

Newsletter

Fall 2013

Honor Your Loved One With Memory Glass!

Choose from our beautiful pendants, orbs or touchstones.

With our pendant, keep your loved one close at heart with our hand blown glass pendants. Available in 16 vibrant colors to choose from, we can create a personalized pendant with a very small portion of cremated remains, allowing each family member to pick their own color.

Our original orbs come in three designs - the Embrace, Galaxy and Swirl. All orbs look exceptionally beautiful when displayed on our mahogany LED stands.

Roughly the size of a silver dollar, the Memory Glass Touchstones allow you to keep your loved one in your pocket, in a purse or any creative place, allowing you to keep your loved one with you at all times. All touchstones come in a 3d suspension frame and are available in any one of 16 colors.



5 Reasons Why People Choose Cremation

The number of individuals choosing cremation has increased every year since the 1960s. In 2009, the Cremation Association of North America (CANA) stated cremation was the choice for close to 39 percent of Americans. That number is expected to jump to 46 percent by 2015 and near 60 percent by 2025, according to association predictions.

Cremation is a very personal decision people make for a variety of reasons – for themselves and their loved ones. Here are 5 reasons people are turning to cremation more frequently than ever:

- More information is available on the benefits of cremation.
- Families are spreading out.
- Environmental considerations are becoming more important.
- People are open to more informal funeral services.
- Religious objections aren't as strict or enforced.

While almost half of cremation families scatter or store ashes in urns, there are other options. Cemeteries have options for memorializing ashes, including ground burial, community mausoleums with spaces called cremation niches and cremation gardens containing benches, pedestals and other permanent memorials within a park-like setting. In addition, cremated remains can also be turned into beautiful cremation jewelry or placed in bird feeders or park benches for year-round display.



Cremation Preplanning

If you've already decided cremation is right for you, make sure to put it in writing. And, if you desire, you can prearrange and prepay for additional savings. Making the commitment to preplan your cremation service:

- Is easy. There's no physical required. Absolutely everyone can make a preplan. The plan is completed and securely stored our office.
- Lets your loved ones clearly know your wishes.
- Relieves your family members of making decisions on your behalf during an emotional time.
- Can protect your family from inflation. Your expenses can be covered when you need them to be, through a pre-payment plan.

If you have questions about cremation preplanning, please contact one of our knowledgeable specialists today!

Tips for Staying Fit This Fall

Summer is over and that means cooler temperatures and shorter periods of daylight. But that doesn't mean you can't continue to exercise. Here are some suggestions for staying fit this fall:

- 1. Take advantage of the weather.** Exercise outdoors and enjoy cooler temperatures. Walk, hike and cycle. Rake leaves or do some outdoor yard work. It's a great way to get the heart pumping burn calories at the same time.
- 2. Think outside the box.** Always wanted to learn to tap dance? Attempt to box? Master the jump rope? Many classes at gyms and elsewhere get started in the fall, so look around and see if something intrigues you.
- 3. Be an active TV watcher.** While you watch your favorite show on the boob tube, you can walk or run in place, do lunges or lift weights. During commercials, challenge yourself to do push-ups or sit-ups.
- 4. Stay at it for 30 days.** Experts say it takes about four weeks for the body to adapt to lifestyle changes. After a month, behavior patterns will have adapted and it will be much easier to stick with your exercise routine.
- 5. Dress in layers.** When exercising outside, layer your clothing. Before your body warms up, you may feel chilled, but once the blood gets pumping, you'll feel overdressed.
- 6. Eat right.** Lots of fruits, vegetables, and water will help your body stay energized longer.



Help Keep Your Home Safe On Halloween

Halloween is a magical day for kids of all ages. Whether you are having a costume party or handing out candy to trick-or-treaters, here are some tips for keeping your home - and those visiting - safe.

Create a Clear Path – Keep the area around your home clear of obstructions so that visitors don't stumble and injure themselves. Remove lawn ornaments, gardening equipment, toys, etc. to help avoid falls or damage to your property.

Confine Your Pets – For the safety of your pets and your guests, keep dogs and cats away from the front porch or areas where they might jump on or even bit unfamiliar visitors.

Keep the Lights On – Be sure that trick-or-treaters and other visitors are able to see clearly after dark to avoid falls and other injuries on your property. You will also deter burglars and other mischief makers who are always less inclined to approach a well-lit home.

Avoid Open Flames – While jack-o-lanterns, candles and luminaries set the spooky mood on Halloween, they can easily be overturned and start a fire. Consider glow sticks and battery-powered lanterns instead.

