

Newsletter

Summer 2013

Father's Day

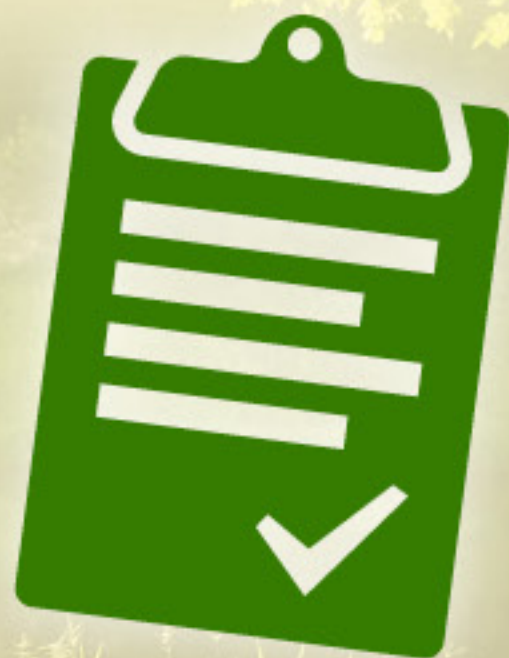
Father's Day is a celebration which began in the United States in the early 20th century to celebrate fatherhood and male parenting after the success of Mother's Day. Father's Day was founded in Spokane, Washington in 1910 by Sonora Smart Dodd. Its first celebration was at the YMCA on June 19, 1910. The holiday did not have much success initially, but in 1938, Dodd received help from the Father's Day Council, founded by the New York Associated Men's Wear Retailers. Americans resisted the holiday, thinking it was an attempt by merchants to repeat the commercial success of Mother's Day. But the trade groups did not give up and by the mid 80s, the Father's Council wrote that "Father's Day has become a 'Second Christmas' for all the men's gift-oriented industries." Happy Father's Day!



Preplanning offers a different type of protection

Sunscreen protects your skin against damage from the sun. Preplanning your funeral can offer protection, too. By recording your wishes in advance, you are able to:

- Make arrangements during a time of peace
- Take the responsibility away from your family during their time of grief
- Ensure your wishes known
- Help control the cost of your funeral and protect from inflation
- Get your personal records organized and easy for your survivors to locate
- Protect your life insurance so that it is there for your survivors and not for funeral expenses
- Provide protection in case the need arises before it is expected



Memorials Close To Home

Do you want a daily reminder of a very special person? Hold onto the memories with a StoneMor Tribute Product.

Our backyard memorials honor your loved one with quality, personalized pieces that also beautify your home.

Pieces include:

- Lantern
- Bird Bath

Prices start at just \$395!

Whether you'd like to commemorate an event, capture a significant moment or remember a life well lived, our unique, customizable items ensure you'll never forget.

In honor of Independence Day, here's a little American trivia:

The heads of which presidents are carved into Mount Rushmore?

- A. Washington, Madison, Roosevelt, Monroe
- B. Washington, Lincoln, Nixon, Eisenhower
- C. Washington, Jefferson, Roosevelt, Lincoln

Hint: the project was finished in 1941.

Answer: C

Understanding Grief

The "five stages of grief" is a hypothesis introduced by Elisabeth Kübler-Ross that states when a person is faced with the reality of impending, he or she will experience a series of emotional stages: denial, anger, bargaining, depression, and acceptance, not necessarily in that order.

Denial — "This can't be happening, not to me."

Denial is usually a short-term defense for the individual. This feeling is generally replaced with heightened awareness of possessions and individuals that will be left behind after death. Denial can be conscious or unconscious refusal to accept facts, information, or the reality of the situation. Because it is a defense mechanism, some people become stuck at this stage.

Anger — "Why me? It's not fair"

In the second stage, the individual recognizes that denial cannot continue. Because of anger, the person may be difficult to care for due to misplaced feelings of rage and envy. Anger can manifest itself in different ways. People can be angry with themselves, or with others, and especially those who are close to them. Remain objective when dealing with a person experiencing anger from grief.

Bargaining — "I'll do anything for a few more years"

The third stage involves the hope that the individual can somehow postpone or delay death. Usually, the negotiation for an extended life is made with a higher power in exchange for a reformed lifestyle. Bargaining rarely provides a sustainable solution, especially if it's a matter of life or death.

Depression — "I'm so sad, why bother with anything?"

During the fourth stage, the dying person begins to understand the certainty of death. Because of this, the individual may become silent, refuse visitors and spend much of the time crying and grieving. This process allows the dying person to disconnect from things of love and affection. It is not recommended to attempt to cheer up an individual who is in this stage. It is an important time for grieving that must be processed.

Acceptance — "I can't fight it, I may as well prepare for it."

In this last stage, individuals begin to come to terms with their mortality, or that of a loved one, or other tragic event. This stage varies according to the person's situation. People dying can enter this stage well before the people they leave behind, who must pass through the stages of grief at their own pace.

