



In Touch

FUNERAL EDUCATION FOUNDATION

Associated with Funeral Consumers Alliance of San Mateo and Santa Clara counties

Learn About Hospices and Buying Cemetery Property at the April 21 Annual Conference

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SPRING 2013 Issue



Vince Evans, Hospice of the Valley

Vince Evans, Vice President of Patient Services at Hospice of the Valley (HOV) will be our main speaker at the 61st annual conference of Funeral Consumers Alliance of San Mateo/Santa Clara Counties. His topic will be **“Questions to Ask When You Consider a Hospice”**.

FCA invites members and the public to attend the free program from 2:00 to 4:30pm, Sunday, April 21, at the Community Room at Los Altos Public Library, 13 S. San Antonio Rd., Los Altos.

Evans is responsible for clinical operations of nursing, social work, pastoral care, volunteers, liaison, bereavement, quality improvement, and support services at HOV. He has more than 30 years of clinical and marketing leadership in home health care and hospice organizations. His previous positions were at Orlando, FL; Lynbrook, NY; and Buffalo, NY. He has been a presenter nationally and internationally, and published numerous professional and human-interest articles in trade and regional publications. He has a Master's degree in Social Work from State University of New York at Buffalo, with a B.A. from King's College, PA.



Allan Hutty

Following Evans' talk, Allan Hutty, Regional Manager of Cemetery Property Resales, San Mateo, will speak about **“Buying Cemetery Property in the Secondary Market”**. Hutty serves on the Advisory Council for our local FCA affiliate and has been active in helping to promote our organization

Both speakers will continue answering questions during the Resource Session from 3:30 to 4:30.

The Resource Session will also include a dozen other experts who will answer questions about their specialties and provide literature:

- Jane Hillhouse, ecological caskets and urns
- Ray Sowards, attorney, passing on your assets
- John Crosby, funerals
- Zoe Alameda, funerals
- Deborah Meckler, natural burial
- Sarah Kaye, veteran death benefits
- Mercedes Roses & Liliana Kaszuba, senior housing alternatives
- Roman Karp, body donation
- Marta Avelar, HI-CAP rep, Medicare benefits
- Mike Turbow, Compassion & Choices
- FCA member benefits and concerns

The meeting begins with a short business meeting at 2 p.m. (election, progress report, budget). Refreshments will be served while attendees visit the resource tables, beginning at 3:30.

Need 4 Board Members

This month we regret to say goodbye to board member Nora Noldon, who has served her allowed six years, and to Carl Dimore, Jim Reece, Ann Nola, and Richard Roe, who resigned during the year for health reasons. We were able to call upon two able volunteers to serve on a temporary basis: Ray Sowards, a Campbell elder law attorney; and Jennifer Harris, a retired science teacher from Portola Valley. They will be running for three-year terms when we hold an election on April 21.

Continuing members include Deborah Meckler, Marjorie Bridges, Allan Behr, Byron Chan and Bobbi Bailey.

More candidates are needed. Consider using your interest, knowledge, and abilities for the benefit of the “fun society.” Skills needed include writing, research and phone calling, business and marketing, hospice/medical liaison, technical computer stuff including a QuickBooks advisor, and someone with religious/cultural knowledge. Attendance at monthly board meetings is required. Contact Deborah Meckler at 650-878-4835 if you are interested or have someone to nominate.

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DID YOU KNOW?

FCA/FEF Board meetings are held the second Monday of each month from 11am-1pm at the Friends Meeting House, 957 Colorado Ave., Palo Alto. ALL ARE WELCOME!

ATTENTION!

Our doors will be locked.

We will continue to maintain our usual offices hours (Tue, Wed, Fri, 2pm-5pm), but due to the recent tragic events in Connecticut, the United Methodist Church building, where we have our office, and which also houses a Montessori preschool, has mandated that all external doors remain locked. We apologize for the inconvenience and urge you to please call ahead if you wish to visit our office. Thank you.

PUN-ishment
INTOXICATION:
euphoria at getting a tax refund
(which lasts until you realize it was your money in the first place).

Katoko Sax**April 8, 1934 - February 23, 2013**

Our dear friend, Katoko Sax, longtime FCA supporter, and one of the founders of the Funeral Education Foundation (FEF), has passed away peacefully surrounded by her family after a long battle with cancer. Born and raised in Japan, Katoko's sense of adventure brought her to Central Michigan University in 1958 to study economics. It was there that she first met her husband Ron, and then spent the next 50 years as a devoted wife, mother, grandmother, friend, and steward of the

environment. Throughout her adult life, she sought to give a voice to those who had no voice, and to bring peace to places where there is none. In addition to working with FEF and FCA, she was an active member of the Palo Alto Friends Meeting, and the Peace Alliance which is dedicated to the establishment of a federal Department of Peace. Rest in Peace, Katoko.

Another Body Donation Option

FCA and FEF have long referred people to the Medical Schools at Stanford University and University of California-San Francisco when individuals wish to donate their bodies for medical research and education. Now another body donation option has started up in the Bay Area--PathServe Surgical Innovation Center in San Carlos.

The director of operations there is Roman Karp, who had medical training in the Ukraine before coming to the United States. He stressed that PathServe accepts bodies at no charge to the family from all over the Bay Area, and provides transportation. They use the bodies for training surgeons or in developing new techniques, devices, and materials in operations. They have an operating room (including two endoscopy/arthroscopy stations) set up at the PathServe facility, and conduct workshops for medical professionals. After use, Karp takes the body to Irvington Memorial crematory and will return the ashes within two weeks, along with two death certificates. There is no age limit, but bodies should be fresh. Individuals should pre-arrange their own body donation and obtain signatures of the next of kin. The form is available under an "Enrollment Consent" button on PathServe's website.

The Center helps doctors learn various surgical techniques including anterior approach to hip replacement, cold lasers in prostatectomy, breast biopsy, new approaches to varicose veins, repairing the floor of the mouth to prevent sleep apnea, plates to fix broken ankles, and minimally invasive abdominal surgery.

Karp used to work at the San Francisco Coroners' office. He opened PathServe at first to do autopsies for agencies and families, and last year also licensed as a funeral establishment #2707. Phone (415) 664-9686 or visit their website www.body-donation.com.

Donating your body to a medical school remains an option. Check our website at www.fcapeninsula.org/bodyorgan.html for their requirements, regulations, and how to register.

2013 Budget

Item	FCA	FEF	Total	2012
INCOME				
Memberships	10,900		10,900	10,135
Transfer memberships	100		100	120
Contributions	4,500	9,000	13,500	12,174
Special funds (eScrip, etc)	80		80	75
Events		200	200	100
Literature	400		400	425
Total	15,980	9,200	25,180	23,029
EXPENSE				
Books, subscriptions, kits	240		240	236
Computer maint & supplies	400		400	382
Education		510	510	212
Events		200	200	671
Finance service charges	426	15	441	870
Insurance	550		550	546
Newsletter, printing & mailing		4,300	4,300	4,257
Office supplies	80	50	130	124
Phone, internet and website	960		960	1,358
Postage/mailling services	1,020	1,260	2,280	2,275
Printing/copying	590	950	1,540	1,521
Rent		2,700	2,700	2,700
Secretary of State (biannual)	25	25	50	
State and National Dues	2,460		2,460	2,340
Travel, meetings	200		200	182
Wages and Benefits	9,000		9,000	8,396
Total	15,951	10,010	25,961	26,070

**In Memory****With thanks to these donors**

Each year our organization receives gifts made in memory of loved ones that are missed. Below are the financial memorials we have acknowledged in the past year.

James C. Etheredge, from Roberta Etheredge of Sunnyvale

Donald Fuller, from Joan Dammann of Palo Alto

Aaron Gold, from Jo Gold of Palo Alto

Gail Jarmusz, from Robert Jarmusz of San Mateo

Wheaton Smith, from Marjorie Smith of Palo Alto

Jeanne Starr, from Albert Starr of Palo Alto

And we thank the hundreds of other members and individuals who have made contributions, referred friends, volunteered their time, and helped to keep our organization running smoothly.

Remembering Londa Fletcher and other Memorial Society founders

Last fall's *In Touch* listed the first 30 members of the Peninsula Funeral Society, forerunner of Funeral Consumers Alliance. Member number 1, who started it all in 1952, was **Londa Stebbins Fletcher** of Palo Alto.

We learned that Londa Stebbins was born 1872 in Alameda, CA. She married Harris Fletcher in 1903 and divorced him in 1909 for "failure to provide." She studied at Stanford, Berkeley, and MIT and had a remarkable career, working as a social worker, probation office and writer, living in various Bay Area and Los Angeles locations. Londa used her life to advance social causes, becoming an experienced leader in rallying people to join causes; she affiliated with American Red Cross to do relief work after WWI in France and Syria. She returned home in time to become a suffragette, working to raise interest and funds all over the nation for women's right to vote. After that success in 1921, Londa turned her interest to European relief work again, where, during the Spanish Civil War she helped a pregnant Seville war widow escape to Tangiers. The widow gratefully named her girl child Londa, after the courageous woman who helped rescue them.

In 1952, Londa Fletcher became concerned about her inability to find any funeral home to give her the plain and simple funeral she wanted for her mother (she was a long-time Quaker), so Londa and her friends went around to churches to start a "memorial society" here, the first of its kind in California. The California Avenue Co-op Grocery store gave them advertising and office space. And that is how our organization began.

We also received a picture of Londa from **Enid Pearson**, former Palo Alto City Council member. She wrote, "Londa was a dear friend of mine and she took part in our lawsuit to force the city to adopt its General Plan. I am forwarding a picture of her, myself and Eldrid Tubbs on a ladder. It is 1962 and we had won our lawsuit. We are in my garden at 1200 Bryant, about to have a fund-raising party to pay our attorney (Pete McCloskey). Londa also helped me and two others with a very important initiative to dedicate all parks, open space and conservation land. This initiative was passed by the voters, 7-1 in 1965. I was really saddened when Londa died in 1965 and did not get to celebrate our victory." Unfortunately, Londa did not ever have any children, and close relatives had already passed on when she died at age 93.

Another on the list of first members was **Frank Duvenik**, who died in 1986, and was recognized for increasing environmental awareness and education with the use of his ranch in the Los Altos Hills as Hidden Villa demonstration farm and hostel. His son-in-law **Dan Dana** also was a strong supporter of the memorial society movement and was on the board. Mrs. Bruce Smith called us about Frank.

We learned that **Martha Sirgo** was living at Channing House, Palo Alto, when she died about three years ago. (About 60 FCA members live at Channing House.)

Ralph Britton took the time to write about five others on the list:

- **Louise Gordon** was a longtime Palo Alto resident married to Cameron Gordon. They lived on Santa Rita Avenue and had twin daughters born in the 1920s.

- **E. Pearl Hannah** was a dentist employed by the Palo Alto schools to provide dental care to kids who couldn't afford a private dentist in the 1940s. Her office was in the Board of Education building next to the old Channing School (now the site of Channing House.) She was also active in animal protection issues.

- **Theodore Kreps** was a Stanford professor active in the Democratic party and a well known and respected liberal.

- **Ingegerd Uppmann** taught German at Palo Alto HS in the 1950s, and I was in her class. I recall that she was an anti-war activist and an environmentalist.

- **Ruth Vredenburg** was a girls' gym coach at, I believe, Jordan JHS in the late 1940s-early 1950s, maybe also at Palo Alto HS.



Enid Pearson, Eldrid Tubbs and Londa Fletcher, 1962

Top 5 Regrets of the Dying

After years of working in palliative care of dying patients, Bronnie Ware wrote a book, *The Top Five Regrets of the Dying*. Here are the regrets that she heard over and over.

1. **I wish I'd had the courage to live a life true to myself, not the life others expected of me.** *Their dreams had gone unfulfilled.*
2. **I wish I didn't work so hard.** *"This came from every male patient that I nursed. They missed their children's youth and their partner's companionship."*
3. **I wish I'd had the courage to express my feelings.** *They wished to keep the peace, some developing illnesses as a result of repressing their thoughts.*
4. **I wish I had stayed in touch with my friends.** *Everyone misses their friends when they are dying and regret letting the friendships slip away over the years.*
5. **I wish that I had let myself be happier.** *They didn't realize they had the choice and did not have to stay with old patterns and habits. They were pretending to themselves and others that they were content when they weren't.*

(From *ConnectingDirectors.com* on Jan. 18, 2013.)

Mollie Stone's supermarket's Community Card will donate a portion of what you spend to FCA. Sign up for painless giving! Details at www.fcapeninsula.org.



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Save the Date
Annual Conference
Sunday, April 21, 2013
2pm ~ 4:30pm
Los Altos Public Library
13 S. San Antonio Rd, Los Altos

7 Signs Your Mom Needs Home Care

- She is isolated, without transportation for mingling
- Her home is cluttered, household tasks undone
- There is a decline in personal hygiene.
- Bad diet, empty fridge
- Forgetfulness, dementia
- She is having trouble taking pills or following health instructions
- The family is worried and stressed with the care they give

Taken from "Caring Right at Home" newsletter, www.caringnews.com.

Middle age is when you are faced with two temptations, and you choose the one that will get you home by 9pm.
~~Ronald Reagan~~

News You Can Use

Check That Nursing Home Online

Do you need to know more about a nursing home before you choose to go there? At www.medicare.gov (then click "Find nursing homes") you can compare the ratings on nursing homes near your zip code. It provides general information, results of inspections and complaints, staffing levels, and penalties.

You can check whether the nursing home is within a hospital or continuing care retirement community, whether it participates in Medicare or Medicaid, kind of ownership, how many beds, and its ratings on several dimensions

V.A. to Furnish Urns, Caskets for Needy Veterans

The "Dignified Burial and Other Veterans' Benefits Improvement Act of 2012," passed by voice vote in the House of Representatives on December 30, requires the Veterans Administration to furnish a casket or urn for burial in a national cemetery for a veteran with no next of kin or when sufficient resources for burial are not available. The casket or urn must comply with industry standards.

The V.A. will work closely with medical examiners and funeral directors to identify eligible

veterans and check that they have no relatives or resources. Read the whole bill at <http://www.govtrack.us/congress/bills/112/s3202/text>. The act was S. 3202 of the 112th Congress. It is to take effect one year after enactment.

Bring your family to the **Senior Showcase Information Fairs** coming up Friday, May 17 at Recreational Center, Burlingame, and on Saturday, August 24 at Little House Senior Center, Menlo Park. Come by and say hello to volunteers at Funeral Education Foundation's booth. The fairs are sponsored by the San Mateo Daily Journal. Or call FEF at (650) 321-2109 if you want to be a volunteer between 9 a.m. and 1 p.m. those days.

Status of Local Green Cemetery

In January, the Coastside Land Trust acquired the deed to the Purisima Old Town site south of Half Moon Bay. For the next two years CLT will be implementing a small grant from the California Coastal Conservancy to clean up the property and install a new gate and some fencing. In 2015-16, CLT will start the application process for a Green Burial Cemetery on the site. The

permitting for the cemetery may take up to four years. So look for a new, local green burial cemetery in a few years.

California Updates Cemetery Maintenance Regulations.

After consulting with stakeholders (including Funeral Consumers Alliance, licensees and the public) the Cemetery and Funeral Bureau updated its rules about cemetery maintenance, which became effective December 13, 2012. The new rules are under Section 2333 of Title 16, Division 23 in the California Code. They can also be found under "Laws & Regs" at the bureau's web site: www.cfb.ca.gov. Some of the changes concern the watering requirement—it now considers the terrain and availability of water; it requires the annual refilling and resetting of settled graves and markers; exempting green and natural cemeteries from most requirements; cemeteries must provide a written copy of their cemetery's maintenance standards to customers upon request and annually reconsider the amount collected for cemetery endowment care fees to ensure there is a sufficient amount to keep up the maintenance in the future.