

REMINDERS:

- Read your member's packet carefully.
- Forward us your change of address.
- Have a Personal Instruction Form on file with your mortuary choice.
- Share this letter and information with family and friends.

FUNERAL CONSUMERS
ALLIANCE OF OREGON
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Sandy Lofy
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President's Greeting:

Welcome to the first e-newsletter from your FCAO Board of Directors. We hope you'll find it interesting and helpful. Board meetings are open to all members, and we'd love to have you join us. The next meeting is set for Monday, June 29, 10 a.m. to 2 p.m., at the

Tualatin United Methodist Church, 20200 SW Martinazzi Ave., Tualatin, OR. Bring your lunch and learn more about your organization. You might like to serve on the board. Do you want someone from our Speaker's Bureau to come speak to your group, large or small?

Contact Sylvia Bouneff at (503) 252-7601 or bouneff@msn.com. We're here for you. We want to hear from you!

**Mary Sohlstrom,
President**

Many Options Available for End of Life Services, by Ed Warmoth

For those who don't have a written plan for services at time of death, now is the time to get started. There are many choices or options and many different cost options. An advance plan—sometimes called a pre-need plan—will help to take the pressure off last minute decisions. While the options may all be listed under the general title of "funerals", you will see that some involve cremation (with or without ceremony) and different types of burial.

The non-profit Funeral Consumers Alliance of Oregon (FCAO) hopes to help you obtain information and confirm your plan in writing, to be ready for the time it is needed. Likely, you will want to decide on the type of service you want and then contact one or more providers to compare costs. With a family membership, plans for any family members can be arranged at the same time.

With all funeral arrangements, it is important to know exactly what is included. There is a Federal Funeral Rule, enforced by the Federal

Volunteers Needed!

If you volunteer a few hours a month, you can help FCAO thrive. Your help is vital! Here are some of the many ways you can help:

Spread the word among your family, friends, church and social groups.

Invite our speakers to talk with a group, large or small.

Join our Speakers' Bureau and give informal talks yourself!

Help us get other members' e-mail addresses.

Forward this newsletter to your family, friends, pastor, etc.

Send money!

Consider a special donation in memory of, or to honor, someone dear to you.

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Ed Warmoth's editorial continued:

Trade Commission, which requires funeral directors to give you itemized prices in person and, if you ask, over the phone. The Rule also requires funeral directors to give you other information about their goods and services.

To assist you with numbers for comparisons, FCAO has made arrangements with cooperating funeral homes to provide a list of prices they will provide for FCAO members. Keep in mind that deciding where your remains will be buried or entombed is not included and represents an extra expense.

These are some choices to consider: Full Traditional Funeral Service in Funeral Home Chapel with Burial; Direct Burial without service or with simple Graveside Service (no embalming or visitation); Direct Cremation without service or with Memorial Service; and special arrangements connected with "green" burial or home funeral. In all cases, it is possible to arrange a Memorial Service or Celebration of Life in a church or other location separate from the burial or cremation.

Please feel free to contact the funeral directors at the mortuaries listed on our Web site (www.fca-oregon.org). They are professionals and you can count on them for friendly and helpful information.

In process: FCAO plans for the near future

*Create a companion organization for FCAO that would be a 501(C)(3)—a non-profit foundation that could receive tax-deductible contributions and would be responsible for much of the costs of our outreach and educational efforts.

*Upgrade our website!

*Recruit participants for the Speakers' Bureau so as to reach more new members.

*Enlarge our base of financial support through grants, etc.

BEWARE FALSE "DEBT COLLECTION"!

The recently bereaved have become prime targets for phony collection agents. Don't get cheated! See *NY Times*, Mar. 4, and the March *AARP Bulletin*.

FUNERAL ALTERNATIVES

Considering home funerals? We recommend "Which Way Out?" in the March *Smithsonian*, p. 86.