



**THE LOS ANGELES  
FUNERAL SOCIETY**

The Nonprofit, Nonpressure Alternative Since 1957

*“PRE-PLAN, DON'T PRE-PAY”*

Fall

2017

**ANNUAL MEETING**

**SATURDAY, DECEMBER 2, 2017 • 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 IN  
BROOKDALE CARE HOME**

**WHOLE BODY DONATION**

The Science Care Program



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

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

This letter is my farewell to my job as President of the Los Angeles Funeral Society. It has been a long and very pleasant job, but changes in my life (at age 83) necessitate making this last big change. I joined the Board in the 90's at the urging of the group's founder, Ruth Harmer Carew. She and I met when we were the "Committee" to provide food at our teacher's union meeting at Cal Poly Pomona.

This group is the ultimate consumer protection organization. Only now are people finally talking about end-of-life decisions with the new legislation as stimulation. The concept of pre-planning (our motto) is finally the focus of many individuals, not just those of us who are very old.

The commitment is not demanding. A board meeting once a year, probably late summer and planning for the annual meeting, writing of a letter to the members, approximately 13,000 strong, and organizing the annual meeting along with finding speakers. We have members who like to provide food, so that is not a problem.

**PLEASE HELP!** Volunteer to be board member, plan recruiter, etc. Contact Marge if you are interested.

I and Roberta Null-Carlson, my twin, were forced to give up driving this year. We both have limited mobility. I had a small stroke several months ago. Earlier this year Roberta moved to an assisted living home, Brookdale Uptown Whittier and I have a caregiver who comes to my home several days a week. So big changes in our lifestyles, but ones that are working, for which we are grateful. Please help make this last transition a good one.

Topic: **California's End of Life Law**

One of the problems California faced in preparing to deal with the new end-of-life law is that doctors didn't focus much attention on care of the terminally ill. Now this law involves doctors in the decision making for end-of-life care. With this new responsibility, there has been increased emphasis on defining when a patient is dying, (has six

months or less to live), and the patient is mentally able to make the choice to die.

After California passed the end-of-life law last year, some doctors were still uncomfortable allowing terminally ill patients to request lethal medicines. They have as the result, improved their medical care for very sick patients, even those who don't take advantage of the new law.

The law requires that two doctors agree that the patient has an incurable illness with no more than six months to live, and has the mental capacity to make such a decision. Catholic church related hospitals are now working with local diocese to hold workshops on end-of-life matters, even though the church does not allow participation in the new law.

The greatest benefit of the new law is, in my opinion, the choice that is now being given to the terminally ill.

In evaluating the results of these choices, researchers are finding that many people who qualify are asking for the lethal medicine, but choose not to use it and increasing numbers of patients are using this choice as a cause for celebration. A happy ending, just as most times life has a happy beginning.

A spinoff benefit of the end-of-life law is that patients and doctors are engaging in frank conversations that lead to better care. Many health systems design protocols for screening people who say they are interest in physician assisted death, some of them meant to dissuade patients from taking the option. Dr. Neil Wegner, director of the UCLA Health Ethics Center said. "It really has created a new standard for how we ought to be helping people at the end of life."

*Ruby J. Trow*

President, Los Angeles Funeral Society

*The good Lord never gives you  
more than you can handle.  
Unless you die of something.*

— GUINDON CARTOON CAPTION

## Five Legal Documents Every Adult Should Have

- 1) A Living Will, an Advanced Directive
- 2) A Healthcare Power of Attorney
- 3) A Durable Power of Attorney
- 4) A Will
- 5) A Revocable Trust



### YOUR LEGACY CAN BE MORE THAN FINANCIAL

- ❖ Write a family history for your children and grandchildren.
- ❖ Contribute to a charity
- ❖ Prepare an ethical will. A way by written word or video telling your personal story. Tying together what you have accomplished, how you have lived your life and what you hope your heirs will take from you.
- ❖ Write a letter to a special someone.

#### 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.*

## THE IMPORTANCE OF EDUCATING YOURSELF BEFORE YOU NEED TO PLAN A FUNERAL

I have been involved in the funeral industry for twelve years and our showroom is the best kept secret in Whittier.

I have learned a lot about the importance of educating yourself before you have a need. There is a stigma attached to discussing the inevitability of our own deaths and other family members.

Even those who have a family member in Hospice Care, are ill prepared for what they must deal with emotionally and financially when someone in the family dies. There is life after death for the surviving family members, but if the family over spends on goods and services, the quality of their family members can be lessened dramatically.

Denial is expensive both emotionally and financially. It costs NOTHING to have a plan for the type of service (traditional or cremation) you want to have.

Educating yourself to the choices and costs associated with planning a funeral can be done ahead of time at no cost to anyone. If you plan before a loss, the decisions are made ahead of time. You will avoid going on an emotional roller coaster ride because you have a plan. When death occurs, you make one call and everything is taken care of. You can spend time with your family instead of running around checking out different providers etc.

People shouldn't even be driving their cars or shopping for services after a loss. They should be at home reminiscing and spending time with family and friends.

Remember this: *We are all terminal. We just don't know our expiration date.*

CASKET & MONUMENT CO.

Whittier, CA

Heather Kobler

*Perhaps there is no life after  
death . . . there's just Los Angeles.*

— RICK ANDERSON

## “Pre-plan, Don’t Pre-pay”

### PLANNING YOUR FUNERAL:

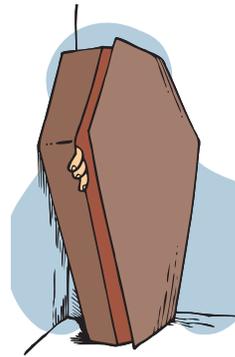
- ❖ Lets you choose the type of funeral you desire
- ❖ Saves your survivors from having to make choices during the stress of bereavement
- ❖ Lets you comparison shop among mortuaries and make knowledgeable decisions
- ❖ Stimulates family discussion, sharing, and decision-making

### 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.*

## Coffin Clubs and Coffin Furniture



An interesting new phenomenon is taking off among New Zealand retirees: they are meeting in clubs to build coffins, quite “coming alive” with the fun and camaraderie of the projects. People build and decorate coffins for themselves and their loved ones, and sometimes when they run out of friends and family to build for, they build coffins for charity or to help other members of the club.

Coffins kits make the job easier, and kits cost only about \$170, which is considerably less than what you will pay at a funeral home, or even at Costco. The coffins are made from particleboard, and are either rectangular or shaped like iconic six-sided coffins. They can also be “disguised” as furniture until the time comes for the trip underground.

A brief Google search turns up no similar activity in the United States, but it is certainly possible to make your own coffin in this country or have it made. The Federal Funeral Rule requires that funeral homes must allow third party caskets without imposing a “handling” fee, so enterprising woodworkers have been creative about customizing caskets. And the idea of dual-use coffins – a coffin as furniture while you are alive, and as a burial container when that time comes – has blossomed as well. One version, serves as both a bookshelf during one’s above-ground years and later as “underground furniture.” A Google search of “coffin furniture” will turn up thousands of links to do-it-yourself coffin-building websites as well as names of many enterprises that will custom-build coffin/furniture for you.

*Death is nature’s way  
of saying “Howdy.”*

— UNKNOWN

**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

# 11/2017

<b>Cooperating Mortuaries and Their Basic Charges *</b>	<b>Telephone</b>	<b>Cremation</b>	<b>Direct Burial</b>	<b>Burial &amp; Service</b>
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	\$895	\$1,295	\$1,995
FUNERAL CREDIT CARE 18000 Studebaker Rd., Suite 700, Cerritos 90703	800/511-9493	\$799	\$1,500	\$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 844/604-7209	\$629	\$1,100	\$1,850
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  
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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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