



**THE LOS ANGELES  
FUNERAL SOCIETY**

The Nonprofit, Nonpressure Alternative Since 1957

*“PRE-PLAN, DON’T PRE-PAY”*

Fall

2016

**ANNUAL MEETING**

**SATURDAY, OCTOBER 15, 2016 • 3:00 - 5:30 P.M.**

**SIERRA MADRE UNITED METHODIST CHURCH**

Hartzell Memorial Hall

695 Sierra Madre Blvd. • Sierra Madre, CA 91024

(NE Corner of Michillinda & Sierra Madre Blvds.)

Parking lot driveway north of Sierra Madre Blvd. off Michillinda.)



TOPICS:

**THE HOSPICE EXPERIENCE (VIDEO)**

BARBARA PIERCE,

La Habra United Methodist Church

**WHOLE BODY DONATION**

The Science Care Program

**FUNERAL SERVICES –**

**WHAT’S NEW & RELATED COSTS?**

DAVID SOLIS, LAFS Board Member



Free Parking

For directions and information, please call the office.

Website: [www.losanglesfuneral.org](http://www.losanglesfuneral.org)

P.O. Box 92313 • Pasadena, CA 91109-2313 • Office: (626) 836-3545

## FROM THE PRESIDENT

*Fall Greetings to all Los Angeles Funeral Society members and friends!*

This year we are celebrating the passage (finally) of the End of Life Option Act. Starting June 9, 2016, terminally ill Californians can request prescriptions for medications that would end their lives. Criteria for qualifying for these lethal medications include: being a California resident, at least 18 years old and terminally ill with a life expectancy of no more than six months. A patient must be deemed terminally ill and mentally competent by two licensed California medical doctors to receive a prescription. Oregon was the first state to allow this practice (1998), followed by Washington, Vermont, and Montana.

In aid-in-dying, the patient ingests the medicine on his or her own. Doctors are not required to participate in the new law. However, the organization that leads efforts nationwide to pass such laws, Compassionate Choices, runs a free hotline to help answer questions: (800) 893-4548. Safeguards include a 15-day wait between written requests to the doctor. The doctor must then determine if the patient is terminally ill and has the mental capacity to make such a decision. The doctor must also discuss details of the procedure as well as other treatment options. The patient is then referred to another doctor who separately confirms the eligibility of the patient for the medication.

Some data regarding use of the law from Oregon where aid in dying has been available since 1998:

- 991 people have died taking lethal medications from 1998-2015.
- 554 people who got a prescription for a lethal medication from a doctor never took it.
- 92% of those choosing to take a lethal medication said one of the reasons was losing autonomy.
- 77% had cancer.
- 71% had a least some college education.

- 46 days was the median time between the patient's first request and his or her death.

Some of the first Californians to make use of the End-of-Life Option have hosted farewell parties for family and friends. This is also a very positive end for those suffering from Lou Gehrig's disease, which has such a fast and painful progression to death. With all the safeguards in place, I feel very positive about having this option available, even if we would not choose to use it.

Our program this year includes a description of the hospice experience of one of our friends from the La Habra United Methodist Church, Barbara Pierce. She has a video of an interview with her regarding her husband's experience at home before his death. Another note is that Hal and Barbara had both arranged to have their bodies donated to USC's willed body program.

Our annual meeting will include information about Science Care's whole body donation program. For more information on Science Cares call (800) 417-3747. These gifts are used to provide information to promote breakthroughs in medicine, the development of new medical devices, safer and more effective treatments for patients and advance physician training.

I want to thank all of you who have helped to spread the word about LAFS. With our virtually nonexistent budget, we can't afford to advertise, so we count on our members to share their experiences with other groups they belong to – keep up the good work!!

Hope to see you all October 15th,

*Ruby J. Trow*

President, Los Angeles Funeral Society



*The cost of living is going up  
and the chance of living  
is going down.*

— Flip Wilson

## *Eight Things You Can Do to Avoid Fraud*

- 1) Keep in mind that wiring money is like sending cash
- 2) Don't send money to someone you don't know
- 3) Don't respond to messages that ask for your personal or financial information
- 4) Don't agree to deposit a check from someone you don't know and then wire money back
- 5) Read your bills and monthly statements regularly
- 6) In the wake of a natural disaster or another crisis, give to established charities
- 7) Talk to your doctor before buying health products or signing up for medical treatments
- 8) Remember, there's no such thing as a sure thing

\*From BAY AREA FUNERAL CONSUMERS ASSOCIATION  
[www.ba-fca.org](http://www.ba-fca.org)

### **ONE WAY TO PLAN AHEAD**

*Here is how the LAFS can help. When you join LAFS, by returning the application with payment and your choice of mortuary, an "Instructions to Mortuary" form is sent along with helpful materials about funeral planning. On the instructions form you indicate the preferred funeral plan and any other instructions. After you return this form to LAFS our office supplies a copy to the selected mortuary and that copy is placed on file with the mortuary. Our office maintains a record of the mortuary which you have selected. You may change your mortuary information or your mortuary at any time.*



## **ALZHEIMER'S COGNITIVE DECLINE**

Science has come up with simple lifestyle changes that appear to prevent or at least slow down cognitive decline. Alzheimer's disease and other dementias are expected to cost the U. S. \$1 trillion in health care costs by 2050. Suggested lifestyle choices include exercise and targeted brain training. Diet, exercise, sleep and stress are all culprits. Citing the importance of lifestyle changes to brain health, Dr. Yoffe of UC San Francisco describes why they are of such value; they're not expensive, they don't have side effects, and they're good for the rest of the body as well.

Suggested lifestyle changes include:

- 1) Shore up your heart (treating hypertension, high lipids, cholesterol, obesity, and type 2 diabetes.)
- 2) Emphasize Exercise (physical activity, Aerobic exercise)
- 3) Learn new things (writing letters, reading, engaging intellectually with the world)
- 4) Be social (Richer social lives are associated with higher levels of cognition. Loneliness is connected with poorer brain health)
- 5) Treat Depression (depression in middle age linked to twice the risk of cognitive decline.)
- 6) Sleep well (poor sleep related to risk of cognitive decline)

Knowing these lifestyle changes enables all of us to plan for healthier lives free from cognitive and physical decline.

*Dying is one of the few things  
that can be done as easily  
lying down.*  
— Woody Allen

## "Pre-plan, Don't Pre-pay"

### PLANNING YOUR FUNERAL:

- ❖ Lets you choose the type of funeral you desire
- ❖ Saves your survivors from having to make choices during the stress of bereavement
- ❖ Lets you comparison shop among mortuaries and make knowledgeable decisions
- ❖ Stimulates family discussion, sharing, and decision-making

### PRE-PAYING FOR YOUR FUNERAL ARRANGEMENTS:

- ❖ Ties up money now which you might need later for other expenses.
- ❖ Gambles your money on a funeral Provider who may not be in business when you die.
- ❖ Risks losing all or part of your money if you move to another area, change your mind, fail to make installment payments, or if your survivors aren't aware that you pre-paid.

*There are a few situations where prepaying might be useful, but be careful. Visit our website or call the office for information on alternative ways to set aside money for funeral expenses.*

*For three days after death  
hair and fingernails  
continue to grow,  
but phone calls taper off.*

— Johnny Carson

*Welcome to our  
new mortuary members:*

#### ANTELOPE VALLEY CREMATION SERVICE

(661) 948-7137

44822 N. Cedar Ave. Lancaster, CA 93534

#### FUNERAL CREDIT CARE

(800) 511-9493

18000 Studebaker Rd. Suite 700  
Cerritos, CA 90703

#### MARK B. ALLEN MORTUARY & CREMATION SERVICES

(818) 200-9227

8101 San Fernando Rd. Sun Valley 91352



*There is no  
such thing as inner peace.  
There is only  
nervousness and death.*

— Fran Lebowitz

Your dues and other financial help  
are urgently requested.  
*Your past support has been great  
and we look forward to a long future!*

# COOPERATING MORTUARIES 10/2016

Cooperating Mortuaries and Their Basic Charges *	Telephone	Cremation	Direct Burial	Burial & Service
ABBOTT & HAST 315 Silver Lake Blvd., Los Angeles 90026	323/661-1111	\$790	\$1,095	\$1,695
ANGELENO MORTUARY <sup>1</sup> 5948 Van Nuys Blvd., Van Nuys 91401	818/778-1788	\$895	\$1,145	\$1,915
ANGELENO VALLEY <sup>1</sup> 5423 Tujunga Ave., North Hollywood 91601	818/753-7880 888/495-5888	\$895	\$1,145	\$1,915
ANTELOPE VALLEY CREMATION SERVICE 44822 N. Cedar Ave., Lancaster 93534	661/948-7137	\$875	\$1,295	\$2,195
ARMSTRONG FAMILY MALLOY-MITTEN 931 Venice Blvd., Los Angeles 90015	213/747-9121 800/286-6789	\$620	\$922	\$1,500
CONTINENTAL FUNERAL HOME 5353 E. Beverly Blvd., Los Angeles 90022	323/728-6222 800/604-4590	\$645	\$940	\$1,320
CREMATION SOCIETY OF ORANGE COAST 12425 Lewis St., Suite 102, Garden Grove 92840	800/678-0669	\$650	\$950	\$1,650
DOUGLASS 500 E. Imperial, El Segundo 90245	310/640-9325	\$875	\$1,195	\$1,695
DOUGLASS & DUNAWAY 4286 W. Broadway, Hawthorne 90250	310/676-2271	\$875	\$1,195	\$1,695
DOUGLASS FAMILY 3363 Imperial Highway, Lynwood 90262	310/632-1171	\$875	\$1,195	\$1,695
FOOTHILL FUNERAL & CREMATION SERVICE 402 W. Baseline Rd., Glendora 91740	626/335-0615	\$799	\$1,500	\$1,995
FUNERAL CREDIT CARE 18000 Studebaker Rd., Suite 700, Cerritos 90703	800/511-9493	\$895	\$1,295	\$2,000
GATES KINGSLEY & GATES SMITH SALSBURY 4220 S. Sepulveda Blvd., Culver City 90230	310/837-7121	\$1,145	\$1,595	\$2,295
HOME OF PEACE MORTUARY 4334 Whittier Blvd., Los Angeles 90023	213/261-6135 800/300-0223	\$750	\$1,100	\$1,525
MARK B. ALLEN MORTUARY & CREMATION SERVICES 8101 San Fernando Rd., Sun Valley 91352	818/200-9227 800/300-0223	\$629	\$1,100	\$1,850
ROSE FAMILY FUNERAL HOME 4444 Cochran St., Simi Valley 93063	805/581-3800	\$875	\$1,295	\$2,295
TORRES CREMATION & BURIAL SERVICES 1701 W. Avenue H1, Lancaster, 93534	800/872-1726	\$875	\$1,095	\$1,795

\*Prices subject to change. Call LAFS office for current list.

<sup>1</sup>Will go to Palmdale/Lancaster area for an additional charge of \$120 per trip

**LOS ANGELES  
FUNERAL SOCIETY, INC.**

P. O. BOX 92313  
PASADENA, CA 91109-2313

Send to: **LOS ANGELES FUNERAL SOCIETY, INC.**  
P.O. Box 92313, Pasadena, CA 91109-2313

I'm not a member yet, please send info.

Name: \_\_\_\_\_ E-mail: \_\_\_\_\_ @ \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: CA Zip: \_\_\_\_\_ - \_\_\_\_\_

Enclosed you will find \$ \_\_\_\_\_ for the following:

1. Annual Dues— \$20

2. Contributing Supporter Gift in the amount of \$ \_\_\_\_\_ .

3. Memorial Gift in Memory of: \_\_\_\_\_

Please notify: \_\_\_\_\_ Address: \_\_\_\_\_

4. Health Care Directive — FREE

The **Los Angeles Funeral Society**, LAFS was organized in 1957 by members of the Hollywood Consumer Cooperative, following the pattern set by a number of consumer and church groups across the country concerned about the lack of consumer awareness and protection related to high-cost funerals. Not a business, the nonprofit, educational society has contracted with local undertakers who will allow members to plan — not pay — in advance the kind of funerals they wish. At the time of death, survivors are spared costly financial and emotional burdens.

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