

VANCOUVER



## ADVANCE PLANNING & BEREAVEMENT GUIDE

DIFFERENT. ON PURPOSE.®



ALTERNATIVES®  
FUNERAL & CREMATION  
SERVICES



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# WELCOME TO

# ALTERNATIVES FUNERAL & CREMATION SERVICES®

## ADVANCE PLANNING AND BEREAVEMENT GUIDE

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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 don't want in final arrangements - but aren't always sure what they do 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-

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 in-home 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](http://www.MyAlternatives.ca)



# Estate Lawyers

Bring image up and bring logo down like we did on Wild Rose

Scale up sub copy - improve legibility

Scale up all copy

Larger typeface

Estate Planning | Wills | Enduring Power of Attorney | Trusteeship  
Personal Directive | Guardianship | Trusts | Estate Administration | Real Estate



Nathan Lidder

Coal Harbour Law has had the honour of serving clients in Vancouver, the North Shore and the Lower Mainland since 2016. Our knowledge of estate matters has been crafted from handling the most complex plans and administering large estates. It is our privilege to be able to share that knowledge with our clients and present unique strategies and tools to navigate the most difficult of times.

We take pride in assisting clients with all aspects of their estate plan. We often draft Wills, Power's of Attorney and Representation Agreements tailored to each individuals needs. Our advice is based on experience and a desire to provide clients with sound and practical guidance on all aspects of estate planning. We work closely with all clients

to ensure that there is a clear understanding of the plan and how the estate document's function. However, it is our personal touch and compassionate response to sensitive topics that sets us apart.

Our office assists with estate administration, with or without a Will. Such applications require notice to beneficiaries, drafting of court application forms, collecting asset/liabilities and finalizing the grant. We also assist executors in their role including making court applications such as seeking court orders to cure defects in a Will. We may also start legal claims on behalf of the estate or defend legal claims made against the estate. **We look forward to being your counsel.**

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Contact us today at:

778-724-1317 or [nlidder@coalharbourlaw.ca](mailto:nlidder@coalharbourlaw.ca)

**KIT &  
COOP**  
REAL ESTATE

# EVERY HOME HAS A STORY TO TELL.

Improve legibility of CTA - thicken up copy on phone number and email address

Increase font size

## WHAT'S YOURS?

Maybe change image as it's too dark

The sale of real estate can involve a daunting to-do list to ensure an efficient sale for the best price possible. All this on top of dealing with a loss, planning a funeral and all the emotion that comes with that can make it feel like an impossible task. At Kit & Coop, we see that list as our job, not yours, our team of experienced agents and support staff will handle all the details.

As North Shore and Downtown residents, not only do we know the area well, we live and breathe it, applying our passion and expertise for real estate honestly and earnestly. This, coupled with 20 years of real estate experience between us, is what enables us to provide the best possible customer service for our clients, and has resulted in the successful sale of over 300 homes in the Vancouver area.

Get in touch today to see what we can do for you.

**CONTACT KIT** PREC\*

604.506.5019

kit@kitandcoop.com

**CONTACT HUGH** PREC\*

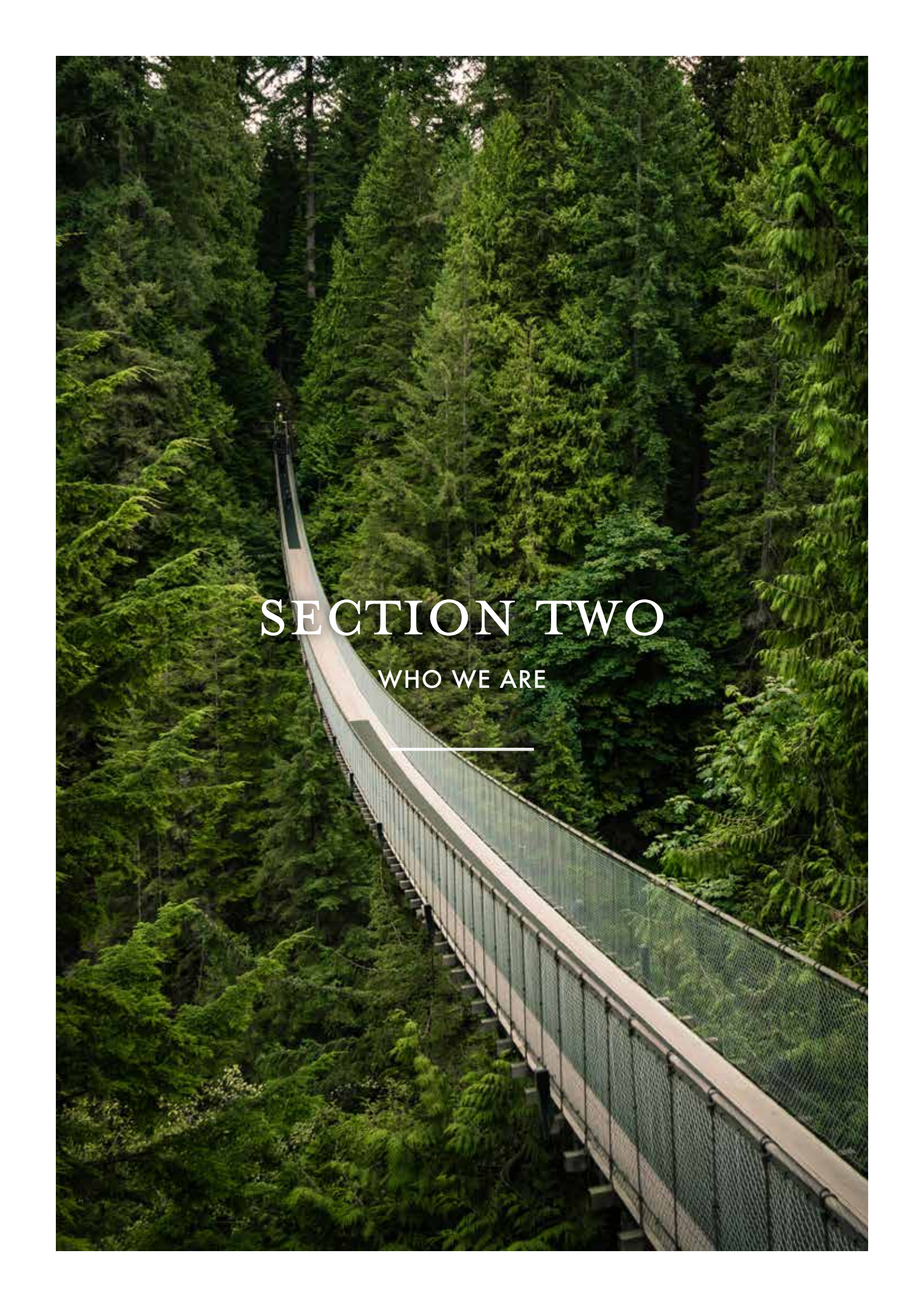
778.998.4844

hugh@kitandcoop.com

**WWW.KITANDCOOP.COM**



THEAGENCY

A high-angle, vertical photograph of a long suspension bridge with a green mesh railing, stretching over a dense forest of tall evergreen trees. The bridge is the central focus, curving slightly as it recedes into the distance. The text 'SECTION TWO' is overlaid in white, serif font, centered horizontally and positioned in the upper-middle part of the image. Below it, the text 'WHO WE ARE' is also in white, serif font, centered horizontally and positioned slightly lower. A thin white horizontal line is placed below the text 'WHO WE ARE'.

# SECTION TWO

WHO WE ARE

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# TYREL BURTON

OWNER



In 2004, Tyrel knew that to be successful in business in the 21st Century, it would be important to obtain a formal education & foundation in owning and operating a business. Shortly after completing his studies at the University of Manitoba, Tyrel moved to Vancouver in 2006 and enrolled in the Chartered Accountant program at one of the largest accounting firms in Canada.

After practicing as a Chartered Accountant for a few years, Tyrel felt that the “Corporate” environment of a large international accounting firm lacked the personal touch he was used to while working at his family’s business in Winnipeg.

So, following his dream, Tyrel decided to search out new opportunities. Through family, he was introduced to the owner of Alternatives Funeral & Cremation Services® in 2012.

He felt an instant connection to the “family feel” and founding principles of Alternatives® and knew then that his career path was about to change. By mid-2013 Tyrel had joined Alternatives Funeral & Cremation Services® as Managing Director.

On August 1st, 2017, while celebrating

Alternatives® 25th anniversary, Tyrel’s dream had come true. Burton purchased Alternatives Funeral & Cremation Services® and its associated companies and is the new owner of Alternatives Funeral & Cremation Services®.

While the founder and former owner remains in an active role for the next few years as a Company Director and Senior Advisor, Tyrel’s focus & mission is to maintain those same founding principles and affordability that has been the cornerstone of Alternatives® since its founding in 1992.

Please visit our website at:

**[www.MyAlternatives.ca](http://www.MyAlternatives.ca)**

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# LAWRENCE G. LITTLE

FOUNDER



Lawrence G. Little, founded Personal Alternative Funeral Services® in 1992, has a distinguished 50-year career in the British Columbia funeral industry.

Lawrence began his apprenticeship in the funeral business in 1971. After completing a two-year apprenticeship and Mortuary College, Lawrence received his Certificate of Apprenticeship and Certificate of Trades Qualification for "Funeral Directing and Embalming" and was issued his license by the Province of B.C.

In 1980, Lawrence began a six-year term as a Director of the British Columbia Funeral Association and served as Chairman of the Professional Education Committee, the Public Education Committee, and the Management Committee.

Little has designed and conducted numerous funeral service training seminars and workshops throughout B.C. and Canada, as well as international seminars for the International Order of the Golden Rule, an affiliation of funeral homes world-wide.

Throughout his career, Lawrence has received several "Service Awards" for his contribution to funeral service and has served on numerous government and

legislative Advisory Boards spanning his career.

Early in 1987, Lawrence joined a large independent funeral company as their Regional Manager, overseeing the operation of eight funeral home locations, a crematorium, florist shop and monument company. In 1989, the company was sold to a funeral conglomerate based in the United States.

In 2009, Lawrence was elected for a 3-year term to the Board of Directors of the prestigious International Chicago based Cremation Association of North America. Little also chaired the CANA's International convention held in Vancouver in 2012.

Lawrence sold the companies to an employee upon the companies 25th anniversary on August 1, 2017 and continues in an active role for the next few years as a Company Director and Senior Advisor to the new owner, Tyrel Burton.

## 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.

## SECTION THREE

### OUR HERITAGE

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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 we've become the largest independently owned funeral home, in Western Canada, in terms of the number of families we serve annually.

By the fall of 1993, our name & reputation had grown immensely, and we began receiving inquiries from funeral directors asking if we would franchise the system. Now, in our 30th year, we have 8 partner locations throughout Western Canada.

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 Event™, we will work with you to create a meaningful experience that is right for you, the deceased and your circumstances.



Lawrence G. Little, Founder



# PLANNING A BURIAL OR CREMATION

## A BRIEF OVERVIEW

## SECTION FOUR

### PLANNING A BURIAL OR CREMATION

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 by providing all the information you'll need to allow you in making clear, informed choices that are right for you.

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 Event™.

One of your first decisions would be whether you want burial or 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. 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 is imminent, we suggest you contact the doctor looking after the individual and

inquire about completing a Notification of Expected Death in the Home. This document is completed by the physician and the immediate next of kin and is kept at the home where the death will likely occur. Once death has occurred, you are then able to contact Alternatives® to arrange for the transfer of the deceased to the funeral home. This step is important as it eliminates the drama of the ambulance, police and coroner having to attend.

 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 setting 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 BC 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 or coroner and then register both these documents with Vital Statistics and issue Burial or Cremation Permits and subsequently issue the Certificate(s) of Death. It is the Certificate(s) of Death that you will need for completing the estate, applying for benefits, banking, etc. Our funeral director will help you decide how many to order and Alternatives® will deliver them to you personally. See sample Registration of Death in Section 12 on page 38.

 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 - Section 9.

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.

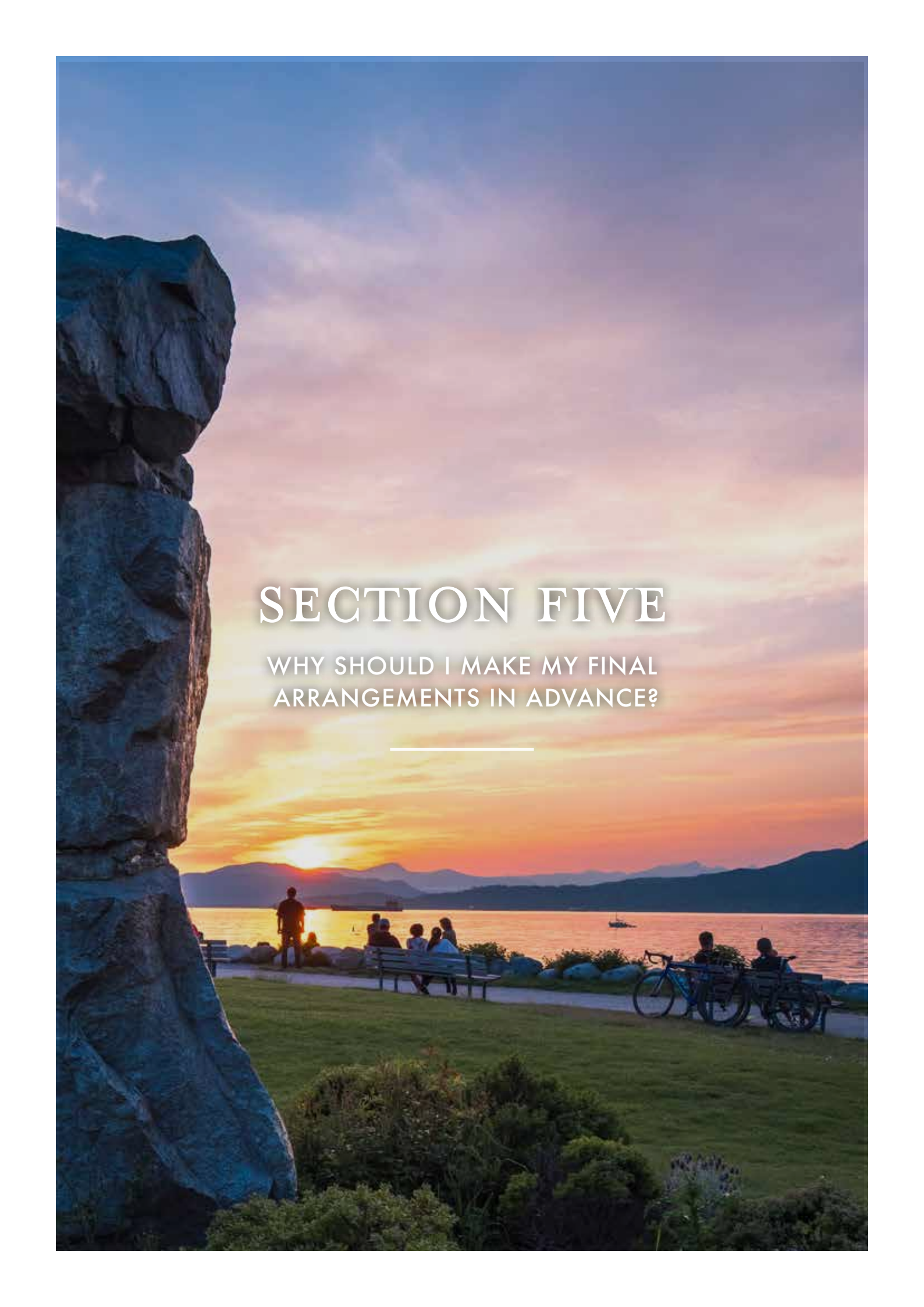
Please visit our website at:

**[www.MyAlternatives.ca](http://www.MyAlternatives.ca)**



ALTERNATIVES®  
FUNERAL & CREMATION  
SERVICES

DIFFERENT. • ON PURPOSE.®

A scenic sunset over a body of water, likely a fjord. In the foreground, a large, dark, craggy rock formation is visible on the left. A paved path runs along the water's edge, where several people are sitting on a wooden bench, looking out at the sunset. Two bicycles are parked on the path to the right. The sun is low on the horizon, casting a warm, orange glow across the sky and water. The sky is filled with soft, pink and orange clouds. In the distance, mountains are visible across the water.

# SECTION FIVE

WHY SHOULD I MAKE MY FINAL  
ARRANGEMENTS IN ADVANCE?

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# 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 plan-in-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.

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**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.**

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## SECTION SIX

### PRE-FUNDING

## 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®, Assurant Life of Canada will refund 100% of what you've paid without any penalties. The person who purchases the pre-arrangement is always in control of the money, which makes us different from other funeral homes.

Your money is safe and secure with Assurant Life of Canada, our insurance underwriter. Assurant 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 Assurant 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.

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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.

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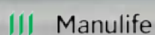
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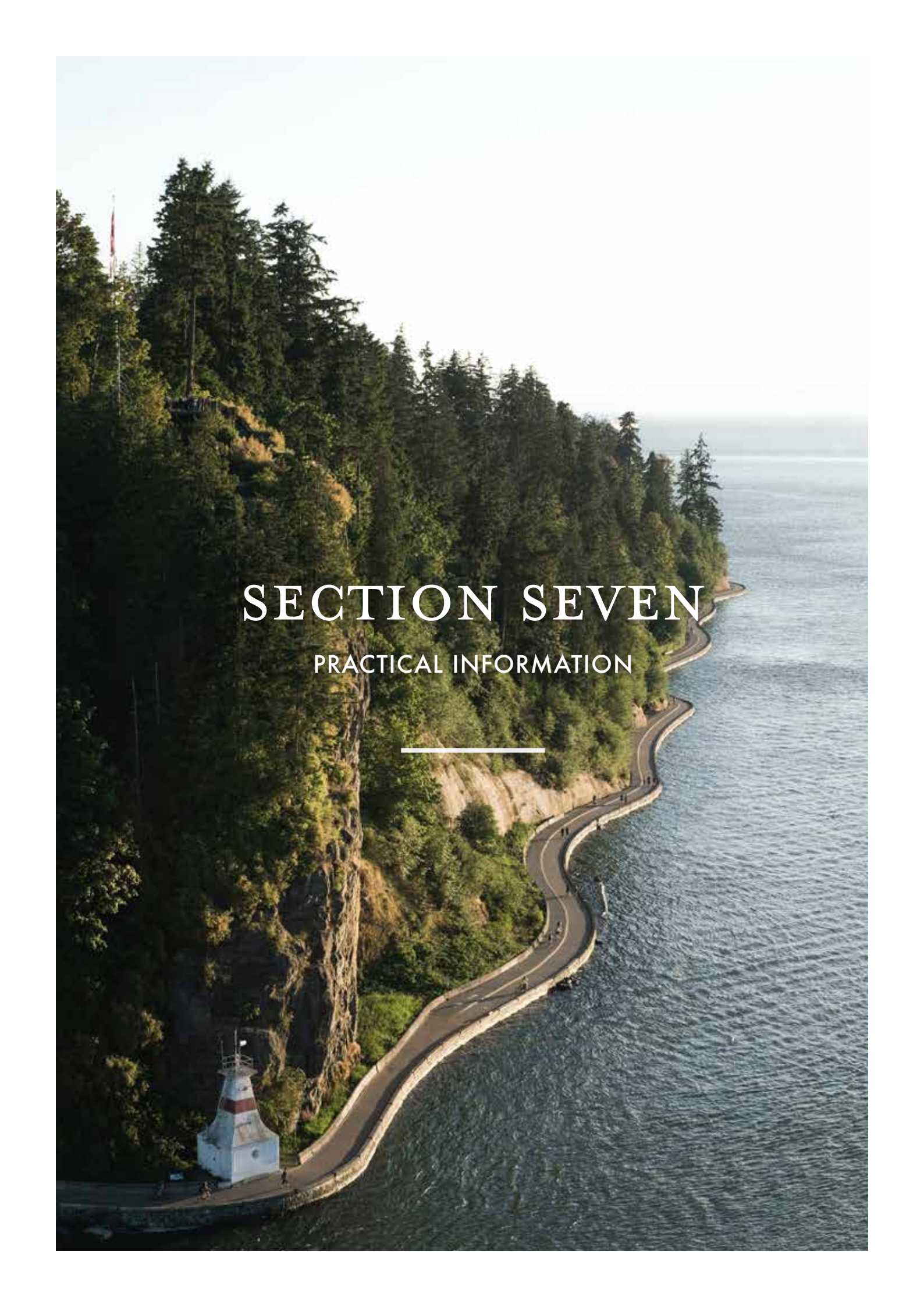


Call Alan at **778-807-0507**



[www.venturefirstadvisory.com](http://www.venturefirstadvisory.com)

Suite 218 - 970 Burrard St., Vancouver, BC V6Z 2R4

An aerial photograph of a coastal road winding along a steep, forested cliff. The road is paved and has a white guardrail. To the left of the road, the cliff is covered in dense green trees and shrubs. A small, white, conical lighthouse with a red band is situated on the cliff edge. The road curves along the coastline, with the ocean visible to the right. The sky is clear and blue.

# SECTION SEVEN

PRACTICAL INFORMATION

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# 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. We'll even broadcast the event via the internet.

### 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 not present, but where the cremation 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, including broadcasting the event via the internet.

### 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 a dove release or even 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 & jewelry.

### Alternatives Event™

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 don't want... but are not real clear of what they do want, and what options are available.

To address this situation, Alternatives® has created a completely new and unique Service option...

#### ***the Alternatives Event™***

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 Event™ encourages the involvement and participation.

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

## Green Services

At Alternatives Funeral & Cremation Services®, we are proud to be one of only a select few funeral homes in North America that are 3-Leaf rated by the Green Burial Council of North America. We offer services and products that not only create a meaningful event or cremation experience, but also minimizes the overall environmental impact on Mother Earth. We offer sustainable death care services that result in the reduction of carbon emissions, toxification, and waste.

From caskets and urns made of biodegradable materials, to environmentally friendly cremation and embalming methods, and alliances with Green Certified cemeteries, we strive to conserve natural resources, and preserve our habitat. Learn more about our Green products, including caskets and urns, at our website.

## 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 Services

Almost every city or municipality in the Lower Mainland & Fraser Valley operate cemeteries. Most of these cemeteries will have a "resident" rate and a "non-resident" rate. So, if you purchase a cemetery plot in the jurisdiction in which the deceased resided, the "resident" rate applies and is lower than the "non" resident rate. 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 and may be significantly higher priced than the municipal cemeteries.

## Cremation Options

There are many options for the final disposition of Cremated Remains (commonly referred to as "ashes"). Cremated Remains may be scattered on your own property, but not (legally) scattered on private lands, such as parks, beaches, golf courses, etc. If you intend to scatter Cremated Remains on land (a Favourite location), we have special "themed" scattering tubes which are especially designed to make land scattering discrete.

Scattering on water is often done, but Cremated Remains 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 just 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 emotionally dignified method of disposition on water. Alternatives® offers scattering on local BC waters. This takes place once a year with a licensed Funeral Director present. Alternatives® will provide you with a Certificate of Scattering indicating the exact longitude and latitude of where the Cremated Remains were scattered.

All cemeteries have options for burial of cremated remains and some have scattering and memorialization options as well. For more options, please contact Alternatives® Funeral & Cremation Services.

[www.MyAlternatives.ca](http://www.MyAlternatives.ca)



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or call us directly at **778-400-1885**

## SECTION EIGHT

### COMMONLY ASKED QUESTIONS

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## QUESTIONS

WE'RE COMMONLY ASKED...

### How do we really know if we are getting my family members' Cremated Remains 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. Immediately prior to cremation, this identification is re-confirmed by 2 of our staff independently. We 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 who's Cremated Remains you receive. As the crematorium is in our funeral home, no third-party facilities are used.

### Is embalming required for burial or cremation?

The short answer is no. However, embalming is 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.

## Can we have a viewing if we choose cremation?

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

## Can we watch the 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. Most cemeteries are required to place 25 percent of the purchase-price of the plot into a perpetual care fund. This fund then ensures that there will always 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.

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

The answer is, no., You are not legally required to identify the deceased. Some exceptions may apply where the identity of the deceased is in question. In this case, you may be required to sign a Visual Identification Waiver.

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 Options in Section 7, 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 for interment. And, after a Service followed by cremation, the casket is transferred to our crematorium.

## 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 size of a cremation urn should, at a minimum, be equivalent of 250 square 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 wish. 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 his or her Cremated Remains spread or scattered in multiple locations. Frequently, cremation jewelry is purchased and will contain a small portion of Cremated Remains.

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

Alternatives Funeral & Cremation Services® staff have been appointed as District Registrars for the Division of Vital Statistics in British Columbia.

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 has 48 hours from the time of death 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 Certificate(s) of Death. In most cases, these will be ready and delivered to you within 5 to 7 business days from the date we receive the Medical Certificate. These certificates 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 discuss the number of certificates you may require. Every family's needs are different. As a rule, we suggest 1 original and 3 notarized copies of the Certificate of Death. These are used for settling estate matters, banking, insurance, transfer of land property and vehicles, etc. Certificates of Death in British Columbia 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 private home (with Notice of Expected Death) the transfer can occur in as little as 2 hours from the time Alternatives® is notified of the death.

If the death has occurred in a general hospital, it may take 2 or 3 days before the hospital can contact the physician and obtain a release. 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.

We suggest you discuss your plans with us before committing to a Service time, day and place.

[www.MyAlternatives.ca](http://www.MyAlternatives.ca)



| Referred Partner |

# SYMPATHY FLOWERS

BY BLOSSOM & VINE

Sympathy and Memorial flowers are a beautiful tribute to the departed. When you order funeral flowers from Blossom & Vine, our skilled and compassionate florists will work directly with the funeral home to ensure that your delivery is timely and accurate.

Call us now on **604-428-2004** | 156 E. 11th Avenue, Vancouver, BC

**BlossomAndVineFloralCo.com**



**BuddyWithaTruck.ca**

| Referred Partner |

Following the death of someone close, there are many chores and estate matters to be dealt with. One of them may be preparing a home for sale and / or moving personal belongings. This can be daunting and emotional.

Whether a house, condo, townhome or apartment, leave the cleanup, removing, and discarding of unwanted items to Buddy With A Truck. We have years of experience in providing everything from simply removing unwanted furniture or appliances, to moving all your household items to a new residence.

Whether large or small, we'll provide all your moving needs. Rely on our personnel to ease the task for you. Call us for a personal ON-SITE, no obligation quote, or simply text or email a photo of the items you want taken away or moved and we will provide a firm quotation.

Serving the entire Metro Vancouver & Fraser Valley areas.

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**sales@buddywithatruck.ca**

# FAMILY ASSISTANCE GUIDE...

"A DEATH HAS OCCURRED"

## SECTION NINE

### FAMILY ASSISTANCE GUIDE

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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 applicable to assets held jointly. Property such as a home registered between Joint Tenants or a bank account that is jointly held will pass outside the estate of the deceased joint owner and vest in the surviving joint owner.

## BC Health

British Columbia Medical Services must be notified of the death. Call them at **604-683-7151, then select opt "1", or 1-800-663-7100**, or visit their web site at: [www.hibc.gov.bc.ca](http://www.hibc.gov.bc.ca). They will require the Identity Number or Personal Health Number found on the British Columbia Care Card or Gold Care Card. They will then adjust their records accordingly and issue a new account if applicable (where the surviving spouse is a dependent of the deceased).

## Worksafe BC

(Formerly Workers' Compensation)

If the deceased was receiving full pension from Worksafe BC at the time of death, or death was a result of a work accident, contact the Workers Compensation Board Office at **604-231-8888 or 1-888-967-5377** (then select phone option "4", then local 3301). The family may be eligible for survivor's benefits. Visit [www.worksafebc.com](http://www.worksafebc.com)

## 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.

## I.C.B.C.

Vehicles registered and insured in the name of the deceased should be transferred into the estate as soon as possible. The legal representative of the estate should make the transfer of ownership. Contact your local Auto Plan Agency or I.C.B.C. Customer Contact at **604-661-2800 or 1-800-663-3051**.

If the deceased had a valid driver's license, return it along with a photocopy of the Death Certificate to I.C.B.C. Customer Contact, P.O. Box 3750, Victoria, B.C. V8W 3Y5. Telephone: **250-978-8300** Toll Free: **1-800-950-1498** Fax: **250-978-8012**.

## Life Insurance

An original Certificate of Death (or notarized copy) 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 a number of 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.

## Veteran's Benefits

If the deceased was a Veteran, a benefit may be available. Benefits may vary depending whether or not the death was from a service related 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's 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 they are currently receiving benefits from Veteran's Affairs, contact Last Post Fund at **1-800-465-7113**. See section 10 for more 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.

## 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 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 Cards

When our funeral director registers 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").

You will also be required to send a copy of the Certificate of Death with the Social Insurance Number printed clearly on the Certificate to the address below:

**Social Insurance Registration, Central Index,  
P.O. Box 7000, Bathurst, New Brunswick,  
E2A 4T1, or visit [www.servicecanada.ca](http://www.servicecanada.ca)**

## Canada Pension Plan Survivor's benefit

Canada Pension  
One-Time Lump Sum Death Benefit  
\$2,500

If the deceased contributed to the CANADA PENSION PLAN, a one-time 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 the survivor's benefits.

#### Contributor

1. Social Insurance Number
2. Death Certificate – Original or Notarized Copy
3. Birth or Baptismal Certificate
4. A copy of the Funeral Home Contract.

NOTE: If the contributor was already receiving Canada Pension Retirement or Disability Benefits, the Death Certificate ONLY is required.

#### Surviving Spouse

1. Social Insurance Number
2. Birth or Baptismal Certificate or certified copy
3. Marriage Certificate or certified 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

At the time of this printing, the location and number of CPP 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.

#### CPP OFFICES

[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

|                     |                 |
|---------------------|-----------------|
| North Vancouver (1) | Vancouver (3)   |
| Richmond (1)        | Burnaby (1)     |
| New Westminster (1) | Surrey (2)      |
| Coquitlam (1)       | Maple Ridge (1) |
| Langley (1)         | Abbotsford (1)  |
| Chilliwack (1)      |                 |

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# We're here to help.



At Murl & Company, we want to be there for you and your family. We will work together with your other service providers ensuring that everything is taken care of, and you have the time to focus on what matters most.

We can also help you make some decisions about the legacy left to you or the one you want to create for your family. We can help with many aspects of your business from

bookkeeping to consulting in addition to personal and corporate tax planning and strategy. At Murl & Company we have the knowledge, experience, and the team to advise you and implement your wishes. Our philosophy at Murl & Company is to let you engage in what is important while we take care of the rest.

**Let's get together and start today!**

Jeff Murl, CPA, CGA

604 671 6367 | [jeff@murlco.com](mailto:jeff@murlco.com)

[murlco.com](http://murlco.com)

## SECTION TEN

### HONOURING THE LIVES OF THOSE WHO SERVE

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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 \$37,720 where a 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 "pre-arrangements", 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.

[www.MyAlternatives.ca](http://www.MyAlternatives.ca)



# SECTION ELEVEN

## EXPERIENCING GRIEF

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### 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](http://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 labeled “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.



# Grief Counselling

Counselling services in Fort  
Langley and Vancouver

Grief counselling is a form of psychotherapy that aims to help people cope with the physical, emotional, social, spiritual, and cognitive responses to loss.

Grief counsellors believe that everyone experiences and expresses grief in personally unique ways that are shaped by family background, life experiences, personal values, and intrinsic beliefs. They understand that while some people may withdraw from their friends and family and feel helpless, others might be angry and take action; some people may laugh, while others experience strong regrets or guilt.

For those who have never attended counselling, picking up the phone to begin the process can be unnerving. It is hard to know what to expect and that in itself, is daunting. At Shoreline Counselling your call will be answered by one of our knowledgeable and experienced reception team members who will work with you to make you feel comfortable, at ease and gain a clear understanding of what you are looking for.

Shoreline Counselling is a group private practice that prides itself on providing quality, research informed therapeutic services for individuals, couples, families and groups across the lifespan in an inviting, warm and safe environment.

**We look forward to meeting you on the Shoreline.**

## Rates

|                                          |                      |
|------------------------------------------|----------------------|
| Registered Clinical Counsellors (50 min) | \$130-\$150/hr + GST |
| Rates for student intern (50 min)        | \$40/hr + GST        |
| Rate for post-graduate fellow (50 min)   | \$80/hr + GST        |



Register at **604.371.4145** or  
**info@shorelineocounselling.ca**

MEET US ON  
**THE SHORELINE**



Ana's  
CARE & HOME  
SUPPORT

| Referred Partner |

# Care & Home Support

CareAndSupport.ca

We at Ana's Care and Home Support believe in preventative care that keeps you independent and in your own home. After losing a loved one, many find it difficult to stay independent and manage all the tasks that their spouses once helped them with.

Let us be your shoulder to lean on when you need companionship. We are here to empower you so that you can focus on the things that matter most.

We can provide you and your loved ones with the peace of mind that you are being taken care of after a loved one's passing. Whether you need weekly wellness check-ins, daily medication reminders, or showering, we're here to relieve any stress that living alone may cause you.

## Companionship

For those who need help with daily tasks such as walking, laundry, light cleaning, and meal prep. This level of care is perfect for those who are still independent but need some help with tasks around their homes.

## Care Aid Services

Our care aides are all licensed in BC, and can assist with tasks such as showering, dressing, grooming, medication reminders, mobility, exercising, and any other help you may need.

## LPN Services

Our Licenced Practicing Nurses are professionally trained to assist you with tasks such as wound care & intravenous administering of medications. This care is for those recently discharged from hospital, in need of assistance while recovering.

Contact us for a Free Care Consultation

Susana Mejia **604-738-2510**  
**Care Coordinator**

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.



# SECTION TWELVE

MY WISHES...

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## 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: \_\_\_\_\_ Date: \_\_\_\_\_

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

### Person to be notified upon my death:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Relationship: \_\_\_\_\_

## MY PREFERENCES FOR THE SERVICE OR EVENT:

Clergy or Officiant: \_\_\_\_\_ or ☐ Funeral Home to recommend

Name: \_\_\_\_\_

Contact Information: \_\_\_\_\_

Pallbearers (Six are recommended)

1. \_\_\_\_\_

4. \_\_\_\_\_

2. \_\_\_\_\_

5. \_\_\_\_\_

3. \_\_\_\_\_

6. \_\_\_\_\_

Musical Tributes: \_\_\_\_\_

Soloist: \_\_\_\_\_

Organist /Pianist:

Congregational Hymns: \_\_\_\_\_

Favourite Genre or Artist:

Community Organizations or Clubs that may participate:

Notes:

[illegible]

# PROVINCIAL REGISTRATION OF DEATH- DIVISION OF VITAL STATISTICS

|                               |                                                                                                                                                                                  |               |  |                                                                                       |                          |                                                              |
|-------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|--|---------------------------------------------------------------------------------------|--------------------------|--------------------------------------------------------------|
| NAME                          | SURNAME                                                                                                                                                                          |               |  | ALL GIVEN NAMES                                                                       |                          |                                                              |
| USUAL<br>RESIDENCE            | COMPLETE STREET ADDRESS If rural give exact location (Not Post Office or Rural route address)                                                                                    |               |  |                                                                                       |                          |                                                              |
|                               | CITY, TOWN OR OTHER PLACE (by name)                                                                                                                                              |               |  | POSTAL CODE                                                                           |                          | PROVINCE (or country)                                        |
|                               | HEALTH CARD NO.                                                                                                                                                                  |               |  | S.I.N.                                                                                |                          | SEX<br>M <input type="checkbox"/> F <input type="checkbox"/> |
| MARITAL<br>STATUS             | <input type="checkbox"/> NEVER MARRIED <input type="checkbox"/> SEPARATED<br><input type="checkbox"/> MARRIED <input type="checkbox"/> WIDOWED <input type="checkbox"/> DIVORCED |               |  | IF MARRIED, WIDOWED OR DIVORCED GIVE FULL NAME OF HUSBAND OR FULL MAIDEN NAME OF WIFE |                          |                                                              |
| OCCUPATION                    | KIND OF WORK DONE DURING MOST 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<br>OR<br>NEXT-OF-KIN | NAME                                                                                                                                                                             |               |  | ADDRESS                                                                               |                          |                                                              |
|                               | POSTAL CODE                                                                                                                                                                      | TELEPHONE NO. |  | E-MAIL                                                                                | RELATIONSHIP TO DECEASED |                                                              |
| ALTERNATE<br>CONTACT          | NAME                                                                                                                                                                             |               |  | ADDRESS                                                                               |                          |                                                              |
|                               | POSTAL CODE                                                                                                                                                                      | TELEPHONE NO. |  | E-MAIL                                                                                | RELATIONSHIP TO DECEASED |                                                              |

ADDITIONAL INFORMATION:

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ALTERNATIVES®  
FUNERAL & CREMATION  
SERVICES

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# FINAL ARRANGEMENTS

1. Type of Final Arrangement (Check appropriate box) See Section 7 "Practical Information" for descriptions:
 

|                                             |                                           |                                                     |                                        |
|---------------------------------------------|-------------------------------------------|-----------------------------------------------------|----------------------------------------|
| <input type="checkbox"/> ALTERNATIVES EVENT | <input type="checkbox"/> FUNERAL SERVICE  | <input type="checkbox"/> Open Casket                | <input type="checkbox"/> Closed Casket |
| <input type="checkbox"/> GRAVESIDE SERVICE  | <input type="checkbox"/> MEMORIAL SERVICE | <input type="checkbox"/> DIRECT CREMATION OR BURIAL |                                        |
| <input type="checkbox"/> GREEN BURIAL       | <input type="checkbox"/> GREEN CREMATION  |                                                     |                                        |
2. I request that my Event is to be conducted by: \_\_\_\_\_
 

|                                        |                                        |                                    |
|----------------------------------------|----------------------------------------|------------------------------------|
| <input type="checkbox"/> Clergy        | <input type="checkbox"/> Non-Religious | <input type="checkbox"/> Celebrant |
| <input type="checkbox"/> Family Member | <input type="checkbox"/> Other         |                                    |
3. I request that my Alternatives Event™ / Funeral / Memorial Service is to be held at: \_\_\_\_\_
 

(Name of Church OR Assembly Facility)
4. I would like a reception to follow: ☐ YES ☐ NO
5. I request my body be: ☐ CREMATED ☐ BURIED
6. If **BURIAL**, name of cemetery: \_\_\_\_\_
7. I already own burial property at the above cemetery: ☐ YES ☐ NO
8. If **CREMATION**, I wish that my cremated remains be:
 

☐ BURIED AND MEMORIALIZED IN FAMILY PLOT OR CREMATION PLOT

(Name and place of cemetery)

OR, PERMANENTLY SCATTERED: ☐ ON LAND ☐ AT SEA ☐ OTHER

IF OTHER, specify: \_\_\_\_\_

☐ CREMATED REMAINS TO BE RETURNED TO: ☐ MY FAMILY ☐ EXECUTOR
9. I would like to have my Event broadcast via the Internet (this allows friends and family members from all over the world to be virtual guests at your event): ☐ YES ☐ NO
10. I would like a Video Tribute DVD shown at my event and copies available for my family members. ☐ YES ☐ NO
11. I wish to assist my executor by having Alternatives® provide a personalized Estate Assistance Guide for his or her use. ☐ YES ☐ NO

For a complete description of all of our services and product options, please visit our website at:

[www.MyAlternatives.ca](http://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: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

| Referred Partner |



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or toll free  
**1-800-663-1818**

and ask for our **Alternatives Funeral & Cremation Services®** rate, which includes breakfast for two and parking, or click the direct link below to access the offer.

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- Secured fitness centre
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June 2021: \$179

July–October 2021: \$199

November–December 2021: \$149

To book, request Alternatives Funeral & Cremation Services rate at 1 844 254 5048, or [CLICK HERE](#)

Call us directly for receptions, dinners or event space.

Need r in circle after their name

f @deltavancouversuites  
i @DeltaVanDowntown  
t @deltavancouver

Rates are for standard guest suites, exclude applicable taxes and are subject to availability. Advance reservations are recommended. ©2018 Marriott International, Inc. All Rights Reserved.



REFERRED  
PARTNERS

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## LAWYER

*Coal Harbour Law*

778-724-1317 | Page 4



## REALTOR

*Kit & Coop*

See feature for contact numbers | Page 5



## FINANCIAL SERVICES

*Venture First Advisory*

778-807-0507 | Page 16



## HOME BUYERS

*BC House Buyer*

778-400-1885 | Page 20



## ESTATE CLEANUP & REMOVALS

*Buddy with a Truck*

+1-604-505-0133 | Page 24



## FLORIST

*Blossom & Vine*

604-428-2004 | Page 24



## GRIEF COUNSELLING

*Shoreline Counselling*

604-371-4145 | Page 35



## IN-HOME CARE

*Ana's Care & Home Support*

604-738-2510 | Page 36



## HOTELS

NORTH & WEST VANCOUVER

*Century Plaza Hotel & Spa*

1-800-663-1818 | Page 44



CENTRAL VANCOUVER

*Delta Hotels by Marriot*

1-844-254-5048 | Page 45





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