



Oregon Memorial Association

And Funeral Consumers Education Foundation

**OREGON
MEMORIAL
ASSOCIATION**



**FUNERAL
CONSUMERS
EDUCATION
FOUNDATION**

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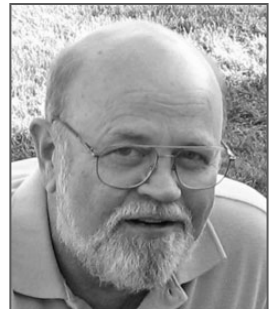
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President's Message — 2018

The 2017 – 2018 term has been a tumultuous year for OMA and FCEF. At last year's Annual Meeting we elected an expanded board with several exciting new faces. Already, two of those newcomers are filling vital roles on our Executive Committees – Susan Robinson as Vice President and Elizabeth Jessop as Treasurer. Also, Christopher Hamilton as head of our Advocacy Committee is representing us in Salem. It is the first time we have had a continuing presence in the halls of the legislature.

But there have also been some difficulties. Our office manager for the last couple of years, Robin Chilstrom, gave notice in October to pursue other dreams. As all who had contact with her know, Robin was our bulwark. She handled member calls at all times of the day and night, totally redesigned our web page, reorganized our electronic files, presided over the Annual Meeting and managed the office, all on a part-time salary. Finding the right replacement for Robin took us until February, and the search consumed most of our volunteer time during that period.



Charles Landis

So, I want to introduce you here to our new manager, Mary Ziemer-McGinn. Mary has a long career in public sector and charity management, including City of Seattle Human Services and Children's Advocacy Centers of Washington. Besides the requisite office management skills, Mary has impressive credentials in community outreach, grant writing and project management. Furthermore, she's a joy to work with and a truly compassionate phone contact. When you need to contact OMA, you'll be glad Mary is the one who answers the phone.

I told you in our Christmas letter that our 2018 plans center around expanding our presence into other parts of Oregon. Our primary vehicle for this effort is the FCEF end of life planning seminar All's Well That Ends Well. The author of that material, past OMA president RCA Moore, wanted to rewrite the workbooks before taking them on the road. Unfortunately, a bout of flu with bronchitis had him low for almost three months this winter. But the job is now complete, the workbooks ready for printing and we're lining up venues in Salem and Eugene for starters.

This spring our most senior board member, Jeanne Staehli, decided the time had come for her to step down. Jeanne almost single-handedly resurrected a moribund OMA when she stepped into the presidency, recruited a new board and breathed new life into the organization. Her wisdom, compassion and knowledge are missed.

Going forward, we now need more willing volunteers on the board for us to realize our vision of what the Oregon Memorial Association can become. To that end, Elizabeth Jessop and her nominating committee have recruited a stellar set of applicants. We are anxious to get going with next year's slate of trustees.

-Charlie Landis, OMA Board President

It's Really Easy Being Green

Eight Green Burial Choice Considerations

by Robert C.A. Moore

1. **Green** is how everyone used to be buried.
2. **Green burial** tries to use minimal resources with few environmental impacts.
Conventional Burials begin with a concrete vault and the six-foot depth. The body is placed in a casket made of high quality wood, steel or other metal together with cushion material. The casket sits in the vault. The prime function of the vault and casket is to keep the grave surface from subsiding. The surface of the grave may be signed by a stone with carvings carrying the occupant's Information.
3. **Some cemeteries are "certified green"** by the *National Green Burial Council*. The burial certification categories have three types: 1) natural grounds, 2) conservation grounds or 3) hybrid grounds that provide the options of both traditional burial and green burial.
4. **Time:** conventional cemetery grounds are taken care of with chemicals and machines. Green cemeteries are generally not serviced that way. Green graves tend to "sink" and have to be filled-in over time. That costs money and requires investment. Land conservation cemeteries look like "wild woods." Recently about 200 non-functioning Oregon cemeteries were sitting, uncared-for because they had no operating Boards.
5. **Cost:** Green Burials are cheaper than corresponding conventional burials. They are more expensive than cremation and still more expensive even when ashes are placed in minimal graves.
6. **Body Disposition:** Funeral homes normally pick up the newly dead and: embalm them (rarely needed), prepare a death certificate,

transfer the body to where it needs to go; prepare (wash, cosmetize) dress the body and prepare it for visitation and funeral, transport to the cemetery, organize a graveside service.

7. **Grave preparation:** the cemetery digs the grave, produces the vault, can transport the casket and body to the cemetery, can set up and conduct a graveside memorial, lowers the casket into the grave, in-fills the grave, can procure and erect a headstone.
8. **Family directed funerals and burials:** all of the above, except embalming (rarely needed) can be effected by family members. Grave arrangements would have to be worked out with the cemetery unless the family is burying on private land. Then the family works with the County where the burial occurs. It isn't difficult, but there is a lot of specific work that funeral homes and cemeteries are organized to do.

Join Us at the 57th Annual OMA Membership Meeting on June 16th

**Where: Holladay Park Plaza
1300 NE 16th Ave, Portland**

Time: 1:30 to 4:00 pm

NOTE: *Please do not park at the Holladay Park Plaza, but in the neighborhood area. We encourage you to take public transit due to limited parking availability.*



**2018 Topic: *Green Burial: The
Newer Earth Friendly Option***

A New Local Option: Flameless Aqua-Cremation

w/Excerpts from the Water & Fire Brochure



Some of our local mortuaries now offer the option of Aqua-Cremation or what is sometimes referred to as a *Flameless Cremation*. This is a water-based alkaline hydrolysis process that uses a combination of water flow, temperature, and alkalinity to accelerate and mimic natural body decomposition.

The aqua-cremation water process creates a completely sterile solution that can be returned safely to the ecosystem, so there is no pollutant to this process. The water is 95% water and 5% alkali, with small amounts of natural amino acids, sugars, nutrients, salts and soap.

The sterile bone particles are returned to family members similar to the ash remains from a fire cremation, only it is a powder white substance.

This may be a new cremation process for our members, but it has been well-tested and used for over 20 years by medical institutions for disposition of remains of those who have donated their body to science. Most recently the MAYO Clinic, UCLA Medical School and UTSW Medical School have chosen the process for their willed body donation programs.

Some of the Benefits are:

- It is a flameless cremation process that uses water instead of fire.
- There are no emissions of harmful greenhouse gasses or mercury in the ashes.
- It provides a 90% energy savings when compared to flame-based cremation.

- 20% more ash remains are returned to the family compared to flame-based cremation.
- The cremation powder is 100% safe. It is bone mineral or calcium phosphate. They can be scatter or, kept in an urn just as you would do with fire cremation remains.

Why does aqua-cremation fall under the category of a Green end-of-life choice?

The aqua-cremation process falls under the Green end-of-life choice, because it is a more energy efficient cremation option using 1/10th of the carbon footprint in comparison to a fire cremation. The process also uses less water than a single household uses in one day.

Members: *Feel free to contact the OMA office at (503) 647-5590 to get help in locating a mortuary service that provides the aqua-cremation option.*



The Funeral Consumer Education Foundation (FCEF) 2018 Schedule

All's Well That Ends Well is an important educational opportunity for members who want to learn more about end of life planning, which is provided by FCEF. The 2018 workshop and community event schedule will be available for members to pick up at the OMA Annual Membership Meeting on the information table on June 16th. These upcoming informative sessions will be a chance for members to come together and learn more about end-of-life planning. There will also be other resource material available for you on the information table, so we strongly encourage members to attend the annual meeting.



Search for: **Oregon Memorial Association**

OMA & The Funeral Consumer Education Foundation Needs Help

WE VOLUNTEERS

If you want to help us through volunteerism, we would be happy to have your support. The following opportunities are available:

- ✓ We are seeking expansion of our Board of Trustees with talented and devoted members. Please send your resume to Elizabeth Jessop at PO Box 13306, Portland, OR 97213 or email her at: lizjessop@gmail.com.
- ✓ Help us at our upcoming OMA Annual Membership meeting by greeting guests, helping at reception and other event activities on June 16th. Please contact the office at 503-647-5590 if you can help us out.
- ✓ We could use some talented volunteers to help us with organizing and setting up for our 2018 educational community events in 2018 also. Please contact the office at 503-647-5590 if you can help us out.

You Can Support us by Linking Your Fred Meyer Reward Card!

Register the Funeral Consumer Education

Foundation as your charity of choice at:

<https://www.fredmeyer.com/topic/community-rewards-4>



WE'RE LOOKING OUT FOR YOUR INTERESTS! OMA'S 2018 LEGISLATIVE ADVOCACY

The OMA Legislative Advocacy committee has been busy this year building relationships in the capitol, looking into issues of interest to the membership and tracking legislation relevant to end of life concerns.

A couple of notable state bill passages were:

HB 4038 Bill - Instructed the Oregon Department of Veterans' Affairs to identify potential sites for veterans' cemeteries.

- **HB 4135 Bill** – Made a legal requirement to review and improve the Oregon Medical Advanced Directive form.

Please email us at fcaoregon@gmail.com if you have regulatory or statute-related end of life issues that you would like to see the state or federal legislation address.

-Christopher Hamilton, Committee Chair

Did You Know? The OMA Website is a Great Resource!



On OMA's website, at www.fca-oregon.org, there are application forms, funeral service information, end of life planning guides and you can even update us if your address changes. A membership payment or donation can also be made online. Check it out and tell your friends and family about it!

OMA Members Can Purchase a Donated Cemetery Plot at a Deep Discount! (Proceeds from the sale will go to support our important work)

1 Burial Plot at Skyline Memorial Park

4101 NW Skyline Blvd., Portland

2 Burial Plots at River View Cemetery

0300 SW Taylors Ferry Rd., Portland

2 Mausoleum Crypts at Lincoln Memorial Park

11801 SE Mt. Scott Blvd., Portland

Feel free to contact (503) 647-5590 or email fcaoregon@gmail.com for more information

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*Invite a Friend
To Join The
Oregon Memorial Association*

Treasurer's Message:

Virtually all revenue for OMA and FCEF comes from members: When they join; when they die; and when they thrive and make freewill donations. Each member's funeral price includes a \$50 record fee.

Until 2008, new member dues and record fees covered operating expenses. Then the Service Corporation International (SCI) stopped sending OMA the record fees they collect when OMA members use Little Chapels of the Chimes. Most families do not know that notifying OMA of a member's death would help OMA claim a Record Fee, which is one of the ways we keep our membership fees so low.

Meanwhile, your donations are needed! *If you can afford to give, please give as generously as you can to keep our work going for today and future generations to come.*

THANK YOU FOR YOUR SUPPORT!

NOTE: A complete financial report is available at the OMA Annual Meeting and will be posted on our website at: www.fca-oregon.org/annual-report.html/.

Saturday, June 16, 2018

Oregon Memorial Association's 57th Annual Meeting

1:30 - 4:00 p.m.

**Holladay Park Plaza (Penthouse)
1300 NE 16th Ave.
Portland, Oregon**

Important: *Do not park at the Plaza, Please Park in the Local Neighborhood or take Public Transit.*

**OMA Members'
Friends & Family
Are Welcome to Attend!**