cleveland Memorial Society, you need to choose a funeral director from our contracted partners. If you haven't done so, please call or email our office.

WHY? Because whoever is handling your death needs to know whom to call. The funeral directors need to know who is signed up with them. It's a courtesy to let them know, and if they don't know ahead of time they may not be willing to handle your cremation or burial. If there is no funeral director listed for you, you may not be able to take advantage of the prices the Memorial Society has with contracted funeral directors.

AND, if you don't choose one, we will choose one for you because it is a necessary part of the contract that you be assigned to a funeral director. If that were to happen, you would be welcome to call us and change directors, but you must have one named in your record. Thank you for taking the time to let us know!

**(216) 751-5515 or [info@clevememorialsociety.org](mailto:info@clevememorialsociety.org)**



The Nominating Committee has recommended the following slate:

- President – Kate Smith ('25)
- Vice President – Jackie Stimpert ('25)
- Secretary – Mark Binnig ('25)
- Treasurer – Gary Sherck ('24)
- Board member renewing a 3-yr. term  
Chip Joseph ('26)
- Remaining on the Board  
Doreen Kelleher '24)  
Sandy Wilson ('25)

We'd like to thank Reverend Heidi Barham and Megan Slatinsky for their years of service on the Board. Megan gave us ideas about attracting younger members and outreach options, and Heidi initiated and finalized partnering with new funeral home. Both shared invaluable insights and different perspectives that have helped the Society grow. Please join us in enjoying their participation as two of our esteemed panelists during the Annual Meeting on 10/22/23!

Additionally, CMS wouldn't have grown to such heights and with such a good reputation without the guidance of Don Stimpert. Although he's opted to leave the Board, Don remains our resource extraordinaire!

We need your help  
We need your ideas! We need your critical thinking skills!  
**We need you as a Board member to help us get things done.**

Please get involved by joining the Board.

It's painless: we only meet 4 times a year (Zoom or in-person)! No Board fees!  
We never go on strike and we play well together!  
Call 216-751-5515.

The pandemic derailed our efforts at education. It's time to get people together to talk and learn, and we can easily make that happen. We just need your help.

Come brainstorm with us, volunteer with educational discussions and meetings, and perhaps share your skills (administrative, financial, educator, outreach guru).

The Cleveland Memorial Society exists to be a beneficial tool for both providing affordable burials and cremations as well as opening up the nearly taboo topic of end of life issues: feelings, support-needs, legal jargon, medical paperwork — it can be overwhelming.

Please consider joining us. Contact Cynthia Lehman at our office for more information. 216-751-5515

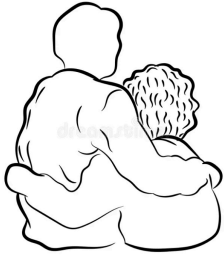
## 'But I can't!' Letting go of learned helplessness

*By Joshua Slocum.*

Thousands of people contact Funeral Consumers Alliance every year looking for guidance on how to find the send-off they want at a price they can afford. And of the many hurdles they encounter, the first one is overwhelmingly the whole issue of "can't" versus "won't."

These are not the same. Most of the time, when we claim we "can't" do something, we're afraid to try - because we're afraid of the consequences. We avoid discomfort. It's likely you've told yourself some stories about what you "can't" do when it comes to death planning.

*See Helplessness on pg. 2*



"I can't talk to my kids/parents about funeral planning because it will upset them too much."

Yes, you can. But it's uncomfortable, the time's never right, what if you upset someone.... Lots of important things in life are uncomfortable, but being blindsided by funeral details and costs at the time of death is traumatic, expensive, and avoidable.

Just have the conversation. Think of it as what it is: a conversation with people you love. Sit down with your parents, or with your adult children, and say, "Someday we're all going to die. I love you very much and hope that day is far off. Because I care, I would really like to hear what you would like. And I want to tell you some things that might be meaningful to those of us left behind." I promise you that the fear will diminish, and you both will feel heard and respected.

"It's too hard to shop around for funeral prices."

You've bought cars, refrigerators, phones, clothing, and all sorts of things. You've compared prices on all of them. You already know how to compare one price against another to see which is affordable. The Federal Trade Commission has a regulation called the "Funeral Rule." It compels funeral homes to disclose prices by phone, and to hand out complete price lists when you visit in person. Pick five funeral homes within a 20 mile radius of where you are, and ask the funeral homes to send you a price list, or stop in yourself. We usually find that prices for the same service vary by thousands of dollars, depending on which funeral home in your city or county you choose.

"We can't use another funeral home because this funeral home is the one my family/my church always uses."



Consumer surveys show that most people pick a funeral home simply because it's the one their family has always used in the past. Would you buy a car this way? Would you refuse to even look at another dealer's price sheet on a new Toyota simply because your grandpa or your deacon always bought his cars at Stan-the-Man's Showroom? Of course not. Your family's funeral parlor knows you feel an obligation to patronize them. Funerals aren't simply emotional or religious transactions.

They're also capitalist cash transactions. Good salespeople never let on they're leading you into more purchases. That's why so many families overpay. It feels overwhelming and intimidating to talk coffins and cash for the first time – especially when emotions are running high.

We can help. Cleveland Memorial Society, in conjunction with the Funeral Consumers Alliance, has access to articles and tip sheets on just about everything you need to know. Your legal rights. The options from simple cremation to full-service funeral, and everything in between. How to find reasonable prices on the service you want, no matter where you live in the country.

And of course, as a member of CMS, you have the lowest possible rate options.

Visit [www.clevememorialsociety.org](http://www.clevememorialsociety.org), or [funerals.org](http://funerals.org) for more information.

*Please remember to contact our office (216-751-5515) to inform us of your chosen funeral director if you've not yet done so. Thanks so much!*



**Meet Our Donors, for whom we are most grateful!**



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

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Name (as you would like it to appear)

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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 in the attached envelope to:

**Cleveland Memorial Society**  
**21600 Shaker Blvd. ☺ Cleveland, OH 44122**



**Donations**

Without your generous donations and assistance, we could not go forward with our work! 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.

**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!



*A Note about the Board of Trustees*

You will be asked to vote on the slate of officers for the Board of Trustees. See page 2 for a complete listing. This is *your* chance to get involved, either by nominating someone you know to the Board or by volunteering yourself.

Help us fulfill our mission of providing education and open discussions about end-of-life issues. We all die. But few of us talk about it. Let's change that, together.

Cleveland Memorial Society  
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***

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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

