



www.centralcoastmemorialsociety.org

January 2020

### Annual Meeting, February 15, 2020

**What:** "Planning for a Good Death" Dr. Susan Robinson, Compassion and Choices volunteer, will speak about what you can do to plan for the death you want.

**When:** Saturday, February 15, 2:00-3:30 PM.

**Where:** Unitarian Universalist Fellowship  
2201 Lawton Ave. San Luis Obispo (near South and Broad Streets)

**Note:** Jennifer Parks from McDermott-Crockett Mortuary in Santa Barbara will be available to answer general questions before the meeting, 1:15 -1:45 PM, at the same location.

### CCMS is now affiliated with Two Mortuaries

Beginning on January 1, 2020 CCMS has contracts with two mortuaries, McDermott-Crockett in Santa Barbara and Moreno Mortuary in Santa Maria. Members of Wheeler- Smith have been contacted about this change. New wallet cards will be available at the annual meeting for members transferring from Wheeler-Smith. Jennifer Parks from McDermott-Crockett will be available to answer questions before the February general meeting. Please contact CCMS, (805) 543-6133, if you have any questions about this change.

### My Heart Your Heart: Recycle your Pacemaker!

Each year 1-2 million individuals worldwide die due to lack of access to pacemakers and defibrillators. The University of Michigan [Frankel Cardiovascular Center](#) is conducting research to establish pacemaker and defibrillator reuse for patients with no resources. If you are interested in donating a pacemaker or defibrillator to the program, please go to [www.myheartyourheart.org](http://www.myheartyourheart.org) for more information.

### Now is the Time to Check your Prepaid Plans

For those of you with pre-paid plans with McDermott-Crockett or Moreno Mortuary *now is a good time to review the plan* to make sure it is up to date and that you and the mortuary have the same record of your plan. Please call McDermott-Crockett, (805) 569-2424, or Moreno Mortuary, (805) 614-9335, to confirm that your paperwork matches theirs. It is also a good idea to give your executor and next of kin copies of your plan and mortuary instruction forms.

### Interesting Reading

*How to Prepare Yourself for a Good End of Life*; San Francisco Chronicle Opinion Piece, February 17, 2019, by Katy Butler (author of "The Art of Dying Well")

## Important Reminders/ Requests

**Electronic Version of Newsletter?** To receive this newsletter electronically and help CCMS manage costs, please send your email address to [cencstmemsoc@gmail.com](mailto:cencstmemsoc@gmail.com).

**Calls to Update Membership List:** We are in the process of updating our records. You may receive a call from a CCMS board member to verify your information. If you know of members who have died or moved, please contact our office, (805)543-6133.

**Board Members Needed** Interested in supporting the society by serving on the CCMS board? We have room for more volunteers. Please call (805) 543-6133 or email [cencstmemsoc@gmail.com](mailto:cencstmemsoc@gmail.com) us.

**Newsletter Editor Needed:** CCMS needs a newsletter editor willing to produce two newsletters a year. Please call (805) 543-6133 or email [cencstmemsoc@gmail.com](mailto:cencstmemsoc@gmail.com) and we will provide you with the details.

**Keep in Touch:** Moved or moving? Please call (805)543-6133 to keep us updated.

**CCMS Speaker's Bureau:** Need a speaker for your group or organization? Please call the office, (805) 543-6133, to schedule a 20-30 minute presentation about the society.

## Gifts

*CCMS gratefully acknowledges the gifts received from  
July 2019 to December 2019.*

*More than half of our operations are supported by donations.*

### **GIFTS** (\* \$50.00 or more)

Anonymous\*  
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*Thank you!*