



2019 - OMA'S 58TH ANNUAL MEETING!

Welcome: **Cathy Hall**, *OMA Board Member*

Introduction: **Liz Jessop**, *OMA Board Member*

THE TRANSFORMATIVE POWER OF GRIEF



Speakers:

Jessica Thomas

Joanne Smith Petrie

Questions

Intermission: *Enjoy cookies & tea, chat together and visit provider tables.*

Outgoing President's Report: **Charlie Landis**

OMA's current 501(c)3 Status Report: **Donna Loveland**

Introduction and Election of New Board Members:

Joan Landsberg and Donna Loveland

Treasurers Report: **Liz Jessop**

Goodbyes and Raffle Drawing (*you must be present to win!*)

Many Thanks to our 2019 Annual Meeting Sponsors!

Cornerstone Funeral Services | River View Cemetery Funeral Home
Law Office of Elizabeth M. Jessop, LLC



OMA IS HUMBLLED AND MOST GRATEFUL TO WELCOME THESE TWO OUTSTANDING GRIEF COUNSELORS AS OUR SPEAKERS:



Joanne Smith Petrie
and
Jessica Thomas

Joanne Smith Petrie

Joanne has been a chaplain for 32 years and now works for Bristol Hospice. She is a nationally certified Bereavement Facilitator, counselor, author, radio host and teacher. She is the founder and director of One to Another, a non-profit organization based in Portland. Joanne has been teaching Grief Release since 1985 and is the producer of the *Grief Release video series*. She is co-author of the book, "**How to Say Goodbye.**"

In 2018 Joanne was the recipient of the North Clackamas Chamber of Commerce award: "Women in Leadership and Management."

Jessica Thomas, PHD in Psychology and LMFT

Jessica is a Therapist, AAMFT trained clinical supervisor and organizational consultant specializing in death, dying, and grief in her private practice. She has been a hospice volunteer for many years and at Portland Death Cafes. She currently serves as President of the Board of the NW Association for Death Education and Bereavement Support. Jessica also teaches a course on "Death, Loss, and Pscyo-Spiritual Crisis," at Lewis and Clark College.

She has recently published "**Mindful Photography: Bereavement and Beyond.**"



Thank the Board

I want to thank our very amazing Board. It's the dream of every board chair to have an active board of capable volunteers who will take delegation and get the jobs done. This is that kind of Board.

Merge Organizations

A big change we implemented this year was to combine the Funeral Consumers Education Foundation and Oregon Memorial Association. People's Memorial Association in Washington State's lawyers figured how to combine a membership and a charitable organization without violating IRS rules. It took a lot of work and attention to details. Board member Donna Loveland spearheaded the effort and almost single handedly got the job done.

We modernized the new bylaws to enable things like email voting. We will continue using the fcaoregon@gmail.com email address, but will also receive email at omaoregon@gmail.com. Likewise, the website can be accessed at fca-oregon.org and also at omaoregon.org.

All's Well That Ends Well

We held more All's Well That Ends Well workshops to create more informed consumers of funeral services. This outreach is critical to our members and to our organizational survival. This year, we held AWTEW workshops at River View Cemetery in Portland, Restlawn in Salem, and Unitarian Universalist Fellowship in Bend. Cathy has five more workshops scheduled around town, and we will be back in Central Oregon next year. Keep an eye on our website and FaceBook page for announcements.

Financial Challenges

This year one of our primary providers in the mid valley dropped discounted services to our members. Others may be making the same choice in the foreseeable future. Changes in the industry – consolidation of "Ma & Pa" mortuaries into big nationals – along with consumer preferences moving to less-expensive dispositions like cremation, have cut into their revenue and ours. As a consequence, OMA is facing financial challenges of a magnitude it has never seen before. The board this year raised the membership fee to \$50 per individual, but this alone will not provide for our ongoing expenses. To save expenses, we dropped the 800 phone number and announced this annual meeting via postcard rather than the expensive annual newsletter. We have asked all of our members who can to switch from regular mail to email again to cut costs.

The Board will continue to find ways to cut costs and increase revenues, but we will be more dependent than ever on our members' generosity in making annual donations.



Management Change

Earlier this year our part time office manager, Mary Ziemer-McGinn, left for a new job. We are incredibly blessed that Robin Chilstrom has been willing to step into the job, one she held as Mary's immediate predecessor.

Personal Information Forms (PIFs)

One of our office manager's most important duties is to answer your phone calls. Often, the call is from the family of a member who has just passed away or is expected to soon. To answer the questions, we depend on your Personal Information Form. Most of them were filled out years ago and desperately need updating so that we can deliver on our promise to be there when you aren't. Please update. PIF forms are available in the lobby and on the website.

Plots and Crypts for sale

We have some donated cemetery plots and crypts for sale. More information in the lobby and on our website. There's actually a lot more to talk about but my time is limited and other board members need to take the floor.

Parting Shot

I have to go off the board after two three-year terms, and that's a good thing – both for my sanity and for the health of the organization. I want to tell you that serving OMA has been more than an honor ...it's been a privilege and, at times, a joy. This is important and satisfying work. OMA needs you. It needs someone qualified to step into the Treasurer position. It needs outreach volunteers to help us build membership, to help us expand our network of providers, to help with the website and FaceBook page, to become AWTEW presenters, and on and on. Please take a look at the "Ways You Can Volunteer" handout and give OMA serious consideration. If you do volunteer, I guarantee you will find that this board is a hoot to work with!



YOU CAN HELP OMA GROW!

As we respond to fundamental changes in the Funeral Industry, we strive to continue serving our members in meaningful ways. Your interest and support are Vital in sustaining OMA's community advocacy and member benefits.

HERE ARE WAYS YOU CAN HELP:

- Become an OMA Spokesperson – Advocate for OMA in your community. Feel free to take brochures to share with friends, colleagues and family.
• Become a Regional Advocate – Visit mortuaries in your region to gather price lists and target potential OMA providers.
• Consider becoming a Member of the Board – Help determine the day-to-day goals and long-term vision for OMA's future. (accountant and networking skills appreciated)
• Become an All's Well That Ends Well Workshop Presenter – during a 3-hour training you can learn to support others in making their end-of-life plans. Then, join the AWTEW Presenter Team in facilitating workshops state-wide.
• Become an Annual Donor – Give what you can!

If you would like to join OMA's Volunteer Team, simply fill out this form and leave it with us at the end of the meeting, or forward to us via post.

Your Name: _____ Email: _____

Your Address: _____ Phone: _____

I'm most interested in Volunteering as: _____

OREGON MEMORIAL ASSOCIATION

a 501(c)(3) organization
September 2019

OMA's Organizational Merger (of OMA and FCEF) explained

IN THE BEGINNING:

Oregon Memorial Association incorporated in 1961 as a 501(c)(4)

Funeral Consumers Education Foundation, incorporated in May of 2009, a 501(c)(3)

These organizations historically have engaged in similar and complimentary purposes. A 501(c)(3) may acknowledge contributions as tax exempt for the donor in accordance with the law, while a 501(c)(4) may not.

PROCESS

A Plan of Merger was drawn up and presented to the board; by resolution the board agreed to implement the plan.

The Plan made Oregon Memorial Association (501(c)(4)) the 'disappearing' corporation. The 'Surviving' corporation was the Funeral Consumers Education Foundation.

Articles of Merger and Restated Articles of Incorporation were filed with the Secretary of State's Office. In doing so, FCEF changed its name to Oregon Memorial Association, and became a membership corporation, retaining the 501(c)(3) tax exempt status.

TODAY

Now a single entity, the Oregon Memorial Association board passed restated Bylaws and they were filed with the Department of Justice. The restated purpose is

- advocate for and promote informed consumer choice in end-of-life decisions consistent with each individual's ethical, philosophical or religious beliefs;
- reduce financial and environmental costs of disposition options;
- research and publish educational materials;
- advocate for legislation and regulation which ensures dignified end of life care.

Everything that preceded these steps remains as historical documentation of all previous entities.



A LIFE AFFIRMING EXPERIENCE...

All's Well That Ends Well Workshops offer OMA Members (and the greater community) a chance to make end-of-life decisions and plans in a thoughtful and supportive environment.

2019-2020

All's Well That Ends Well Workshop Schedule

Saturday, October 26, Portland, OR - 9:30am - 12:30pm
First Unitarian Church: 1011 SW 12th Avenue

Saturday, November 23, Portland, OR - 9:30am- 12:30pm
Moreland Presbyterian Church: 1814 SE Bybee Blvd.

Saturday, Jan. 25, PRESENTER TRAINING
9:30am - 12:30pm
Willamette View: 12705 SE River Road

Saturday, Feb. 15, Oak Grove, OR - 9:30am - 12:30pm
Willamette View: 12705 SE River Road

Saturday, March 14 in Bend, OR - 9:30am - 12:30pm
Unitarian Universalist Fellowship, 61980 Skyline Ranch Rd.

Saturday, April 18th, in Corvallis, OR - 9:30am - 12:30pm
Location TBA

Saturday, October 26, Pendleton, OR - 9:30am - 12:30pm
Location TBA

***AWTEW Workshops are FREE! To cover printing costs:
Members pay \$10 for the Workshop Workbook, Non-Members pay \$20***

Registration online at: fca-oregon.com, or by phone: 503-647-5590



AN UPDATE ON BODY DISPOSITION...

DONATION OPTIONS

Donation of the entire body

Oregon Health Sciences University Body Donation Program: a consent form must be completed by the donor or a representative. Remains can be requested by survivors, usually returned after a year. *A back-up plan is necessary as the body may not be accepted.*

Donation of Corneas

A "D" (Donor) on an Oregon driver's license triggers a call to the **Oregon Lions Eye Bank**. They will arrange for removal of the tissue. *This may be possible regardless of age.*

Donation of other body parts for transplantation

Two Oregon groups facilitate this: **PNTB**, a federal program for transplantation. (503-494-5580)
Donate Life NW (503-494-7888)

BURIAL & OTHER OPTIONS

Casket in Ground: At a formal cemetery, usually in a cement vault. Consumers have the right to bring their own casket.

Green Options: Minimal protection in simple box *or* with only a shroud and body board. No vault.

Veterans: Willamette and Roseburg cemeteries - free burial. Oregon.gov/odva/benefits/pages/burial

Cremation: Ashes are usually returned to survivors. Disposition of ashes can be arranged by the crematorium. They are required by federal law to accept urns supplied by survivors. An additive used during cremation can render ashes more alkaline for scattering and for growing plants and trees.

NOTE: *Casket and urn prices are marked up as much as 400% at funeral homes.
Compare Urn Prices: \$35 at Home Goods, \$200 at Funeral Home
Biodegradable urns or small wooden or cardboard boxes are available.*



Disposition at Sea: Can be arranged with U.S. Coast Guard. Contact the U.S. Navy Mortuary Service.

Disposition on Private Land is legal, but regulated in Oregon (*known as backyard burial*). Such burials must be disclosed at sale of property and seller should be prepared to disinter the body.

Composting*: Is a special process to accelerate composting of body. Concentrated remains are returned to survivors to place in soil.

Chemical Dissolution*: Cremation-like remains are returned to the survivors.

*These processes were recently legalized in Washington State but not yet in Oregon.

ASSOCIATED INFORMATION

Dona Practitioners: Are professionals who can be hired to assist with all or part of the end-of-life arrangements. They don't usually handle the body, but guide and assist survivors in preparing it for disposition.

Green Burial: Is not a specific process, but an effort to apply environmentally conscious materials and processes to final body disposition. Affordable and simple, survivor involvement in the process can be high (by choice) and land preservation a positive outcome.



Oregon Memorial Association

Burial Plots and Crypts Available at a 50% discount OR best offer by 10/15/19.

Your purchase from OMA will not only save you money, but will enable the organization to continue its education and advocacy on behalf of funeral consumers. If you are certain you want burial and will live in the Portland area all your life, consider a purchase from OMA.

BURIAL PLOTS*

Plot in Skyline Memorial Park in Portland, OR – very desirable lot. (Increased \$2,100 since 2015) Buyer will need to pay opening and closing fees and also purchase vault and marker, if one is desired. Transfer fee of \$495 will be waived if buyer signs contract for these at time of transfer.
Market value: \$6495 - OMA discount price: \$3,247

Two excellently positioned side by side **plots in older part of River View Cemetery** on the Willamette River in Portland, OR. Suitable for Green Burial (no vault, no chemicals) and River View is very knowledgeable about Green Burial practices.
Market value: \$3075 each - OMA discount price: \$1,537 each

One burial site at Rose City Cemetery in N.E. Portland. This is a Green Burial Council certified cemetery and the plot is suitable for natural burial. Plot gained \$1,000 value in one year.
Market value: \$5,500 - OMA discount price: \$2,750

MAUSOLEUM

Two maple full coffin vaults at Lincoln Memorial Park in Mt. Scott area, S.E. Portland. The “eye level” is most popular and they are indoors, sheltered from the weather. Price increased \$2,000 in the past 3 years. Transfer fee of \$495 will be waived if buyer pays opening/closing costs at transfer.
Market value: \$20,995 each - OMA discount price: \$10,497 each.

Two person cremation niche in Portland Memorial Mausoleum, Sellwood, OR. It has a marble front and is in the “Devotion Center” section. Price rose \$3,000 in the past 3 years. If you want cremation and a marker, this niche may be ideal for you.
Market value: \$4,800 - OMA discount price: \$2,400

PO Box 13306, Portland, Oregon 97213
(503) 647-5590
fcaoregon@gmail.com
www.fca-oregon.org