
PRINCETON MEMORIAL ASSOCIATION

NEWSLETTER

ANNUAL MEETING

Sunday, March 25th, at 1:30 p.m.

End of Life Care—Must We Suffer?

A common fear expressed by patients and families is that they or their loved ones will suffer before they die. This is one of the reasons individuals have turned to Dr. Kevorkian even when they were not in pain. It is one of reasons that organizations have been formed and laws and regulations written which *require* that hospitals write protocols to deal with pain. And pain is not the only form of suffering we all will want to avoid.

The panel discussion at the Annual Meeting will deal with the question of whether suffering is a necessary part of the process of dying. How can it be avoided? Can there be...will there be...sufficient attention paid to alleviating pain and physical discomfort, to providing emotional and spiritual support during the period of dying, and to preserving the greatest possible independence, dignity, and companionship to the end? Our speakers will be Louise Kingston, a hospital chaplain; Naomi McCarty, R.N., a nurse and the Princeton Hospice Coordinator, Robert Pickens, M.D., a physician and chair of the Biomedical Ethics Committee at the Princeton Medical Center, and Nancy Wright, an experiential speaker.

The recent PBS series about dying in America, *On Our Own Terms*, reported on the movement to improve care at the end of life. Modern advances in medicine and profound social changes have prolonged life but also transformed the experience of dying. While 90% of Americans say they want to die at home, four out of five of us

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Sunday, March 25th, at 1:30 p.m.
Unitarian Universalist Church
50 Cherry Hill Road
Princeton, NJ 08540

See Map inside

There will be a brief business meeting that will include election of Board of Trustees and proposed bylaw amendment.

ANNUAL MEETING, continued

will die in a hospital or other healthcare facility. Many die in needless pain, and because the dying process takes longer, it exacts a greater toll on individuals, families, caregivers, and communities.

The series reported on a movement driven by this hope for a better death. There are doctors, nurses, hospice and social workers—and patients themselves—pushing to change how we care for the dying. The TV series reported on that movement and the struggle to balance medical intervention with comfort and meaning at the end of life.

What is the reality—will we have the necessary help and support to avoid suffering? Is suffering a necessary part of dying?

Visit Our Website

Princeton Memorial Association can be seen at:

<http://www.princetonol.com/groups/pma>

While you're at it, check out FAMSA's site:

<http://www.funerals.org/directry.htm>

to see what our national organization is up to. Learn about other societies. Find loads of consumer information.

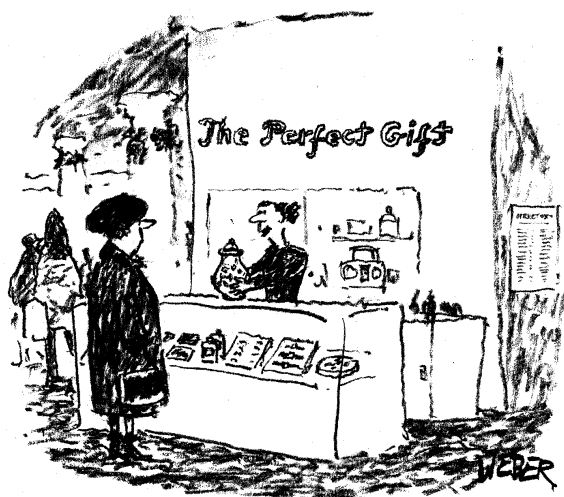
The Federal Trade Commission has replaced its consumer brochure on funerals with a much more comprehensive 22-page booklet. To preview *Funerals: A Consumer Guide* and *Caskets and Burial Vaults* on line, go to:

<http://www.ftc.gov/bcp/online/pubs/services/funeral.htm>

For a free copy of this booklet write to Consumer Response Center, Room H-130, FTC, 600 Pennsylvania Ave., NW, Washington, D.C. 20580.

FAMSA is now FCA

Our national organization has changed its name to better reflect its function. Formerly the **FUNERAL AND MEMORIAL SOCIETIES OF AMERICA** it is now the **FUNERAL CONSUMERS ALLIANCE**.



"How about something nice for his ashes?"

Books and Pamphlets Available

At the annual meeting or by mail

The American Way of Death Revisited

by Jessica Mitford, Published 1998,

Cover Price: \$25.00

Our Price: \$20.00

First published in 1963, this book was an instant bestseller. It is not only an exposé of mortuary malpractice but also a sort of anthropological study of this strange subgroup of American culture, which is equipped with its own language, customs, and myths.

Caring for the Dead: Your Final Act of Love

by Lisa Carlson, Paperback, Published 1998,

Cover price \$29.95

Our Price: \$20.00

This is a comprehensive guide for consumers making funeral arrangements with or without a funeral director. It contains detailed descriptions of the "tricks of the funeral trade", to avoid. The laws and regulations of each state are described in easy-to-understand language, with listings of "consumer concerns".

Putting Your House in Order: Information your survivors will need when you are no longer available.

\$1.50

Prepared by Princeton Memorial Association, this is a helpful listing of all the things you want your loved ones to know before you go, presented as an easy-to-fill out workbook with space for your data.

Survivors' Manual: Information for families before, during and after death

\$3.00

Prepared by The Memorial and Funeral Society of Greater Orlando

A Manual of Death Education and Simple Burial
by Ernest Morgan,

Cover Price \$12.95

Our Price: \$6.00

This manual covers everything from living with terminally ill individuals to the right to die, memorial societies, and death ceremonies. Its focus on the emotional and economic costs of death is unparalleled.

Princeton Memorial Association
Board of Directors

Laurie R. Powsner (President) (2001)
Henry J. Powsner, M.D. (Vice-President) (2002)
Stephanie Craib (Secretary) (2001)
H. Louise Schaufler (Treasurer) (2002)
Kathy L. Ales, M.D. (2001)
Robert J. Levine (2002)
Allen Porter, Esq. (2001)
Charles H. Rose (2002)
Harvey Rothberg, M.D. (2002)
Rev. Nicholas Van Dyck (2001)
Karen Woodbridge (2001)
Durinda Putnam (2001)

Note: Durinda Putnam, co-founder of the Princeton Memorial Association with her husband Peter Putnam, who served often as an officer of the association during the past 45 years, has moved from the Princeton area to be near her family. Her support and encouragement as well as her enthusiasm for our cause will be sorely missed.

Cooperating Funeral Directors

Enclosed with this newsletter is a list of our cooperating funeral directors, with their prices for minimum-service cremations and burials. Even if you wish to plan more than minimum service arrangements, the list may help you in your selection of a funeral director.

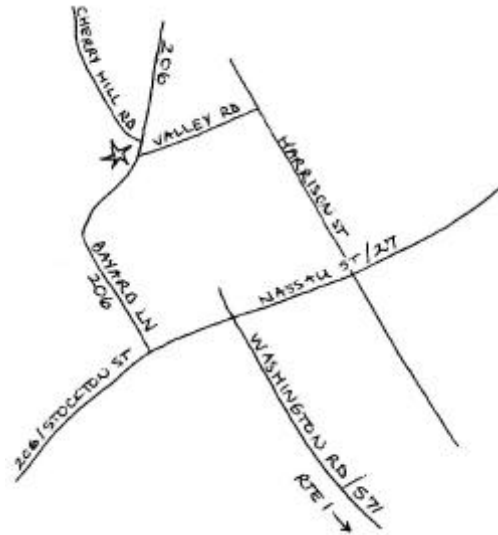
Funeral Humor

"I'm not afraid of death. It's the make-over at the undertaker's that scares me...They try to make you look as life-like as possible, which defeats the whole purpose. It's hard to feel bad for somebody who looks better than you do."
—Anita Wise

A Medicare Rule

Medicare's dead-in-six-month rule interferes with hospice referrals. Said one doctor, "Yes, I'll guarantee it, and if he's not dead in six months, than I'll come out and personally shoot him."

DIRECTIONS TO ANNUAL MEETING
Unitarian Universalist Church at the corner of
Route 206 and Cherry Hill Road, Princeton



We may have thought about it, but...

According to a Gallup poll, 75% of the public supports advance planning for the end of life, but only 20% has done anything about it. Some may have signed a Living Will or other advance directive but haven't bothered to tell anyone where they put it.

Our national organization, the Funeral Consumers Alliance, FCA, has prepared an end-of-life planning kit featuring the booklet "*Before I Go, You Should Know*," illustrated by Edward Gorey. The booklet, with ample space to write in it, is a step-by-step guide to providing information we want to share with our survivors.

With the booklet, FCA is distributing an innovative solution—a **freezer kit**—a plastic pouch which should be placed in the freezer of every adult in America. FCA supplies a refrigerator magnet featuring an Edward Gorey illustration, which reminds everyone that the information is there...to be used after we die and can no longer tell others where we put it!

With this, FCA is also distributing copies of a Living Will and Durable Power of Attorney for Healthcare, plus several useful brochures about end-of-life concerns

Order from FCA by phone 800-765-0107, \$10, or at : <http://www.funerals.org/directry.htm>.

Treasurer's Annual Report for 2000
Submitted by H. L. Schaufler
Dated: January 2001

Balance on hand as of December 31, 2000:

Checking account:	\$ 3,856.66
Business Money Account:	13,769.94
Total:	\$ 17,626.60

2000 Income:

Contributions	\$ 3,386.00
Membership	1,290.00
Interest (checking)	22.49
Interest (savings)	274.60
Book sales	85.00
Total:	\$ 5,058.09

2000 Expenses:

National Association dues	\$ 186.01
National Association contributions	2,000.00
Printed material/supplies	1,518.10
Postage	703.18
Annual meeting: speaker, etc.	570.00
Total:	\$ 4,977.29

Proposal for amendment to the Bylaws
of the Princeton Memorial Association
(last amended February 5, 1989)

Article V: Board of Trustees.

(c) The Board of Trustees shall be elected by the members of the corporation at its Annual Meeting for a term of [two] **three** years.

The Board has recommended that the term of office for trustees be increased from two to three years, deleting the word "two" in brackets and replacing it with "three".

Have we helped you...or not?

Please let us know if we have helped you or failed to help you. Please share with us your experiences with our cooperating funeral directors.

PRINCETON MEMORIAL ASSOCIATION, 50 Cherry Hill Road, Princeton, NJ 08540

Please send me: _____ living wills
 _____ expression-of-wishes forms
 _____ copies of *Putting My House in Order* \$1.50
 _____ copies of *Survivor's Manual* \$3.00
 _____ *The American Way of Death Revisited* \$20.00
 _____ *Caring for the Dead: Your Final Act of Love* \$20.00
 _____ *A Manual of Death Education and Simple Burial* \$6.00
 _____ membership brochures to interest friends

I am pleased to send \$ _____ to cover costs and to assist the ongoing work of the Princeton Memorial Association.

NAME: _____

ADDRESS: _____
