REGINA & MOOSE JAW

...and Surrounding Areas









ADVANCE PLANNING & BEREAVEMENT GUIDE

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SECOND EDITION



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WELCOME TO

ALTERNATIVES FUNERAL & CREMATION SERVICES®

ADVANCE PLANNING AND BEREAVEMENT GUIDE

Thank you for taking the time to review our Advance Planning and Bereavement Guide. This guide has been especially designed to provide useful, practical information to help you plan your final arrangements in advance of need and even provides helpful information if a death has already occurred in your family.

Nationally, a person is involved in making final arrangements for the death of someone close only once in every 11 years. Navigating something that is done so rarely can be draining... both emotionally and financially.

Today, more families than ever before know what they <u>don't</u> want in final arrangements - but aren't always sure what they <u>do</u> want. Planning final arrangements can be stressful and overwhelming. At Alternatives®, we provide you with information and guidance, so you can make informed choices. We will also tailor every aspect of the final arrangements to suit your wishes, and your needs.

Alternatives began in 1992 as Personal Alternative Funeral Services[®], with the goal of providing consumers with a comfortable, affordable & common-

3

sense alternative to the escalating costs found in many funeral homes.

In 2011, we re-branded our name to Alternatives Funeral & Cremation Services®, which reflects the many different people we serve, the changing trends in final arrangements, and the new service options we have introduced to meet customer demand for an even more personalized event.

Our licenced Funeral Directors come to you to make the final arrangements. You might opt for the comfort of your own home, or anywhere that allows you to be secure, comfortable and in control. Families who have experienced our inhome visits repeatedly tell us it made all the difference. They felt confident, supported, and satisfied that they had made the best decisions. These families acknowledged that they wouldn't have guessed how beneficial the in-home arrangement was – until they actually experienced it for themselves.

Alternatives Funeral & Cremation Services® has made making final arrangements easier, less stressful, and more affordable.

We truly are: Different. On Purpose®.

Call us or visit our website to find out how. www.MyAlternatives.ca



Saying goodbye is never easy.

Let us honour your loved one with our beautiful expressions of sympathy. Our custom designs include condolence bouquets, casket sprays, urn pieces, arrangements and more.

Our skilled and compassionate florists are here to work directly with you and your family on your customized funeral package. All the flowers you need in one convenient place.

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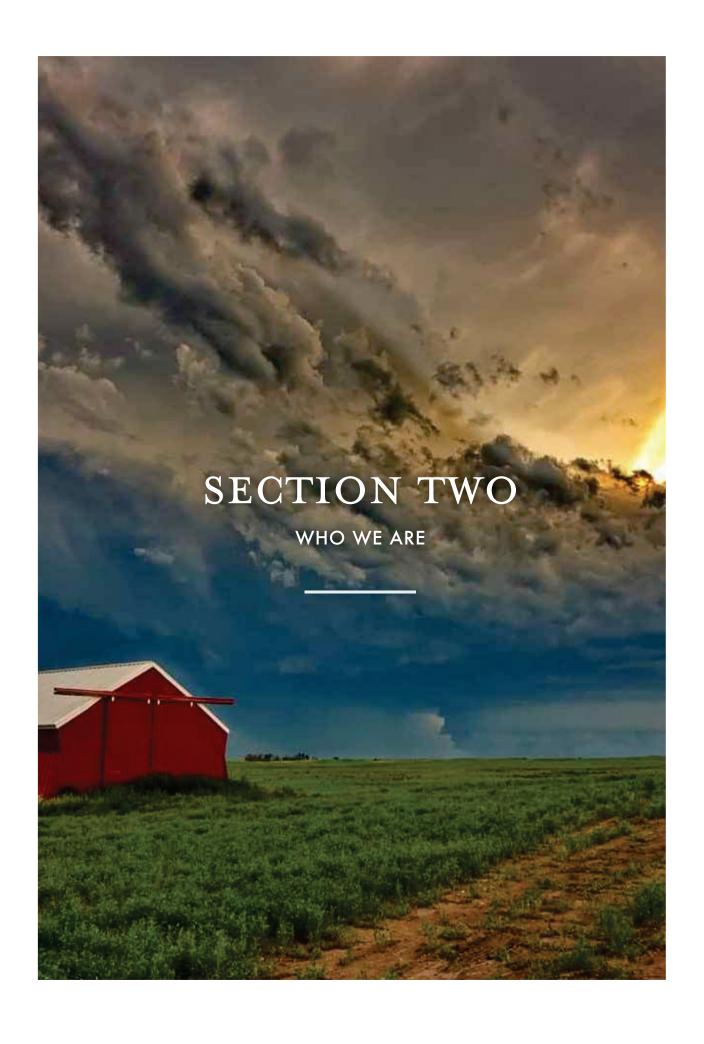
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ELDEN CONLEY

OWNER



Elden has lived and worked almost his entire life in Regina and area. Born and raised in Regina, he and his family moved in his early teens to a farm near Dilke, Saskatchewan. Growing up on the farm, he realized the value of hard work, honesty and integrity, and had a passion for independent business. This led to work in the service-based automotive industry for almost twenty years. The culmination of this career was the opportunity to own and operate automotive parts and repair shops in Regina and Hawaii, USA.

In 2004, wishing for a change of direction in career, Elden became employed in a Regina based funeral home part-time. He truly enjoyed serving the families on a more direct level, and became a licensed Funeral Director in 2007.

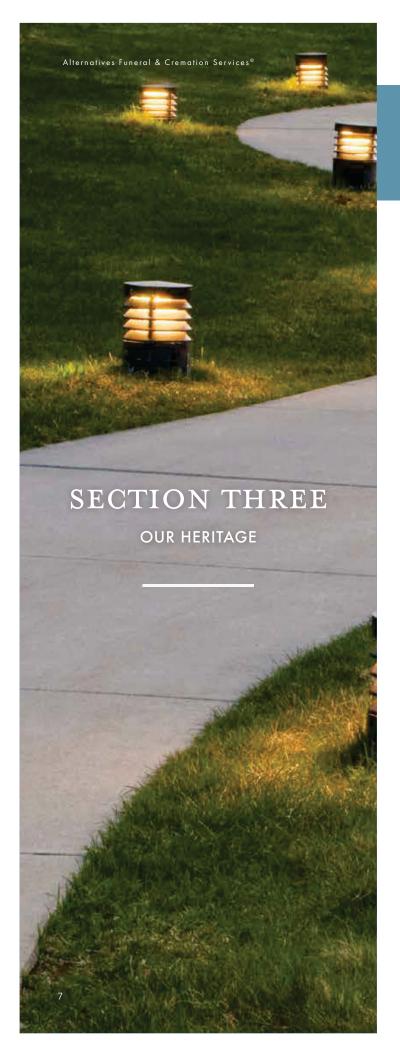
In 2010, an opportunity to move to the small town of Raymore, Saskatchewan was taken and Elden welcomed the move back to the country. It was seen that Raymore and area would benefit from a local funeral business and in July of 2012, Conley Funeral Home was established in Raymore on main street in the historic former Goldfinch hardware store building.

Elden is the owner of Alternatives Funeral & Cremation Services® in Regina. The Alternatives brand was established in 1992 in British Columbia and opened its doors in Regina in 2010.

Elden is an active member of the local community. He sits on the board of the Raymore Rockets hockey club, has sat on the board of the Raymore United Church and the Raymore Protestant Cemetery. He also is the past caretaker of the cemetery during the summer, and is an active member of the Royal Canadian Legion, Semans Branch #108.

He's an avid collector and trader of antiques. Fishing, researching local history, and times with family and friends are also important to him.

Section Two



OUR HERITAGE

ALTERNATIVES FUNERAL & CREMATION SERVICES®

Our story begins in Delta, B.C. on August 1, 1992 as Personal Alternative Funeral Services[®].

At that time, the Greater Vancouver and Fraser Valley areas of British Columbia certainly did not need another funeral home... but the consumer, certainly did.

Back then, there was a rampant influx of large international funeral corporations purchasing local "Mom & Pop" owned funeral homes. This phenomenon was taking place all over North America and continues to this day.

This practice of "gobbling-up" independently owned funeral homes had a serious and immediate adverse effect for the consumer. Prices would literally double & triple overnight and hard-sell tactics employed. These large corporations trade on stock exchanges and are forced to generate exorbitant revenues for their shareholders. As a result, consumers were left with no "alternative" to the high prices.

With 21 years of experience in the funeral industry at the time, I saw an opportunity to make things easier for the consumer. So, I asked myself, "what if I could provide a convenient, affordable and common-sense "alternative" to the expensive typical funeral homes... especially those corporately owned?" With months of thought and planning, I did just that.

Our approach to serving the consumer would be "different" than what the consumer was used to. So, we chose a name that would be "different," on purpose. "Personal" because the death of someone close is a "personal" event and we provide a "personal" service; and "Alternative" because we provide a convenient, affordable common-sense "alternative" to the expensive typical funeral home.

We would provide everything from a basic cremation to a complete funeral Service with burial or cremation and do so at significantly lower costs.

On Saturday, August 1, 1992 we opened our first location in Delta, B.C. We offered the consumer real choice. We would go to the family's home to make the final arrangements, rather than a family having to make that dreaded trip to a funeral home. For Services, we used community facilities such as churches, community centres, golf course clubhouses, airport hangers, hotels. You name it, we have done a Service there. This allowed us to serve families throughout the entire Greater Vancouver area and Fraser Valley, right in the comfort & convenience of their own home.

In 1994, we purchased property in Langley, B.C. and built a new facility to accommodate our growth. We expanded that facility in 2007.

While we have a fully licensed funeral home and crematorium, most families choose a Service in a place other than a funeral home.

Since we travel to the family's home to make the arrangements and use community facilities for services, the actual location of the funeral home becomes far less important.

Clearly our approach was welcomed, as our Alternatives® location in the Lower Mainland of British Columbia became the largest independently owned funeral home in Western Canada, in terms of the number of families we are privileged to serve each year.

In 2011, we rebranded our name to Alternatives Funeral & Cremation Services® to reflect the many different people we serve, the changing trends in final arrangements,

and the new Service options we have introduced to meet consumer demand for even more personalized events.

Just as our story began, whether you require a simple, dignified cremation without a service, a funeral service with burial or cremation, a graveside service, memorial service, or a modern Alternatives EventTM, we will work with you to create a meaningful experience that is right for you, the deceased and your circumstances.

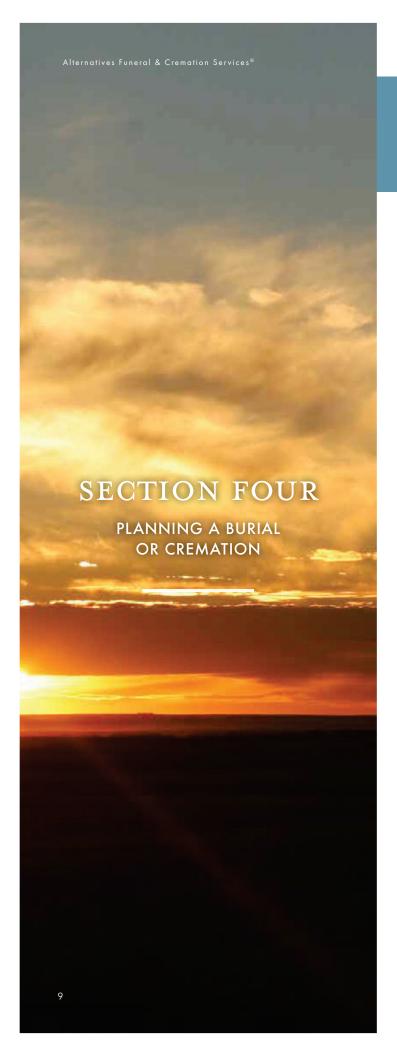
Lower,

Lawrence G. Little, Founder





Section Three



PLANNING A BURIAL OR CREMATION

A BRIEF OVERVIEW

There are many details to consider when planning final arrangements, and everyone's needs are different. Our straightforward approach to the process ensures you're not left with any questions about the how or the why. We partner with your family to help you make clear, informed choices, because we know how difficult these decisions can be.

We pride ourselves on offering thoughtful suggestions and ideas, whether to customize a basic cremation, funeral, or memorial service, or to create a modern Alternatives EventTM.

One of your first decisions would be whether you want burial, cremation or hydro-cremation – See Section 7 for Hydro-Cremation. While burial is the final disposition; cremation is only the preparation for final disposition.

Many families ask whether they can have a funeral if they choose cremation or hydrocremation. The answer is **yes**. Cremation does not, and should not, sway the decision on having a funeral followed by cremation.

Along with traditional style services, Alternatives® is accomplished at providing specialized, themed events held at both traditional and non-traditional locations and venues. Our innovative approaches and ideas, along with our attention to even the smallest of details, will ensure that our services meet your needs and exceeds your expectations.

Here are a few helpful hints when planning a Service, whether that be a Funeral, Celebration of Life, Graveside Service, a Basic Cremation or any event of your choosing:

If a death occurs at home, and is Palliative in nature, we recommend you contact the Home Care Nurse that has been looking after the individual who has died. They will then come to the home and pronounce death.

Once death has been pronounced, you are then able to contact Alternatives[®] to arrange for the transfer of the deceased to our funeral home. This step is important as it eliminates the drama of the ambulance, police and Coroner having to attend.

If an unexpected death occurs at home, then call 911 for an ambulance. In this event, ambulance and police will attend at the home and the Coroner will be notified by the police. It is not unusual to have both the ambulance and police arrive with lights and sirens. Do not be alarmed.

- Call the funeral home to set an appointment for one of our funeral directors to come to your home to make the arrangements for whatever service choice you have made. We suggest that you wait at least 24 hours before making this appointment, as you will need time to be with family and to look after yourself. Many folks think that final arrangements must be made immediately after a death. That is simply not the case. Please, take your time. There is no rush.
- In between the time of setting an appointment to complete the final arrangements and the actual time of the appointment in your home, gather information that the funeral director will require to complete a Provincial Registration of Death. As every birth in the province must be registered with the Vital Statistics Agency, so must every death be registered. Your funeral director will then take and complete this information; obtain a Medical Certificate of Death directly from the physician and then register both these documents with Vital Statistics and issue Burial or Cremation Permits and subsequentially issue the Certificate of Death. It is the Certificate(s) of Death that you will need for completing the estate, applying for benefits, etc. Our funeral Director will help you determine how many to order and Alternatives® will deliver them to you personally.

Once the funeral director arrives at your home, he or she will work with you to complete further details, such as: location of any Service you may choose, merchandise selections (casket, cremation urn, etc.); if cremation - disposition of the Cremated Remains.

You will find more information that will be helpful when a death has occurred in the Family Assistance Guide on page 25.

From arranging webcasts of Services or events for family and friends who cannot attend; to creating old fashioned Irish wakes in the family home, Alternatives® will work collaboratively with the family to incorporate any interest, hobby or theme into any service or event. We are skilled at taking unique aspects of the person's life and creating stylized, interactive environments for guests, which ultimately creates a meaningful, memorable, and unique event.

So whether it be honouring the eco-conscious with a "green" approach, paying tribute to the life of a sports enthusiast in a unique way, or finding a new and interesting way to incorporate the specialized interests of the deceased, Alternatives® is committed to making your event one to cherish and remember.

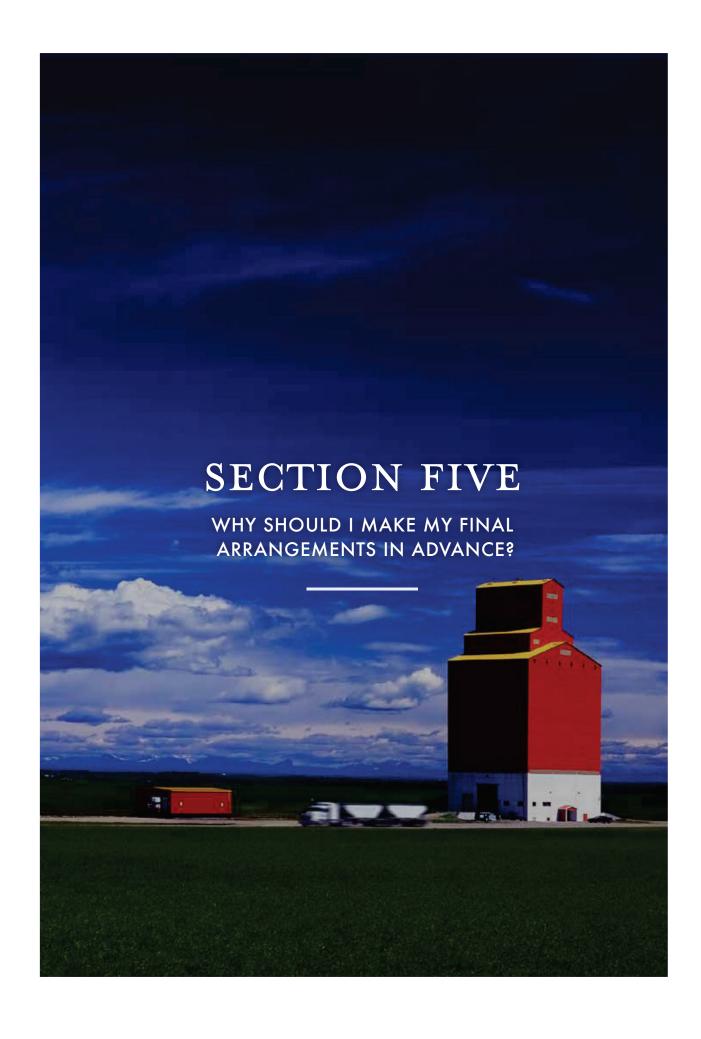
Whatever you choose, whether formal or simple, Alternatives Funeral and Cremation Services[®] is accomplished at providing empathetic and professional service. We are proud to deliver exceptional value to the families we serve.

Please visit our website at:

www.MyAlternatives.ca



Section Four



WHY SHOULD I MAKE MY FINAL ARRANGEMENTS IN ADVANCE?

Making Final Arrangements in advance provides a straightforward way to ease the financial and emotional burden for your family. You get an opportunity to talk with one of Alternatives' professional Advance Planning Representatives about your wishes at death in an open and pressure-free environment right in the comfort and convenience of your own home. We come to you.

There can be over one hundred decisions to make very quickly after a family member dies, and the pressure at the time of death can make it very difficult to make sound decisions, even if the death is anticipated. Preparing a planin-advance of need saves family and friends from much of the urgent stress, and they will not have to hastily second guess what you may have wanted.

Moreover, making final arrangements in advance for yourself means you have time to explore all the services we offer and the many unique and personalized options available. This allows you to make informed and confident choices about how you would like your final wishes to be presented.

The Benefits of Advance Planning with Alternatives Funeral & Cremation Services®

- We all have preferences as to how we would like to be buried or cremated. Advance-planning your arrangements gives you the opportunity to attend to the details confidentially, without any pressure.
- You can even pay for your final arrangements in advance at today's prices.
- Your executor and survivors are relieved of the responsibility of planning, managing, and, if

you choose to pre-fund, finding the money to pay for your final arrangements at an already troubling time.

The Process

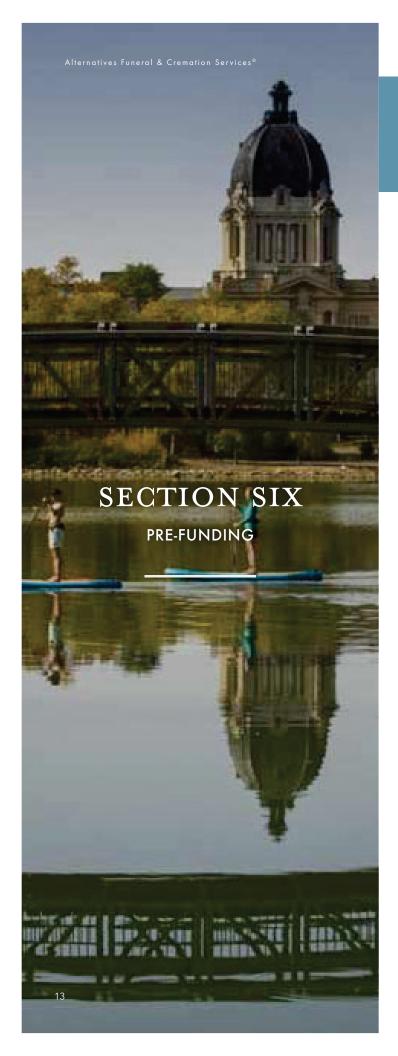
Advance-planning is a lot like writing out your Will – not sad and sombre, just a straightforward way to state your preferences and express your wishes.

Your Advance Planning file with Alternatives Funeral & Cremation Services® will include an Advance Planning Form to record your final wishes & instructions and how they are to be handled. You keep the original copy and send the second copy to Alternatives®. We keep that information on file until needed. You get to specify all aspects of the type of Service or event you want and its location. These are decisions you get to make for yourself, with clarity of mind and the time to think, which ultimately saves your family a great amount of stress at the time of your death.

Implementing your pre-arrangement instructions begins as soon as we are advised of your death by your family or executor.

PREPARING A PLAN IN
ADVANCE OF NEED SAVES
FAMILY AND FRIENDS FROM
MUCH OF THE URGENT STRESS,
AND THEY WON'T NEED TO
HASTILY SECOND GUESS WHAT
YOU MAY HAVE WANTED.

Section Five 12



PRE-FUNDING

THE VALUE OF PRE-FUNDING YOUR FINAL ARRANGEMENTS

When you pre-fund, you get the peace of mind that comes with knowing that the money needed for your final arrangements has been set aside. You can also feel good about providing such a responsible and caring gift for those you leave behind.

The price of death care services will increase over the years due to inflation, just like anything else. When you pre-pay with Alternatives®, you lock in today's prices in advance of death, and avoid inflation on the services and merchandise provided by Alternatives®.

At the time of a death, funeral homes require immediate payment, but death benefits are often insufficient and can take months to receive. Pre-funding your final arrangements ensures the family will not have to pay out of their pocket at this difficult time. Your pre-payment ensures that funds are available the moment they are needed.

Our payment plans allow a one-time lump sum payment or flexible time payments over 1 to 20 years. Depending on the plan you select, and should you decide to cancel your plan with Alternatives®, TruStage Life of Canada will refund 100% of what you've paid without any penalties. The person who purchases the prearrangement is always in control of the money, which makes us different from other funeral homes.

Your money is safe and secure with TruStage Life of Canada, our insurance underwriter. TruStage is rated as "Excellent" by the A.M. Best Company, the oldest, most experienced insurance rating agency in the world. Your pre-funded plan is also protected by Assuris, an organization endorsed by the federal government. Alternatives® uses insurance to protect your pre-paid funds as opposed to trust accounts. This ensures you have maximum flexibility and complete control over your money at all times.

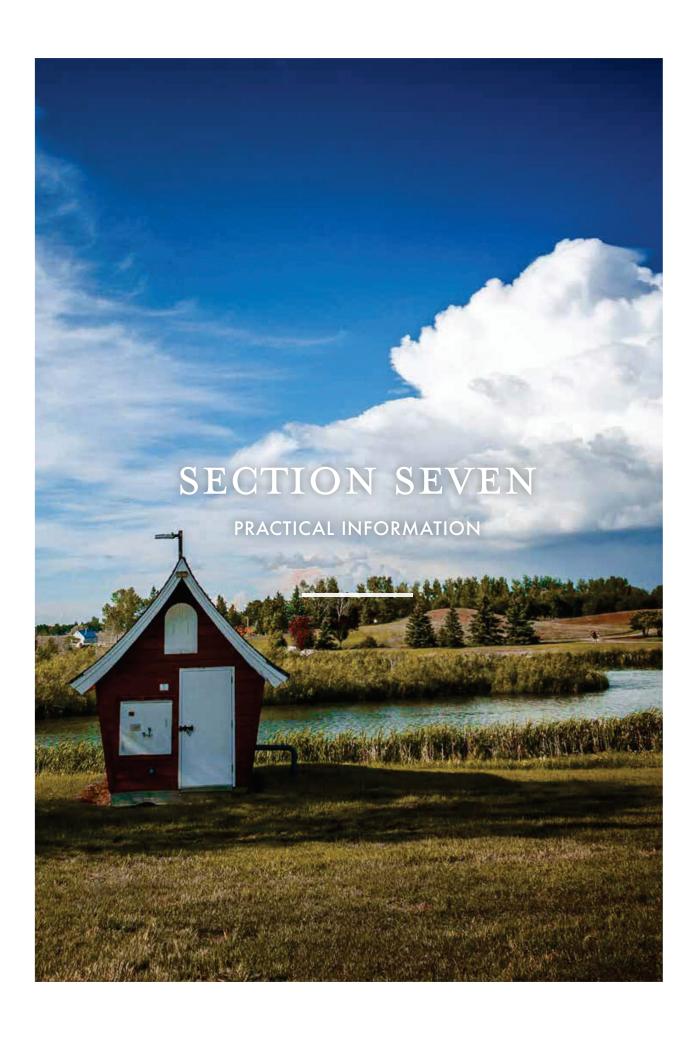
Additional benefits

- Your pre-arrangement can be used at any Alternatives® location. If you move to an area without an Alternatives® location, your plan is transferrable to any funeral home in Canada, or to a beneficiary named by you. As rates vary from one funeral home to another, the guaranteed portion of your plan applies to this Alternatives® location. However, the full value of your policy is still paid out without any penalty no matter which funeral home you choose.
- If you are a traveller, Alternatives® also offers a worldwide travel assistance plan underwritten by TruStage Life of Canada, which takes care of all the details and expenses of returning your remains home should a death occur anywhere in the world (100 kilometres or more away from your primary Canadian residence). The process of bringing a loved one home is started by simply calling a toll-free number.

WHEN YOU PRE-PAY, YOU GET THE PEACE OF MIND THAT COMES WITH KNOWING THAT THE MONEY NEEDED FOR YOUR FINAL ARRANGEMENTS HAS BEEN SET ASIDE.







PRACTICAL INFORMATION

COMMON DEFINITIONS OF SERVICE CATEGORIES, MERCHANDISE, AND BURIAL & CREMATION OPTIONS

Funeral Service

The Funeral Service is held at a church or other facility of your choice prior to the burial or cremation. The casket is present in this Service option.

We will work with you and your clergy member or celebrant to assist in arranging a date and time for a Service that is convenient for all. We will place obituaries, both in newspapers as well as the Alternatives Funeral & Cremation Services® interactive website obituary. Alternatives® will reserve facilities and arrange catering & receptions; arrange for flowers, guest books, and printed memorial folders. If the family requests a viewing / visitation, Alternatives® will provide those arrangements. We'll also coordinate cremation and/or cemetery burial arrangements.

Memorial Service or Celebration of Life

These two terms are interchangeable. A Memorial Service is a ceremony held at a location where the deceased and casket are <u>not present</u>, but where the urn may be displayed. Alternatives® will arrange all the details as noted above. We will ensure you have a variety of options to choose from to create the celebration or Service you want.

Graveside Service

A Graveside Service is the ceremony of interring a casket or cremation urn in a cemetery without a prior formal Service. A clergy or perhaps a celebrant helps perform a burial rite while family, friends and pallbearers are involved as active participants. Alternatives® will arrange the cemetery details for you, and personalize the Service in any way you see fit, from a casket shoulder carry to live music at the graveside. We can make a simple burial a unique and memorable event.

Basic Cremation

There are any number of terms which define a "Basic Cremation".

A Basic Cremation is where the family chooses to have the deceased cremated without a formal Service. We then deliver the Cremated Remains and the Certificate(s) of Death to the family.

If a family wishes, they can still select many of our other products and services such as visitation, obituaries, cremation urns and jewelry.

Alternatives EventTM

Some families find that a formal funeral or Memorial Service simply feels out of sync with the deceased and themselves. And, the recent trend toward "celebrations" can often feel uncomfortably close to a "party" for some people. As a result, now more families than ever before, know what they <u>don't</u> want... but are not real clear of what they <u>do</u> want, and what options are available.

To address this situation, Alternatives® created a completely new and unique service option; the Alternatives EventTM. Our Licensed Funeral Directors and Event Planners will design and present proposals to the family. The content of the Event will be customized for your family, and often held in a unique facility or location relevant to the deceased's life.

And here's another key distinction: unlike most ceremonies at which those attending are merely spectators, an Alternatives EventTM encourages involvement and participation of the attendees.

For more information or examples of an Alternatives Event™ please visit our website.

Section Seven

Alkaline Hydrolysis (Hydro-Cremation)

Alkaline Hydrolysis uses the combined effects of water, heat, and potassium Hydroxide (a common ingredient in liquid soap) to reduce the human body to ashes.

Compared to burial or flame cremation—the two typical forms of body disposition—alkaline hydrolysis offers several advantages in terms of ecological impact. The process uses less energy compared to flame cremation, which relies on natural or propane gas to reduce a human body to ashes through combustion. The Hydrolysis process does not require the burning of fossil fuels, therefore no emissions into the atmosphere.

Merchandise

Alternatives[®] provides many products to accompany whichever Service selections you make.

Items such as caskets, cremation containers (caskets), cremation urns, cremation scattering urns and biodegradable urns for scattering on water, cremation jewelry, green urns for burial. For more information & photos on "merchandise," please visit our website.

Burial Options

Almost every city or municipality in Southern Saskatchewan operate cemeteries. Most of these cemeteries will have a "resident" price and a "non-resident" price. So, if you purchase a cemetery plot in the jurisdiction in which the deceased resided, the "resident" price applies and is lower than the "non-resident" price. The converse applies if the deceased was not a resident.

Some cemeteries are privately owned. Almost without exception, these are owned by mega cemetery & funeral home corporations. In almost all cases, these corporately owned cemeteries are higher priced than the municipal cemeteries.

Cremation & Hydro-Cremation Options

There are many options for the final disposition of cremated remains. However, Saskatchewan Regulations with respect to scattering of Cremated Remains are somewhat restrictive.

Accordingly, the options below are not necessarily available in Saskatchewan, but certainly are available in other jurisdictions.

Cremated Remains may not be legally scattered on your own property or on other private lands, such as parks, beaches, golf courses, etc. in Saskatchewan.

If you intend to scatter ashes on land, we have special "themed" scattering tubes which are especially designed to make land scattering discrete.

Scattering on water is often done, but ashes should not be scattered on tidal waters, especially close to a beach, as ashes will float and form a white line along the shoreline.

If you wish to scatter on water yourself, we strongly recommend the use of a biodegradable scattering urn, which floats for a minute or so before slowly sinking into the water. Over a short period of time, the urn will degrade, and the ashes will be released without coming to the surface. This is a much more dignified method of disposition on water.

All cemeteries have options for burial of Cremated Remains and some have scattering and memorialization options as well.

For more options, please contact one of our funeral directors.

www.MyAlternatives.ca

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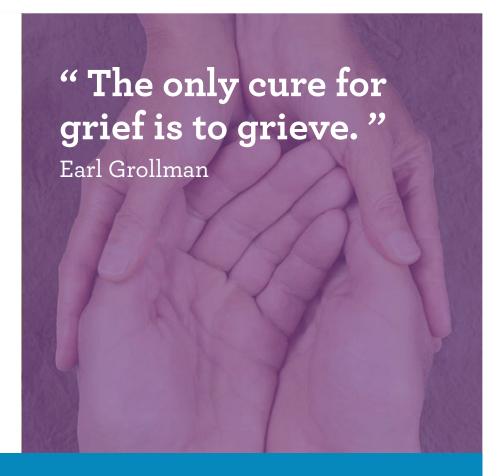


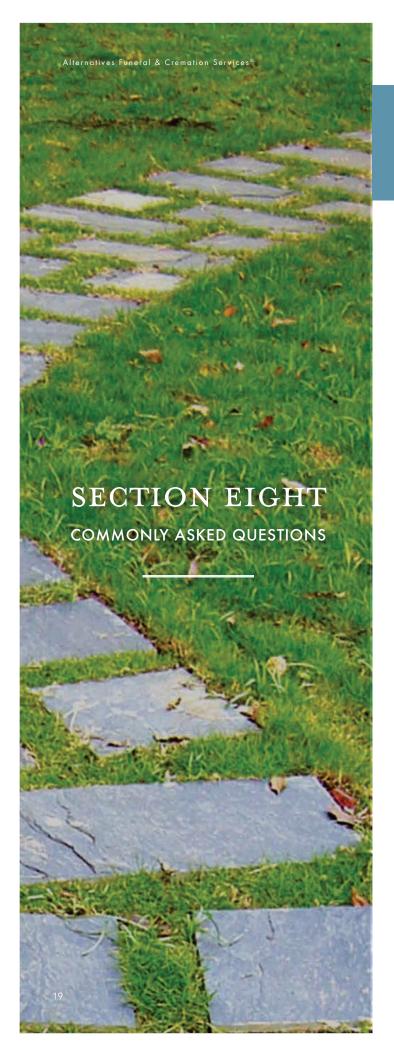
Beside you through grief's journey

Caring Hearts provides comprehensive grief support, including counseling, support groups, and education. We offer a safe, accepting environment where individuals receive full support throughout their journey of loss.

We acknowledge the complexities of grief, understanding that there's no set timeline or roadmap. Whether you're an individual, family, community, or business, we're here to assist you every step of the way.

Through connection and understanding, we help individuals process emotions and expand their support networks.





QUESTIONS

WE'RE COMMONLY ASKED...

How do we really know if we are getting my family members' ashes back?

Alternatives Funeral & Cremation Services® places a wrist bracelet on the deceased at the time of the transfer from the place of death, therefore establishing an identification chain of custody. Prior to cremation or hydrocremation, this identification is confirmed by 2 of our professional staff independently. Crematorium staff then place a sequentially numbered metal ID tag in the cremation chamber with the deceased and the ID tag stays with the Cremated Remains even when returned to the family. This number is recorded in a permanent record.

Further, Alternatives® has its own facilities for sheltering the deceased prior to burial or cremation. This always ensures consistent control over identification of the deceased and means that you are assured there will never be any question as to whose ashes you receive.

Is embalming required for burial or cremation?

The short answer is no. However, embalming is often required when transferring a deceased person interprovincially and in most cases to another country.

When arranging a Service in a church, for example, and particularly if the casket is to be open for viewing, embalming is recommended. There are 3 main reasons for embalming: preservation, sanitation and restoration. In this instance, if embalming is not performed, there may be health concerns when several family members & guests are viewing the deceased if embalming is not performed.

Can we have a viewing if we choose cremation or hydrocremation?

Absolutely. There is no difference than if the family chose burial.

Can we watch the cremation or hydro-cremation process?

Yes. Some families wish to be present to witness the casket or cremation container being placed into the cremation chamber and the commencement of the cremation itself. As the entire process can take up to 2 hours, the family usually leaves a few minutes after the cremation process begins.

If we buy a cemetery plot, is it ours forever?

Yes. In almost all cemeteries the plot is for perpetual use. When you purchase a plot, twenty-five percent of the purchase price is deposited into a "perpetual care fund". This fund then ensures that there will be perpetual maintenance and grooming of the cemetery.

Why do you need a minimum of a cardboard container for cremation?

Government regulations require that the body be placed in a rigid, combustible container for the cremation. This may take the form of a traditional wood casket or a casket that has been especially made for cremation. This can also include a corrugated cardboard container for the body. Another reason a ridged container is required is simply the practical matter of lifting and placing the body into the cremation chamber. Another reason a ridged container is required is simply the practical matter of lifting and placing the body into the cremation chamber. If hydro-cremation is selected, no container is required.

Do I have to identify the body before burial or cremation?

The answer is yes. You are legally required to identify the deceased. Some exceptions may apply where the identity of the deceased is at question. Both general and private hospitals place wrist bracelets on the deceased once death is pronounced, and identity established.

Where can we scatter Cremated Remains?

Please see Cremation & Hydro-Cremation Options in Section 7 on page 17.

Can we have the casket at the Service and then have a cremation following?

Absolutely. There is no difference between burial or cremation in terms of having the casket present at a Service. After the Service with burial, the casket is taken to the cemetery. And, after a Service followed by cremation, the casket is transferred to the crematory.

How heavy are Cremated Remains (commonly referred to as ashes) and how large is the urn?

Cremated Remains usually weigh between 5 and 7 pounds. The minimum size of a cremation urn should, at a minimum, be equivalent of 250 cubic inches, regardless of its shape.

Can Cremated Remains be divided into portions?

Yes, they certainly can be divided into as many portions as a family wishes. This is a very common practice. Often family members will want to take portions of the Cremated Remains for keepsakes, or the deceased may have requested to have them spread in multiple locations. Frequently, cremation jewelry or portioning urns are purchased and will contain a small portion of Cremated Remains.

Section Eight 20

Following a death, how long will it take to obtain the Funeral Director's Certificates of Death, and how many do I need?

Once we have met with the family to complete the final arrangements including a Registration of Death, Alternatives® will then obtain a Medical Certificate of Death from the attending physician or coroner and file these documents with the Division of Vital Statistics. The physician is required to complete the Medical Certificate of Death and provide it to Alternatives®. Once we file these documents with Vital Statistics, we will then issue the Funeral Director's Certificates of Death.

In most cases, Funeral Director's Certificates of Death will be ready and delivered to you within 5 to 7 business days from the date we receive the Medical Certificate.

The Funeral Director's Certificates of Death will be delivered to you with the Cremated Remains or provided to you at a Service.

When our funeral director meets with you in your home to complete the final arrangements, he or she will discus the number of Funeral Director's Certificates of Death you may require. Every family's needs are different. As a rule, we provide you with 10 notarized copies.

Funeral Director's Certificates of Death are used for settling estate matters, banking, insurance, transfer of vehicles, transfer of land, property, etc. A Provincial Certificate of Death is required when transferring ownership of land.

Funeral Director's Certificates of Death in Saskatchewan do not include the cause of death.

When will my deceased family member be transferred to the funeral home?

If the death has occurred in a care facility, hospice or hospital, the transfer can occur in as little as 2 hours from the time Alternatives® is notified of the death.

We are very mindful that families want the deceased transferred to our funeral home sooner, rather than later. During this time, we keep in constant contact with the hospital.

Can I confirm a day, time, and place of a Service before I contact the funeral home to notify them of a death?

We strongly recommend that you discuss your plans with the funeral home prior to making any firm commitments. Occasionally, our staff and/or vehicles and facilities may have prior Services booked at the same time.

Accordingly, we suggest you discuss your plans with Alternatives[®] before committing to a Service time, day and place.

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FAMILY ASSISTANCE GUIDE...

"A DEATH HAS OCCURRED"

With the death of someone close, comes the realization that there are important matters to be settled... and many business, legal and financial decisions to be made. Often however, the person who must take charge is the one who is least prepared to do so.

To assist the person who is called upon to help settle the estate of a deceased relative or friend, Alternatives Funeral & Cremation Services® has compiled the following information... Who to see, What organizations to contact and Where to go for help? We hope you find this helpful.

The following is only a general guide. Some of this information may or may not apply in your specific circumstance.

Legal complications may arise when settling an estate and distributing assets... even if it appears to be a relatively small estate. A lawyer can explain whether the estate must be probated and can assist in the probate application.

If there is not a Will, a lawyer can explain the legal steps necessary to administer the estate. A lawyer can also advise on the possible claims against the estate by family members or creditors. Most lawyers will provide a free initial consultation.

What is Probate?

Probate is simply the recognition by the court of the validity of the Will and the appointment of the person named in the Will as the executor. Probate is not required to validate a Will or to appoint an executor. It only confirms the validity and the appointment and is required to transfer assets from the deceased to the beneficiaries.

The Grant of Letters of Probate

This is the notice to the public that the Will complies with the basic formal requirements and that the Will was not being challenged at the point in time when the Executor named in the Will applied for Probate.

Important

Be sure to keep a copy of all your correspondence and assemble all important documents such as Marriage, Birth and Death Certificates; Wills; Bank Books; Military Papers; Social Insurance Number; Real Estate Deeds; Life, General and/or Disability Insurance Policies; Business Agreements; Stock or Bond Certificates; Income Tax Returns (recent copies); Automobile Registration and Insurance Forms; Driver's License, etc. Also be sure to cancel and destroy all credit cards held in the name of the deceased.

Contact each bank in which there is a joint account with Rights of Survivorship. These funds may now be held jointly with another family member or personally. Banks may "freeze" funds in accounts which are in the sole name of the deceased.

Joint Accounts with Right of Survivorship

Probate fees are not likely applicable to assets held jointly. Property such as a home registered between Joint Tenants or a bank account that is jointly held will likely pass outside the estate of the deceased joint owner and vest in the surviving joint owner.

Veteran's Benefits

If the deceased was a Veteran, a benefit may be available. Benefits may vary depending on whether or not the death was from a servicerelated cause.

If the deceased was receiving benefits through the Department of Veteran's Affairs, contact them at 1-866-522-2122 to notify them of the death. It is helpful if you can provide the deceased's client/file number. Eligibility for Last Post Fund (funeral) Services is determined by certain financial and military service criteria. If you have the deceased person's name, rank, service number, branch of service, discharge date, if available, and if he or she is currently receiving benefits from Veteran's Affairs, contact Last Post Fund at 1-800-465-7113.

Please see Section 10 of this guide entitled "Honouring the Lives of Those Who Serve" for more detailed information.

Other Organizations

Contact any association, union, fraternal order, automobile club, or any other organization that the deceased may have belonged to. They may provide a death benefit. In any event, you will want to know if any dues or bills are outstanding. Also see CPP Benefits in this Section 9.

Legal

If you need help with estate matters, we suggest you contact a lawyer which specializes in Wills & Estates regarding letters of probate, letters of administration, real estate transfers, or general estate questions.

Miscellaneous Accounts

Some loans, service contracts and credit card accounts are life insured, and are paid up automatically when a client dies. Check with all companies where the deceased had accounts payable. All bills must be paid on the due date. Review all cancelled cheques to determine whether or not a bill has been paid.

Saskatchewan Health

Saskatchewan Health Registration Branch must be notified of the death. Call them at 306-787-3251 or 1-800-667-7551 or visit their web site at: www.health.gov.sk.ca. They will require the Saskatchewan Health card number.

Workers' Compensation Board

If the deceased was receiving full pension

accident, contact Board Office at 306-787-4370 or 1-800-667-7590. The family may be eligible for survivor's benefits.

Employment Insurance

If the deceased was receiving Employment Insurance at the time of death, immediately notify the local employment office. The cheque ordinarily payable for the reporting period in which the death occurred *(usually 2 weeks' pay) may be collected. There are no further benefits.

Saskatchewan General Insurance (S.G.I.)

Vehicles registered, insured and valid driver's license in the name of the deceased should be transferred into the estate within 60 days. The legal representative of the estate should make the transfer of ownership. Contact your local motor license issuer or S.G.I. customer contact at 306-775-6900 or 1-800-667-9868.

Life Insurance

An original Funeral Director's Certificate of Death and copies of Birth and Marriage Certificates may be necessary before claims can be made for Life Insurance proceeds. Life Insurance Policies, even though premiums have not been paid for several years, may still be in effect through an automatic agreement stated in the policy. Keep all important papers and contact your Life Insurance Agent(s) for more information.

Service Canada

Service Canada provides Canadians with a single point of access to a wide range of government services and benefits.

When our funeral director registers the death with the Division of Vital Statistics, Service Canada will report the death to Old Age Security and/or Canada Pension Plan for you automatically. Service Canada will also notify the department responsible for cancelling the deceased's Social Insurance Number Card. If you were not able to provide the deceased's

Social Insurance Number at the time we made the final arrangements with you, then please call Service Canada at 1-800-277-9914 to notify Old Age Security and/or Canada Pension Plan of the death.

To cancel the Social Insurance Number Card, please refer to Social Insurance Number Cards information below.

Old Age Security

An Old Age Security cheque or direct deposit will be issued to the deceased pensioner at the end of the month in which the death occurred. The Estate is entitled to this final cheque, therefore simply endorse the back of the cheque... "To The Estate Of," and deposit it into the bank account of the deceased. The Identity Card belonging to the pensioner should be destroyed.

Social Insurance Number Card

When our funeral directors register the death with the Division of Vital Statistics, the deceased's Social Insurance Number Card will automatically be cancelled. Service Canada no longer requires you to return the Social Insurance Number Card.

If you were not able to provide the deceased's Social Insurance Number at the time we made the final arrangements with you, then the family must phone 1-866-274-6627 to report the death to the Social Insurance Registration Office (when prompted to "report a death", press "2").

If the paragraph immediately above applies, you will be required to send a copy of the Certificate of Death (original or Funeral Director's Statement of Death) with the Social Insurance Number printed clearly on the Certificate, as well as the first & last pages of the Will indicating the name(s) of the Executor(s), if applicable.

Alternatives® recommends that you make an appointment with Service Canada and personally take all documents with you if possible. You may also mail the above

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documents to the address below:

Social Insurance Registration, Central Index, P.O. Box 7000, Bathurst, New Brunswick, E2A 4T1, or visit: www.

Canada Pension Plan Survivor's Benefit*

Canada Pension Lump Sum Death Benefit \$2,500

(Flat Rate)

If the deceased contributed to the Canada Pension Plan, a lump sum death benefit may be payable to the Estate. Additionally, a monthly survivor's and orphan's pension may also be available.

The following documents are required to support your application for survivor's benefits.

Contributor

- 1. Social Insurance Number
- 2. Funeral Director's Certificate of Death
- 3. Birth or Baptismal Certificate or notarized copy
- 4. A copy of the Funeral Home Contract.

NOTE: If the contributor was already receiving Canada Pension Retirement or Disability Benefits, an original Funeral Director's Certificate of Death ONLY is required.

Surviving Spouse

- 1. Social Insurance Number
- 2. Birth or Baptismal Certificate or notarized copy
- 3. Marriage Certificate or notarized copy
- 4. Certificates from any previous marriages or statement explaining variances in the name.

Orphans

(To 18 Years; 25 if in school full time)

- 1. Social Insurance Number
- 2. Birth or Baptismal Certificate or notarized copy

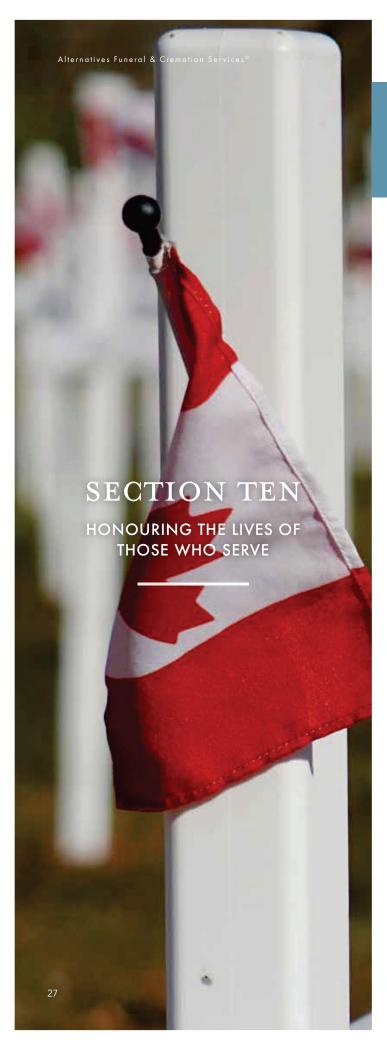
At the time of this printing, the location and phone number of CPP (Service Canada) offices below are correct, however, we suggest you call CPP at 1-800-277-9914 to confirm the location and address that best suits your needs.

1783 Hamilton Street, Regina, Saskatchewan, S4P 2B6

Canada Pension Offices

www.servicecanada.gc.ca

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HONOURING THE LIVES OF THOSE WHO SERVE

Veterans Affairs Canada ensures that eligible Veterans receive dignified funeral and burial services. Veterans Affairs Canada defines a Veteran as any former member of the Canadian Armed Forces who successfully underwent basic training and was honourably discharged.

The Last Post Fund, a non-profit organization, delivers the program on behalf of Veterans Affairs Canada.

To be eligible for the Last Post Fund program, Veterans must meet both a Military Service criterion and either a Service-related (Matter of Right) or Financial (Means Tested) criteria.

Military Service

Under the program, the Last Post Fund may provide funeral and burial assistance to:

- A former member of the Canadian Armed Forces or any predecessor naval, army or air forces of Canada or Newfoundland; or;
- A Canadian Merchant Navy Veteran of the Second World War or the Korean War; or;
- An Allied Veteran who served with the Allied Forces during the Second World War or the Korean War. The Veteran must also have lived in Canada for at least 10 years or lived in Canada prior to enlisting and was living in Canada at their time of death.

Service-related (Matter of Right)

When a Veteran received (or qualified for) a disability benefit from Veterans Affairs Canada and died because of that service-related disability, funeral and burial assistance may be granted as a matter-of-right.

Financial (Means Tested)

Eligibility is based on net assets at the time of death. If the assets of the deceased Veteran and the financial resources of the estate are insufficient to cover funeral and burial costs, a total or partial coverage of the cost is possible.

In determining eligibility for means-tested assistance, the following assets in the deceased's estate will not be included in the calculation of financial status:

- Assets to a value of \$41,612 where the deceased left a surviving spouse;
- Assets to a value of \$700 for each dependent child;
- The family home and the family automobile, and;
- Regular income cheques (payments made under Old Age Security, Guaranteed Income Supplement, War Veterans Allowance and disability payments) issued to the deceased for the month of the death.

Where the deceased is not survived by a spouse or dependant children, all estate assets are examined to determine financial needs.

Financial and burial expenses of the deceased, as well as other debts, are considered when determining the value of the estate. If it is determined that the estate and if applicable, the financial resources of any surviving spouse are sufficient to provide for the funeral and burial, assistance will not be approved. If there are sufficient assets to cover a portion of the expenses, a grant in the amount of the difference, up to the maximum amounts stipulated by Veterans Burial Regulations, may be approved.

Benefits

Assistance towards funeral and burial expenses is calculated in accordance with the amounts determined in the Veterans Burial Regulations. The current (2021) maximum rate payable toward funeral home costs such as professional services, casket and urn is \$7,376 plus taxes. Over and above this amount, the cost of a plot, cemetery charges for opening and closing, the cost of cremation and other related costs may also be covered (maximums apply).

The application should be made at the time of death. The Last Post Fund does not offer "prearrangements", although some guidance can be given in advance. When a death occurs, the Veteran's family or estate should contact the Last Post Fund as soon as possible. They can be reached at 1-800-465-7113 or by email info@lastpost.ca. Please note there is a one-year time limit to apply for funeral and burial benefits.

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SECTION ELEVEN

EXPERIENCING GRIEF

ABOUT THE AUTHOR

Dr. Alan Wolfelt is a respected author and educator on the topic of healing in grief. He serves as Director of the Center for Loss and Life Transition and is on the faculty at the University of Colorado Medical School's Department of Family Medicine. Dr. Wolfelt has written many compassionate, bestselling books designed to help people

mourn well so they can continue to love and live well, including Understanding Your Grief, The Mourner's Book of Hope, and Healing Your Grieving Heart: 100 Practical Ideas. Visit www. centerforloss.com to learn more about the natural and necessary process of grief and mourning and to order Dr. Wolfelt's books.

AFTERWARDS

HELPING YOURSELF HEAL

The Grief Journey

Someone you love has died. You are beginning a journey that is often frightening, painful and sometimes lonely. No words, written or spoken, can take away the pain you now feel.

I hope, however, that this packet will bring you some comfort and encouragement as you make a commitment to help yourself heal.

Perhaps someone has already said to you, "In time, you'll feel better." Actually, time alone has nothing to do with healing. To heal, you must be willing to learn about and understand the grief process and how it will affect you today, tomorrow and forever.

As scary as this may sound, you will never "get over" your grief. Instead, you will learn to live with it. This does not mean that you will never be happy again. On the contrary, many bereaved people who have moved toward healing find their lives even fuller and more meaningful than they were before the death of someone loved. If you allow yourself the time and compassion to mourn, if you truly work through your grief, you, too, will heal. You too will go on to find continued meaning in living and loving.

WHAT YOU MAY FEEL

So, what can you expect in the weeks and months ahead? It depends. You see, grief is different for every person. It may also feel different for you now than it did if someone close to you died in years past. Grief is never the same twice.

While your grief is unique, it might help you to understand some of the most common emotions associated with grief:

Shock

You may feel dazed and stunned, especially during the time immediately following the death. This feeling is nature's way of protecting you from an overwhelming reality. You may experience heart palpitations, queasiness, stomach pains or dizziness. You may also find yourself crying hysterically, screaming angrily or even laughing. These behaviors help you survive during this extraordinarily difficult time.

Confusion

After the death of someone loved, you may feel a sense of ongoing confusion. It's like being in the middle of a wild, rushing river where you can't get ahold of anything. Disconnected thoughts race through your mind and you may be unable to complete any tasks. As part of your confusion, you might also experience a sense of the dead person's presence or even have fleeting glimpses of the person across the room. I call this latter experience, which is very common and very normal, a "memory picture."

Anxiety

As your head and heart begin to miss the person who died, you may naturally feel anxious. You may fear that you or others you love will die, too. You may doubt your ability to survive without the person who died. You may feel anxious about everyday realities, such as work or finances. You may even panic as you think through the repercussions of this death.

Anger

Anger and its cousins hate, blame, terror, resentment, rage and jealousy are normal responses to the death of someone loved. With loss comes the desire to protest. Explosive emotions such as these provide the vehicle to do so. If feelings like these are part of your grief journey, be aware that you have two avenues for expressing them: outward or

inward. The outward avenue leads to healing; the inward avenue does not. Critical to your healing is finding someone who doesn't judge you but allows you to feel whatever you feel.

Guilt

When someone you care about dies, it's natural to consider the "if-only's: If only I had died instead. If only I had told her to buckle her seatbelt. You may also feel guilty if a part of you feels relief—common after extended illnesses or as a product of ambivalent relationships. While these feelings of guilt or regret are natural, they are sometimes not logical to those around you. But remember-thinking is logical; feeling is not.

Sadness

Someone you love has died, and you hurt. Your full sense of loss will never occur all at once. Weeks or often months will pass before you are fully confronted with the depths of your sadness. This slow progression is good. You could not or should not tolerate all of your sadness at once. Your body, mind and spirit need time working together to allow you to embrace the depth of your loss. Be patient with yourself.

Physical Symptoms

You may also experience physiological changes as part of your grief. Actually, one literal definition of the word "grievous" is causing physical suffering. You may be shocked by how much your body responds to the impact of your loss. Among the most common physical responses to loss are trouble with sleeping and low energy. You may have trouble getting to sleep or you may wake up early in the morning and have trouble getting back to sleep. You may also find yourself feeling more tired than usual.

Muscle aches and pains, shortness of breath, feelings of emptiness in your stomach, tightness in your throat or chest, digestive problems, sensitivity to noise, heart palpitations, queasiness, nausea, headaches, increased allergic reactions, changes in appetite,

weight loss or gain, agitation and generalized tension—all are ways your body may react to the loss of someone loved.

Good self-care is important at this time. The stress of grief can suppress your immune system and make you more likely to experience physical problems. See a physician for specific physical symptoms that concern you.

MYTHS ABOUT GRIEF

If you are to heal, you must first become aware of and dispel a few common myths about grief and mourning. Don't condemn yourself or others if, as you read this section, you realize you believe in some of these myths. Instead, make use of any new insights to help you accomplish your work of mourning in a healthier way.

Myth #1:

Grief and mourning are the same.

Most people use the words "grieving" and "mourning" interchangeably. Actually, grief is the composite of thoughts and feelings about a loss you experience within yourself. Mourning, on the other hand, is the external expression of that grief. Crying, talking about the person who died, or celebrating special anniversary dates are just a few examples of mourning. After someone loved dies, friends may encourage you to keep your grief to yourself. Healing begins, however, only when you begin to mourn publicly in the presence of understanding, caring people who will not judge you.

Myth #2:

There are predictable stages to grief.

You have probably already heard about the "stages of grief." Somehow the notion of stages comforts people as they try to make sense of death. "If only I can get through

these first two stages," they might think to themselves, "I'll be O.K." While grief often manifests itself in similar ways, and at times there is a logical progression of emotion, grief is not predictable. It is tempestuous and fickle, revisiting its earlier emotions without warning, bounding here and there, sometimes skipping "stages" altogether. Let your own personal experience with grief guide you.

Myth #3:

We should avoid the painful parts of grieving.

Our society often encourages prematurely moving away from grief instead of toward it. The result is too many bereaved people either grieve in isolation or run away from their grief. Far too many people view grief as something to be overcome rather than experienced. When you avoid the pain of grief, you avoid healing. Instead, you must learn to slowly embrace the full force of this pain so that someday you can again embrace happiness.

Myth #4:

We should "get over" our grief as soon as possible.

Instead of the traditional term used to describe the final "stage" of grief—resolution or recovery—I prefer the word reconciliation. Reconciliation does not mean getting over your grief, it means growing through it. With reconciliation—which typically takes weeks or even years to achieve—you will feel a renewed sense of energy and confidence, an ability to fully acknowledge the reality of the death, and the capacity to become reinvolved with the activities of living. You will also come to acknowledge that pain and grief are difficult but necessary parts of living.

I have had the privilege to work with thousands of bereaved people. I have also experienced a number of significant losses in my own life. From these grief journeys I have learned one critical lesson: those who grieve without mourning do not heal.

Mourning in our culture isn't always easy. Most people try to avoid pain and other feelings of loss. Why? Because the role of suffering is misunderstood. Normal thoughts and feelings connected to loss are typically seen as unnecessary and sometimes shameful. Society wrongly implies that if you, as a bereaved person, openly express your feelings of grief, you are immature. If your feelings are fairly intense, you may be labelled "overly emotional" or even "crazy." Instead of encouraging you to express yourself, our culture's unstated rules would have you avoid your hurt and "be strong."

If you take these grief-repressive messages to heart, you may become powerless to help yourself heal. Thinking that mourning is wrong may tempt you to act as if you feel better than you really do. Ultimately, if you deny your emotions, you deny the essence of life. To heal in grief, you must also acknowledge that you are not a "patient" who needs someone to do something to make you feel better. Grief is not a disease. Instead, it is the normal, healthy process of coping with the death of someone loved. And while no "treatment" exists for what you are feeling, I promise you that if you can see yourself as an active participant in your healing, you will experience a renewed sense of meaning and purpose in your life.

REACHING OUT FOR HELP

When someone you love dies, you must mourn if you are to heal. But healing also requires the support and understanding of those around you as you embrace the pain of your loss.

Perhaps the most compassionate thing you can do for yourself at this difficult time is to reach out for help from others. Think of it this way: Grieving may be the hardest work you have ever done. And hard work is less burdensome when others lend a hand. Life's greatest challenges—getting through school, raising children, pursuing a career—are in many ways team efforts. So it should be with mourning.

Friends and family members can often form the core of your support system. Seek out people who encourage you to be yourself and who acknowledge your many thoughts and feelings about the death. What you need most now are caring, non-judgmental listeners.

You may also find comfort in talking to a minister or other church leader. When someone loved dies, it is natural for you to feel ambivalent about your faith and question the very meaning of life. A clergy member who responds not with criticism but with empathy to all your feelings can be a valuable resource.

A professional counselor may also be a very helpful addition to your support system. In fact, a good counselor can be something friends and family members can't: an objective listener. A counselor's office can be that safe haven where you can "let go" of those feelings you're afraid to express elsewhere. What's more, a good counselor will then help you constructively channel those emotions.

For many grieving people, support groups are one of the best helping resources. In a group, you can connect with others who have experienced similar thoughts and feelings. You will be allowed and gently encouraged to talk about the person who died as much and as often as you like.

Remember, help comes in different forms for different people. The trick is to find the combination that works best for you and then make use of it. Grieving may be the hardest work you have ever done. And hard work is less burdensome when others lend a hand.

SELECTED READING LIST

The following books have been helpful to many grieving people.

Felber, M. Finding Your Way After Your Spouse Dies, Ave Maria Press, 2000. F

Grollman, E. Living When A Loved One Has Died, Beacon Press, 1977.

Levy, A. The Orphaned Adult: Understanding and Coping with Grief and Change After the Death of Our Parents, Perseus Book Group, 2000.

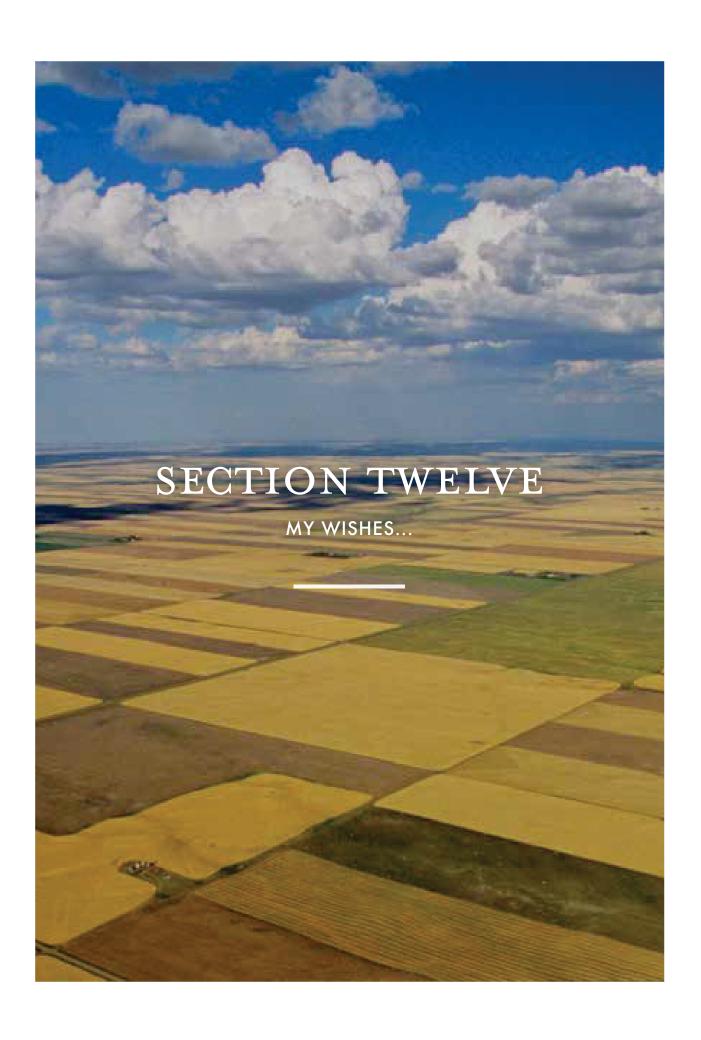
Wolfelt, A. Healing Your Grieving Heart: 100 Practical Ideas, Companion Press, 2001.

Wolfelt, A. The Journey Through Grief: Reflections on Healing, Second Edition, Companion Press, 2003.

Wolfelt, A. The Paradoxes of Mourning: Healing Your Grief with Three Forgotten Truths, Companion Press, 2015.

Wolfelt, A. Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart, Companion Press, 2003.

Wolfelt, A. The Wilderness of Grief: Finding Your Way, Companion Press, 2007.



TO MY FAMILY AND FRIENDS:

I wished to spare you as much anxiety, doubt and confusion as possible at the time of my death, so in this guide I have suggested some arrangements in advance.

This guide includes vital statistics, any Service guidelines and /or cemetery requests, which are all important to share with the funeral director while assisting you to plan the details of my arrangements.

The guide also includes more personal material for eulogies, obituaries and other remembrances.

Please accept these arrangements in the spirit they are given; with love, hoping to give you comfort and help you to remember the times we shared.

Signature: Witness:	
vvimess:	Date:
Person to be notified upon my	v death:
Name:	
Address:	
Telephone:	
Relationship:	
MY PREFERENCES FOR	THE SERVICE OR EVENT:
Clergy or Officiant:	or Funeral Home to recommend
Pallbearers (Six are recommended)	
1	4
2	
3.	6.

Musical Tributes:					
Soloist:					
Organist / Pianist:					
Congregational Hymns:					
Favourite Genre or Artist:					
Community Organizations or Clubs that may participate:					
Notes:					

PROVINCIAL REGISTRATION OF DEATH-DIVISION OF VITAL STATISTICS

NAME	SURNAME	ALL GIVEN NAM	ES				
	COMPLETE STREET ADDRESS If rural give exact location (Not Post Office or Rural route address)						
USUAL RESIDENCE	CITY, TOWN OR OTHER PLACE (L						
	HEALTH CARD NO.		S.I.N.	M F			
MARITAL STATUS	□ NEVER MARRIED □ :	SEPARATED DIVORCED	IF MARRIED, WIDOWED OR DIVORCED GIVE FULL NAME OF HUSBAND OR FULL MAIDEN NAME OF WIFE				
OCCUPATION	KIND OF WORK DONE DURING M	OST OF WORKING LIFE	KIND OF BUSINESS OR INDUSTRY IN WHICH WORKED				
BIRTHDATE	MONTH (by name), DAY, YEAR OF BIRTH						
BIRTHPLACE	CITY TOWN OR OTHER PLACE PROVINCE (or country) OF BIRTH						
FATHER	SURNAME AND GIVEN NAMES OF FATHER BIRTHPLACE - CITY OR PLACE, PROVINCE OR COUNTRY						
MOTHER	MAIDEN AND GIVEN NAMES OF MOTHER BIRTHPLACE - CITY OR PLACE, PROVINCE OR COUNTRY						
EXECUTOR	NAME ADDRESS						
OR NEXT-OF-KIN	POSTAL CODE	TELEPHONE NO.	E-MAIL	RELATIONSHIP TO DECEASED			
ALTERNATE	NAME		ADDRESS				
CONTACT	POSTAL CODE	TELEPHONE NO.	E-MAIL	RELATIONSHIP TO DECEASED			
ADDITIONAL INF	ODAA ATIONI.						
ADDITIONALINE	ORMATION.						
	Signature:						
	VATIVES*						
FUNERAL & CREMATION SERVICES		Date:					

Final ARRANGEMENTS

1.	Type of Findi Arrangement (Check a	pprop	ndie box - see s	ecilon /	riaciica	ii iniormalio	in for de	scripiion):	
	ALTERNATIVES EVENT		FUNERAL SERVI	CE		Open Cas	ket 📮	Closed (Casket
	☐ GRAVESIDE SERVICE		MEMORIAL SER	VICE		DIRECT CF	REMATIO	n or bu	JRIAL
	GREEN BURIAL		GREEN CREMA	TION		HYDRO-C	REMATIC	N	
2.	I request that my Event is to be condi	ucted	by:						
	☐ Clergy		Non-Religious			Celebrant			
	☐ Family Member		Other						
3.	I request that my Alternatives Event [™]	/ Fune	eral / Memorial	Service	is to be he	eld at:			
		(Name of Church OR A:	sembly Fac	cility)				
4.	I would like a reception to follow:		YES		NO				
5.	I request my body be:		CREMATED		BURIED		HYDRO	-CREMA	ΓΙΟΝ
6.	If BURIAL , name of cemetery:								
7.	I already own burial property at the	above	e cemetery:			YES		NO	
8.	If CREMATION, I wish that my crem BURIED AND MEMORIALIZED I			EMATIC	ON PLOT				
			(Name and place o	cemetery)					
	OR, PERMANENTLY SCATTERED:	<u> </u>	N LAND			AT SEA		OTHER	
	IF OTHER, specify:								
	CREMATED REMAINS TO BE RE	TURN	IED TO:			☐ MY	FAMILY [EXECU	JTOR
9.	I would like to have my Event broade	cast vi	a the Internet (this	s allows	friends ar	nd family m	embers fr	om	
all over	r the world to be virtual guests at your	event	t):			YES	ı	□ NO	
10.	I would like a Video Tribute DVD sho	own at	my event and co	pies avo	ailable for				
						YES		□ NO	
11.	I wish to assist my executor by having	g Alte	rnatives® provide	a perso	nalized E	state Assista	ance Guid	de for	
his or h	ei use.					YES		□ NO	
	For a complete description o	of all o	f our services and	l produc	t options,	please visit	t our web	site at:	

www.MyAlternatives.ca

MY PERSONAL LIFE REVIEW FOR A SERVICE OR EVENT AND EULOGY:

I would like the following religious beliefs expressed:
Favorite poem, verse or scripture:
Some significant accomplishments in my life:
One of my fondest memories:
One of the greatest inspirations in my life:
Favorite places:
Favorite color, flower, food, etc.:
I want my family to remember me for:
A message to my family and friends:



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