

National Advance Care Planning Day

April 16th is National Advance Care Planning Day, a day for you and others to think about and share your wishes for future health care. If you've already made your advance care plan, April 16th is a great day to review it to make sure it still reflects your wishes.

Discussing end of life care

Death is made worse and more painful by poor advance care planning. Yet despite the certainty of death, it is astonishing how often families and loved ones have neither discussed nor planned for the inevitable. Once your wishes are clear, write them down, so they can be honoured!

Discussing death is hard, but not having these crucial conversations is far worse! So, this year, pledge to have an end of life discussion with your family!



Please print a copy of our newsletter and share with your friends and relatives!

Help FAMSS!

Thank you for your generous financial gifts. Any amount donated helps and goes a long way to maintaining our non – profit organization's good work. Because you donate to FAMSS, individuals throughout our province get factual information about funerals and save thousands of dollars.

Your donation makes all the difference!



FAMSS AGM

Unfortunately, due to COVID 19, we must postpone our 2020 AGM.

We hope to still be able to bring you the following **Guest Speakers**.

Sandy Mahon, Registrar of the Funeral and Cremation Services Council of Saskatchewan, will provide information on family led death care in conjunction with funeral homes and will explain family rights, funeral options and legalities, in Saskatchewan.

Michelle Fisher will discuss how Medical Assistance in Dying, (**MAID**) has helped with assisted death in Saskatchewan. There are recent changes that affect MAID. These new amendments would see the service opened up to those whose death is not imminent, but are still facing intolerable suffering due to an incurable illness. Michelle will help us understand what the current changes mean to MAID.

Member Testimonials

“Thank you for the work that you do. My parents were both members of FAMSS. They have both passed away.. and it was just incredibly easy to deal with all the things that needed to be done. Thanks so much for making the most difficult times.... Easier”

“Thanks for the service FAMSS provides. It was a great comfort to me to have all the arrangements decided and in place when my husband passed away unexpectedly in October, and my sons have been informed to use my own FAMSS contact information when they are someday faced with dealing with my own death.”

Please share your own personal story. We could print it in the next newsletter!

Chair’s Report

These are exciting times for Memorial Societies as the landscape of End of Life services and consumers’ rights is rapidly changing. However, the public is often not aware of these changes or their rights, especially in a vulnerable period of their life. There is a big role for memorial societies in education, information as well as advocacy. The website is being revamped to become more dynamic with interesting news. A new Facebook page has launched. Check us out on Facebook at Funeral Advisory and Memorial Society of Sask. FAMSS

In 2018 we sent out over 1500 physical newsletters and many come back with “not at this address” labels. By March 2019, about 1200 members had not responded to our request for mail/email preferences, so we sent out 230 newsletters to those that had responded

This year, we are sending out 477 emails, 177 regular mail, and have left messages with 155 members. A BIG thanks to all our members that helped us update our database! Every email address saves us yearly mail costs.

As you are aware, our dedicated board members are not associated in any way with any funeral home, crematorium or funeral items. This independence allows us to provide our members, clear and accurate information regarding the many choices we make when planning our passing.



Minutes Annual General Meeting 2019

April 6, 2019, at the Mayfair Branch Library.

Board Members Present: Kathleen Weary, David Weary, Dave Millard, Roger Schmitz, Susan Cross, Linda Smee, Wynne Andrade and Celine Andrade.

Attendance: 43 individuals

Call to Order: Kathleen called the meeting to order at 2 pm.

Adoption of Agenda: Agenda was adopted and approved by consensus.

Guest Speakers: **Denise Horth** discussed funeral options and home vigils in Saskatchewan, as well as legalities of family coordinated funerals. **Sharon Pulvermacher** gave innovative, practical examples of how we can welcome death into our lives and live large while leaving a legacy beyond the ordinary. Both speakers provided significant question and answer periods for members to obtain detailed responses. Thank you to both speakers for their generous contributions to our AGM!

Minutes: Approval of the minutes: AGM, March 24, 2018 (as printed in the March 2019 Newsletter).

Reports:

Chair: Kathleen discussed: the move to email and subsequent results, the approach to our non-responsive group, the new approach to the member’s manual in detail, and asked for feedback from the membership. Several members took a draft for evaluation. Also she discussed changes that have been made over the past few years; Signage, Brochures, Advanced Care Directive, Family Register, and the Memorial Directives form. Members had questions/answers during her talk.

Membership: Susan Cross informed the membership that FAMSS has 61 new members. Membership packages cost \$3.30 to mail out. Susan tries to hand

deliver these packages if it is on her way to save postage fees.

Treasurer: Dave Millard explained the Profit and Loss statement and Balance Sheet included in the March 2019 Newsletter. The donations were higher due to a generous \$1,000 donation from Regina. This donation allowed FAMSS to update our information. Our publicity costs were higher due to the new signage and printing of new brochures. Overall we are in a very similar financial situation to 2017.

Moved by Susan Cross/Wynne Andrade that we waive the auditor's review as our income is less than \$25,000. Carried Unanimously.

Marketing: Roger spoke of the manual reorganization into topics. The manual now flows from the beginning of the planning process to how to plan for a home death, and who needs to follow up with any loose pieces. He spoke of the time intensity of this process and that this was the focus of the marketing group for 2018-2019.

The focus for the rest of 2019 will be our new website and then the subsequent Face Book integration. There is an expectation the Board will visit our funeral homes over the next year.

Motion to Adopt Reports: Moved by Wynne, seconded by Susan, Agreed by Consensus.

1. **Election of Directors**

1. Two-year Terms Ending (These individuals are to stand for 2019-2021)
 - a. Chair: Kathleen Weary
 - b. Membership: Susan Cross
 - c. Director at Large: Open
 - d. Director of Communications: Roger Schmitz
 - e. Director at Large: Linda Smee
2. Terms continuing to AGM 2020
 - a. Vice Chair: *Open*
 - b. Treasurer/Secretary: Dave Millard
 - c. Director at Large: Wynne Andrade
 - d. Director at Large: Celine Andrade
 - e. Director at Large: *Open*

There were no nominations from the floor.

2. **Round Table:** Lively discussion by all about the excellent guest speakers, the wonderful turn out, snacks and location.
3. **Adjournment:** Karen Rath adjourned the meeting at 4:25 pm.

Did You Know?

- Saskatchewan was the first province to allow a new cremation option called **Alkaline Hydrolysis**. It uses water, some chemicals and pressure to reduce the body to bone fragments. It is a terrific green option because the process uses significantly less energy, causes less pollution and is sterile.
- Washington State has legalized **Natural Organic Reduction**. We compost our coffee grounds and fruit rinds, now we could consider human composting. The process reportedly uses an eighth of the energy of cremation. (theguardian.com "Human composting could be the future of deathcare")
- Funerals and life celebrations on private property are both legal and very healing.

Low Cost Urns

We have a member who is willing to make urns, from oak, pine or birch, for just the cost of materials and a donation to FAMSS. A Big Thanks to Al! If you are interested, please contact FAMSS.

Volunteer Clerical Assistant Needed

FAMSS needs a member with great **organizational skills** familiar with both **Word** and **Excel**.

Occasionally throughout the year we need:

- ◆ help organizing our archives
- ◆ help entering data
- ◆ help printing labels
- ◆ help sorting computer files
- ◆ help responding to member inquiries

This is a volunteer position, with the only remuneration being immense gratitude and the occasional muffin. Please apply if you have the skills we require!

FAMSS AGM 2020

Election of Officers

Two-year Term Ending (Elected for 2 years)

1. Vice Chair: **Open**
2. Treasurer/Secretary: Dave Millard
(Willing to stand)
3. Director at Large: Wynne Andrade
(Willing to stand)
4. Director at Large: Celine Andrade
(Willing to stand)
5. Director at Large: Karen Rath
(Willing to stand)

Terms continuing for one more year

6. Chair: Kathleen Weary
7. Membership: Susan Cross
8. Director at Large: **Open**
9. Director of Communications: Roger Schmitz
10. Director at Large: Linda Smee

Have you lost your membership card?
Can't remember your number?
Contact us!

Membership/Donations

FAMSS, P.O. Box 1846, Saskatoon, SK, S7K 3S2

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

Email: _____

I require a printed copy of the newsletter

Life Membership (\$25 each) _____

Donation _____

Total Amount Enclosed _____

Profit and Loss

January 1, 2019 to December 31, 2019

Income	2019	2018	Difference
Donations	\$356.30	\$2,275.00	(\$1,918.70)
Memberships	1100.00	1650.00	(\$550.00)
Record Fees	425.00	750.00	(\$325.00)
	\$1,881.30	\$4,675.00	(\$2,793.70)

Expenses

PayPal Fees	\$0.00	7.21	(\$7.21)
Office Supplies	219.23	217.48	\$1.75
Postage	537.79	1434.66	(\$896.87)
Printing	585.91	767.72	(\$181.81)
Publicity	780.80	1567.76	(\$786.96)
Telephone	628.91	642.26	(\$13.35)
	\$2,752.64	\$4,637.09	(\$1,884.45)

Net Income **(\$871.34)** **\$37.91** **(\$909.25)**

Balance Sheet

Assets	2019	2018	Difference
Chequing	\$ 1,444.84	\$1,104.92	\$339.92
GIC	1255.53	2504.34	(\$1,248.81)
Shares CU	5.00	5.00	\$0.00
	\$2,705.37	\$3,614.26	(\$908.89)
Liabilities			
Accounts Payable	\$ -	\$ -	
Total Assets	\$ 2,705.37	\$3,614.26	(\$908.89)

What about a casket or shroud?

Why not make these at home, purchase from local craftsmen, or order online?

Your Society depends upon Membership and Donations as our primary sources of revenue. Our low lifetime membership fee demands that we promote the benefits of becoming a FAMSS member and actively seek new members. Be an advocate and spread the word!