



# Planning Guide



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# Introduction from the Founder of Basic Funerals

Hello,

Thank you for trusting Basic Funerals and Cremation Choices to guide you through your final planning.

The purpose of this guide is to provide you with all the information that you need to:

- Get the most meaning and value from the services you choose.
- Completely understand all the options available to you and your family.
- Get the best price without sacrificing compassion or professionalism.

Basic Funerals was founded on the principles that funerals should not be so costly and that the funeral arrangement process should be free of pressure. We believe everyone has the right to a fair price and excellent treatment, no matter what funeral provider they choose. Funeral traditions have evolved over the years and there are so many options that you may not be aware of.

I hope that the information we have compiled in this guide will help you with planning what so many families describe as the most difficult time in their lives.

Remember you can always contact us with further questions by calling **1-877-229-7077**.



**Eric Vandermeersch**  
*Founder of Basic Funerals*

# Your Legacy

**P**lanning a service, in any capacity, can be a daunting task. We are here to assist you with every step of the arranging process - whether it is pre-planning or at the time of need.

Someday, this completed booklet will be your advocate, providing your Executor with guidance, and comfort.

The purpose of this guide is to help you

organize all the necessary information to help your loved ones at the time of need. This booklet aims to function as a place to record your wishes, your resources, and your memories.

Your continued effort to streamline your affairs now will lighten your loved ones' burden and will contribute to the celebration of your legacy.



# What to Expect When You're Arranging

## When a Death Occurs

In the event of death, families need to feel prepared.

When a planned death occurs at home, notify the medical practitioner. When an unexpected death occurs at home, call 9-1-1. When a death occurs at a health care facility, they will notify the family to contact a funeral provider. Learn more, or see page 11 of this guide.

## Find a Funeral Provider

Basic Funerals was founded in 2009 and built by experienced, licensed funeral professionals to offer affordable services, without pressure. Contact us to learn more about the arrangement process.

## The Arrangement Process

Plan the right service, comfortably. Families can choose between a cremation, burial, or to donate to science. Arrangements can be as ornate or as simple as you wish.

## Vital Statistics Information

The funeral provider will require vital information in order to move forward. This can be done in person, over the phone, or online.

## Learn About Memorial Keepsakes

In addition to services that reflect you and your loved one, consider our variety of keepsakes to bring you comfort for years to come.

## A Resting Place: Caskets, Urns, and more

A final resting place can be burial property for a casket or an urn, a monument, a special place in the home, or a memorial scattering.

We can help you select a final resting place that meets your spiritual needs and budget.

Learn more about the types of resting places to choose from when arranging a funeral.

## Complete Necessary Documents

Once you've received a quotation for the services that suit your family's needs, the funeral provider requires the Executor or Next of Kin to sign a contract and supplementary paperwork to allow us to move forward with the arrangements.

This paperwork can be completed online or in person.

## Plan a Service

Honour a life well-lived by planning a commemorative gathering. A service can be spiritual or non-traditional. See our team for details.

Included with our standard services.

## Memorial Cards & Memorial Products

Your funeral provider can design a meaningful memorial card, bookmark, or prayer card. Include your favourite photos and verses to have a truly personalized keepsake.

## Obituary

We are here to help inspire you and your family to put together a memorable tribute that is reflective of your loved one. We even have a sample obituary to get you started.



# What to Expect When You're Arranging, cont.

## Scheduling of Events

Our Funeral Team will be available to keep you informed of the completion schedule for the cremation or of service details. We are available to help you feel informed and comforted.

## The Service

Whether a family has planned a simple direct cremation or a traditional burial, our licensed funeral directors are here to help every step of the way.

## Invoicing

We will communicate with the Executor or Next of Kin regarding invoicing. Trust a funeral establishment who is transparent and clear about their pricing. We are here to explain every detail.

## Retrieve Proof of Death Certificates

Our funeral professionals will prepare Proof of Death Certificates and pre-filled applications for the Canada Pension Plan Death Benefit and Survivors Benefits, along with any further supplementary documentation.

## Executor Services

Many families opt to use our Executor Services. We create an online portal that helps the Executor or Next of Kin automatically contact agencies on their behalf to save on numerous phone calls and in-person visits. The process also provides protection against identity fraud.

## Plan Ahead

Planning your own funeral can sound like an uncomfortable process but the benefits

are well worth it. In the moments following a death, having the details of a funeral service pre-arranged is a tremendous relief to grieving families.

By pre-planning your funeral, you are giving your loved ones an unforgettable gift. Basic Funerals is always here to address your questions and concerns. Contact us now to start the pre-planning process.

## Ongoing Support

Our team of qualified funeral professionals are here to support you and your family with the process of final planning.

*Reach out if you have any questions.*

*We are here to help.*

**1-877-229-7077**



# Types of Services

## Direct Cremation

Direct cremation is a simple, economical service option that provides families with the essentials. With direct cremation, there is no additional funeral service, viewing, or visitation. However, a memorial service or celebration of life can be held at a later date. We are here to answer your questions and help you plan a direct cremation.

## Witnessing of Cremation

Witnessing of cremation allows families to be present for the beginning of the cremation process. We offer witnessing as a standalone service or as part of other arrangements and will help you find the best option for your family.

## Final Viewing with Cremation

A final viewing provides families with the chance to spend time with their loved one before cremation takes place. We ensure that all of the details are taken care of, allowing you to focus on what's important.

## Cremation with Memorial Service

Memorial services following a cremation are a way to honour and pay respect to a loved one. We are here to help you plan and arrange a memorial service, making a difficult time that much easier.

## Traditional Funeral with Cremation

Traditional funerals with cremation give families the opportunity to combine the benefits of a classic service with the advantages of cremation. We are pleased to offer a range of options to help facilitate the arrangement process.

## Traditional Funeral with Burial

Traditional funerals provide families with the opportunity to honour and pay tribute to their loved one with the casket present. Following the service, the casket is transferred to a cemetery where the burial will take place. Basic Funerals will help you plan the personalized traditional funeral and burial that is right for you and your family.

## Graveside Service

You may prefer to arrange a funeral service separately or opt not to have one at all. In this instance, a graveside service may be the ideal arrangement for your family. Basic Funerals can help you plan a meaningful graveside service.



# When a Death Occurs

**F**amilies need to feel prepared. We have compiled a list of next steps based on common circumstances relating to death.

## **When a Planned Death Occurs at Home:**

- The family will receive a contact sheet from the attending medical practitioner.
- Family is to notify the medical practitioner when the death occurs.
- The medical practitioner will attend to complete the necessary paperwork.
- Contact the funeral provider.
- The funeral home will arrange for the transfer into their care immediately.

## **When an Unexpected Death Occurs at Home:**

- The family will need to call 911 to alert the coroner.
- The attending coroner will arrive to announce the passing.
- Once the coroner has arrived to pronounce the death, the funeral home can be contacted.
- They will arrange for transfer into their care immediately.

The only instance where the transfer to the funeral home will be delayed is if the coroner deems it necessary to perform an autopsy. The deceased will then be transferred into their care until they are released to the funeral home. This takes approximately 3-5 days.

## **When a Death Occurs at a Long-Term Care Facility:**

- The family will be notified by the staff at the care facility.
- The care facility staff will also be in touch with the funeral home staff.
- Family may also choose to be in contact, depending on the circumstances.
- The funeral home will need verbal permission from the family to arrange the transfer into their care.
- Once the attending doctor at the facility has completed the necessary paperwork, the funeral home will arrange for transfer into their care immediately.
- Most long-term care facilities now request that pre-arrangements be made with a funeral home upon admission.

## **When a Death Occurs at a Hospital:**

- The hospital will notify the family of the passing.
- The family will need to then notify the funeral home of the passing.
- The funeral home will confirm that all the necessary paperwork has been completed.
- With the family's permission, the funeral home will then transfer into their care.

If a family requires assistance, we invite them to reach out to our professional and knowledgeable staff. We understand that it's an overwhelming time and are here to help you through the process.



# The Value of Estate Planning

**R**egardless of financial status, everyone has an estate to settle when they die. Estates can be simple and straightforward or cumbersome and complicated. Anything that can be organized ahead of time will be helpful to survivors.

## **Important Items to Consider When Estate Planning:**

- Personal Needs
- Health Care Directives
- End-of-Life Wishes
- Taxes
- Family Dynamics
- Protection from Litigation
- Your Intended Legacy

Estate planning will help ensure the most efficient way to transfer your assets and relay your wishes to surviving loved ones.

Our Planning Guide will help families record valuable information. Due to its sensitive content, we advise that it be kept in a secure location. Share the location with a trusted Power of Attorney, Next of Kin, or Executor.

## **What Happens If I Don't Plan Ahead?**

Planning is a thoughtful act. We often plan to relieve the burden for our loved ones. There are times when a person passes without a known Next of Kin (a person's closest living relative). When someone passes away without a Will or known Next of Kin who is willing to look after final arrangements, a Claimant Search will be completed by the facility where the death occurs or by the Office of the Chief Coroner, to locate the Next of Kin or a Claimant to make funeral arrangements. If neither is located or if the Next of Kin decide they are unable to claim, the Office of the Chief Coroner will direct the Municipality to bury the decedent under the authority of Section 11 of the Anatomy Act. A Claimant Search may take several months to complete. Finalizing your Will with a named executor and documented wishes, pre-paying for your funeral arrangements, and listing contacts for your family and friends may help to mitigate the length of the Claimant Search or avoid it altogether. Our Planning Guide, along with the assistance of our funeral care team and trusted professionals, are here to help you.

# Important Documents

## Personal Documentation

- ☐ Birth Certificate
- ☐ Social Insurance Number
- ☐ Passport(s)
- ☐ Citizenship
- ☐ Nexus
- ☐ Academic Achievements/Certificates
- ☐ Military Papers
- ☐ Pre-Nuptial Agreements
- ☐ Marriage Certificates
- ☐ Adoption/Guardian Papers
- ☐ Separation/Divorce Orders
- ☐ Tax Returns & Notice of Assessments

## Health Care

- ☐ Photocopy of Health Card
- ☐ Photocopy of Hospital Cards
- ☐ Medications, Vitamins, and Supplements
- ☐ Immunization Records
- ☐ Medical Equipment Suppliers/Agreements

## Financial

- ☐ Chequing/Savings Account Statement
- ☐ Photocopies of Credit Card(s) (front & back)
- ☐ Personal Loan Agreement(s)
- ☐ Line of Credit Statement(s)
- ☐ RRSP/RRIF/RESP Statement(s)
- ☐ TFSA Statement(s)

- ☐ Annuities, GICs, Bonds
- ☐ Share Certificates
- ☐ Pension(s)
- ☐ Employee Benefits and Stock Options
- ☐ Articles of Incorporation
- ☐ Shareholders' Agreement(s)
- ☐ Partnership Agreement(s)

## Insurance

- ☐ Personal Insurance Policy
- ☐ Universal Life Insurance Policy
- ☐ Corporate Insurance Policy
- ☐ Critical Illness Policy
- ☐ Disability Policy
- ☐ Long-Term Care Policy
- ☐ Travel Insurance
- ☐ Liability Insurance Policy
- ☐ Group Life Insurance Policy
- ☐ Employee Health and Dental Policy

## Real Estate

- ☐ Mortgage Statement
- ☐ Mortgage Insurance Contract
- ☐ Property Tax Statement
- ☐ Home Insurance Policy
- ☐ Liens
- ☐ Condominium Fee
- ☐ Appliance/Furniture/Facility Rental Agreement(s)
- ☐ Lease/Rental Agreement(s)
- Time-Share Contracts

## Vehicles

- ☐ Photocopy of Driver's License
- ☐ Photocopy of Boating License
- ☐ Purchase/Lease Agreement(s)
- ☐ Insurance Policies
- ☐ Photocopy of Vehicle Ownership(s)
- ☐ Photocopy of CAA Membership

## Will & Power of Attorney

- ☐ Last Will and Testament (and existing codicils)
- ☐ Power of Attorney for Property
- ☐ Power of Attorney for Personal Care
- ☐ Living Will/Health Care Directive
- ☐ Family Trust Agreements
- ☐ Guardianship for Dependents

## Funeral Arrangements

- ☐ Pre-Paid Funeral Contract
- ☐ Funeral Insurance/Trust/Annuity Certificate
- ☐ Cemetery Certificate of Entitlement Deed/Contract
- ☐ Cemetery Map
- ☐ Monument Rendering

*See Contact lists for each category, pages 10-14*

# List of Medical Practitioners

HEALTH CARE PRACTITIONERS CONTACT SHEET			
Family Doctor:	Address:	Phone:	Notes:
Dentist:	Address:	Phone:	Notes:
Optometrist:	Address:	Phone:	Notes:
Chiropractor:	Address:	Phone:	Notes:
Physical Therapist:	Address:	Phone:	Notes:
Dietician:	Address:	Phone:	Notes:
Massage Therapist:	Address:	Phone:	Notes:
Therapist(s)/Counsellor/ Psychologist:	Address:	Phone:	Notes:
Medical Laboratories:	Address:	Phone:	Notes:





# Miscellaneous Contacts

MISCELLANEOUS CONTACTS			
Name:	Address:	Phone:	Notes:
Name:	Address:	Phone:	Notes:
Name:	Address:	Phone:	Notes:
Name:	Address:	Phone:	Notes:
Name:	Address:	Phone:	Notes:
Name:	Address:	Phone:	Notes:
Name:	Address:	Phone:	Notes:
Name:	Address:	Phone:	Notes:
Name:	Address:	Phone:	Notes:

# Finance Contacts

FINANCE REPRESENTATIVES CONTACT SHEET			
Financial Advisor:	Address:	Phone:	Notes:
Accountant:	Address:	Phone:	Notes:
Stockbroker:	Address:	Phone:	Notes:
Bank Representative:	Address:	Phone:	Notes:
Login Information for Online Banking:	Website:	Username:	Password:

# Insurance Contacts

INSURANCE REPRESENTATIVES CONTACT SHEET			
Insurance Advisor:	Address:	Phone:	Notes:
Insurance Advisor:	Address:	Phone:	Notes:
Insurance Advisor:	Address:	Phone:	Notes:
Insurance Advisor:	Address:	Phone:	Notes:

# Real Estate Contacts

REAL ESTATE REPRESENTATIVES CONTACT SHEET			
Real Estate Agent:	Address:	Phone:	Notes:
Condominium Corporation:	Address:	Phone:	Notes:
Property Manager:	Address:	Phone:	Notes:
Hydro/Electricity:	Account Number:	Phone:	Notes:
Gas/Oil:	Account Number:	Phone:	Notes:
Cable:	Account Number:	Phone:	Notes:
Internet:	Account Number:	Phone:	Notes:
Internet:	Account Number:	Phone:	Notes:
Lawn/Snow/Maintenance:	Address:	Phone:	Notes:



# Social Media

SOCIAL MEDIA ACCOUNTS LOG			
Website:	Username:	Password:	Notes:
Website:	Username:	Password:	Notes:
Website:	Username:	Password:	Notes:
Website:	Username:	Password:	Notes:
Website:	Username:	Password:	Password:
Website:	Username:	Password:	Notes:
Website:	Username:	Password:	Notes:
Website:	Username:	Password:	Notes:
Website:	Username:	Password:	Notes:

# Family Tree

A large light-orange circle with a blue border contains eight smaller white circles with gold borders. Each small circle is labeled with a family member category and has four horizontal lines for writing.

- Spouse**
- Children**
- Grandchildren**
- Great-Grandchildren**
- My Parents and Place of Birth**
- Siblings**
- Grandparents**
- Other Relatives**
- Me and My Place of Birth**

# Conversation Starters

**P**lanning ahead is a thoughtful act that saves your surviving loved ones a great deal of stress. However, planning ahead is only part of the equation. It is very beneficial to involve families in the planning process to consider their role and the impact that your death could have on them.

*"We all die. The goal isn't to live forever, the goal is to create something that will."*  
- Chuck Palahniuk

Start the conversation with some of these helpful conversation starters:

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What would you like written on your tombstone?

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What would you like the closing line of your eulogy to be?

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Which actor/actress would you like to portray you in the movie about your life? How would you like the movie to end?

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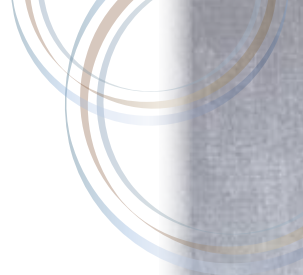
What is the most memorable scene in a movie or book?

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## Conversation Starters, cont.

What are some items on your bucket list?

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---

What would you like your last meal to be?

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Have you ever been present at the time of someone else's death? If not, how do you imagine that experience?

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---

Where would you like to be at the time of your death?

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If you could bring someone back from the dead to spend an afternoon with, who would it be?

---

Discuss the first time you experienced a loss.

---

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---

What would your final words be to family and friends?

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# End-of-Life Directives

**W**hen approaching the end of life, there are a few options that can help make sure that treatment is consistent with your final requests.

Talk to your health care provider, family, friends, or other caregivers about end-of-life care options. Options may include:

## **Palliative Care**

Palliative care aims to improve the quality of life for those with life-threatening conditions with pain management and support.

## **Do Not Resuscitate Orders**

A signed document that instructs medical professionals not to perform CPR (cardiopulmonary resuscitation) if the heart or breathing stops.

## **Refusal or Withdrawal of Treatment**

Patients have the right to refuse or withdraw medical treatment at any time.

## **Refusal of Food and Drink**

Patients may refuse any food or drink offered by family or others.

Receiving nutrition and hydration by tube is considered a medical treatment.

## **Palliative Sedation to Ensure Comfort**

This is a treatment of last resort when usual treatments cannot relieve symptoms at the end of life. Patients are medicated to ensure a peaceful and comfortable passing.

Palliative sedation is not meant to cause or accelerate death. Medications and dosages can be adjusted for different effects and can be reversed.

## **Expected Death in the Home (E.D.I.T.H)**

The Expected Death in the Home Protocol (EDITH) supports end of life care in the home and an individual's expressed wishes for no resuscitation.

## **Medical Assistance in Dying (M.A.I.D)**

Medical assistance in dying is now an available option. Eligible patients can have a medical professional administer or prescribe a substance that will result in a planned death.



# Funeral Wishes

After settling an estate, one often reflects upon the necessity of alleviating emotional and financial stress for loved ones by organizing their own core estate documents by discussing wishes with family and funeral professionals.

## Next of Kin/Executor Information

Is there a will? ☐ Yes ☐ No ☐ Unsure

Executor's Relationship

First Name

Middle Name

Last Name

Street Address

City

Postal Code

Phone

Email

## Recipient's Information

First Name

Middle Name

Last Name

Street Address

City

Postal Code

Phone

Email

Age

Date of Birth

Place of Birth

Social Insurance Number

Marital Status

Spouse's Full Name at Birth

Occupation BEFORE Retirement

Industry

Parent's Name at Birth (Last, First)

Parent's Place of Birth

Parent's Name at Birth (Last, First)

Parent's Place of Birth

## Funeral Wishes, cont.

### People to Be Notified at the Time of My Death

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

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

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

Email: \_\_\_\_\_

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

### Executor

☐ Same as above

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

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

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

Email: \_\_\_\_\_

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

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

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

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

Email: \_\_\_\_\_

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

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

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

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

Email: \_\_\_\_\_

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





## Funeral Wishes, cont.

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

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

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

Email: \_\_\_\_\_

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

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

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

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

Email: \_\_\_\_\_

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

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

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

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

Email: \_\_\_\_\_

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

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

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

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

Email: \_\_\_\_\_

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

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

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

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

Email: \_\_\_\_\_

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

## Funeral Wishes, cont.

### My Preferences:

☐ Burial   ☐ Cremation   ☐ Alkaline Hydrolysis

Preferred Funeral Home: **Basic Funerals and Cremation Choices**

Place of Service: \_\_\_\_\_

Type of Service: \_\_\_\_\_

Clergy: \_\_\_\_\_

Eulogist: \_\_\_\_\_

Visitation: \_\_\_\_\_

Charitable Donation(s): \_\_\_\_\_

Theme: \_\_\_\_\_

Music: \_\_\_\_\_

Pallbearers (if applicable):

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

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

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

Preferred Casket: \_\_\_\_\_

Preferred Urn: \_\_\_\_\_

Clothing: \_\_\_\_\_

Jewellery: \_\_\_\_\_

### Cemetery Property

Preferred or Owned Cemetery Property: \_\_\_\_\_

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

Section: \_\_\_\_\_ Plot: \_\_\_\_\_

Monument Company: \_\_\_\_\_

Monument Type: \_\_\_\_\_

Inscription: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Beliefs and Spirituality

**F**unerals and memorial services provide an opportunity for family members, friends, and others who cared about the deceased to honor and remember the person who died while offering comfort and support to those closest to them, and to each other.

A personalized service reflects the unique life and personality of the deceased.

Imagine and plan the service that would be the most meaningful way to say goodbye,

capture the unique qualities of the deceased and reflect their religious and spiritual beliefs. Planning a service provides mourners an opportunity to express their grief while supporting one another.

Services can take place at a place of worship, or a funeral home chapel. Many services can also take place in private locations such as museums, legions, restaurants, and other venues.



# Obituary and Eulogy

**M**any find writing an obituary a challenge. We are here to help inspire you and your family to put together a memorable tribute that is reflective of your loved one.

We recommend completing the following information to get started with providing

information to help your loved ones write a comforting obituary. It can be as simple or as creative as you'd like.

Would you like a eulogy written too? A lot of the information below can be included in a eulogy as well.

Full name (including nickname, if any) \_\_\_\_\_

\_\_\_\_\_

Parents names \_\_\_\_\_

\_\_\_\_\_

Parents' occupations \_\_\_\_\_

\_\_\_\_\_

Siblings' names \_\_\_\_\_

\_\_\_\_\_

Names and relationships of loved ones \_\_\_\_\_

\_\_\_\_\_

Names and relationships of predeceased family \_\_\_\_\_

\_\_\_\_\_

Names of friends to include \_\_\_\_\_

\_\_\_\_\_

Names of pets (if relevant) \_\_\_\_\_

\_\_\_\_\_





## Obituary and Eulogy, cont.

Donation suggestions \_\_\_\_\_

\_\_\_\_\_

Designations/awards \_\_\_\_\_

\_\_\_\_\_

Education (all) \_\_\_\_\_

\_\_\_\_\_

Employment History \_\_\_\_\_

\_\_\_\_\_

Interests/Hobbies \_\_\_\_\_

\_\_\_\_\_

Achievements \_\_\_\_\_

\_\_\_\_\_

Brief overview of what makes you special \_\_\_\_\_

\_\_\_\_\_

Charitable/cultural/religious/political affiliations and/or positions \_\_\_\_\_

\_\_\_\_\_

Thank you to individuals, groups, or institutions \_\_\_\_\_

\_\_\_\_\_

# Music

**D**ue to its universal significance, one of the most prominent parts of any funeral or memorial service is the music.

Here are the top 6 reasons to have music play an integral part of your service:

## **1. Music is a meaningful way of honouring our loved ones.**

We often associate music with recollection and remembrance. Choosing pieces of music that reflect the life, interests, and hobbies of a person is an eloquent way to personalize the service. If you're having a difficult time choosing music, check the deceased's personal music library or ask others for input. They may be able to recommend hymns, instrumental pieces, or some contemporary songs.

## **2. Music is actually good for you.**

When we listen to music, dopamine, a feel-good neurochemical typically associated with pleasure, is released. Music is mesmerizing and it changes moods and attitudes. Music can reduce tension, anxiety, and pain. Good music can also regulate your pulse and heartbeat as well as relieve nausea and ease depression.

## **3. Music is associated with memories and emotions.**

Listening to music during a time of loss can help us recall meaningful moments. Strong connections are made to music – its lyrics, its performers, its significance. Taking the time to listen to music can give us a chance to reflect and the opportunity to process our feelings.

## **4. Music is a 'Companion to Grief'.**

Music can accompany us throughout our journey through grief as a way of remembering our loved ones. It can help us process feelings about the passing of a loved one when our own words just seem inadequate. Music allows us the time to listen and reflect, perhaps giving us an appreciation for life.

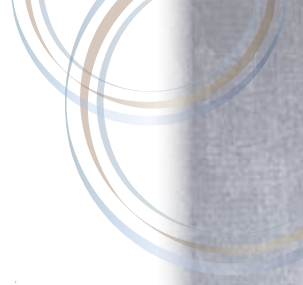
## **5. Music is a Communal Experience.**

In life and death, families and friends come together to celebrate. Music allows groups to come together with one purpose, one focus. Music can be observed by listening as an audience, singing as a congregation, or even performing together.

## **6. Music is Even Better When It's Live.**

Do you have any musicians in the family? Inviting them to perform a meaningful piece could offer a time for healing and an increased amount of personalization during service time. Hiring a professional musician can also add a great deal of artistry to the service. Live music has the power to evoke emotion in a way that no USB drive can. Consider a talented vocalist, an authoritative bugle, or a heavyhearted cello. Their expertise will offer sophistication to a sentimental day.

Music is a vital part of honouring our loved ones and helps us process our feelings. When we grieve, our thoughts are often hard to unfold naturally. Music gives us structure, a way to manifest our mourning.



# Music, cont.

## List of Favourite Music:

Title: \_\_\_\_\_

Title: \_\_\_\_\_

Title: \_\_\_\_\_

Title: \_\_\_\_\_

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# Flowers

**F**lowers are especially meaningful at funerals. They are used to express sympathy and aim to bring comfort to those mourning.

Some popular funeral flowers are roses, lilies, chrysanthemums, and orchids. However, it is recommended to speak with a local florist to discuss seasonal availability.

Favourite Flowers \_\_\_\_\_

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# Reception

**R**eceptions offer the bereaved a time to gather in a casual setting following a service. The location and time of the

reception will impact the type of food and beverages that can be served.

Would you like a reception? ☐ Yes ☐ No

What style of food would you like served during the reception?

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Would you like any mementos or photos displayed at the reception?

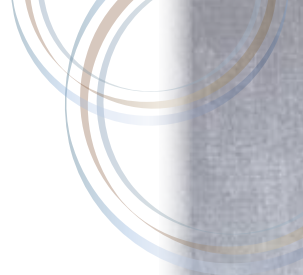
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# Planning Ahead

Generally speaking, people tend to avoid talking about their funerals. After all, confronting your own mortality isn't the stuff of cocktail party conversation. Despite all this, there are tremendous benefits to prearranging your funeral, provided that you do it right. We really believe in the importance of preplanning.

By pre-arranging your own funeral services, you can ensure that your final wishes are respected. Often, in the emotional days following a death, it becomes hard to make decisions or come to agreements. By taking the time to decide how you'd like things to play out, you're saving your loved ones the stress of having to guess. Do you want to be cremated? Would you like a traditional service? These are the things to know ahead of time.

Pre-arranging your funeral saves you money. It's as simple as that. When you pay for your funeral ahead of time, you're saving your family from significant financial stress. When pre-arranging, the money that you spend is put into trust, an annuity, or insurance where it remains until the time of need. The money will always be portable

and will always be refundable. Any interest that is accrued goes towards paying for inflation and should any funds remain after the services have been rendered, they will be returned to your estate.

The death of a loved one takes a serious toll. Why make a difficult time even harder on your family? Pre-arranging your funeral service ensures that at the time of your death, your loved ones can spend time together, not fussing over price lists and casket selection, something that goes a long way in providing comfort

Death is a monumental (and inevitable) part of life. It's important to make informed decisions, to understand your choices, and to know where your money is going. Working with a licensed funeral pre-planner, you can be confident that you're receiving expert advice from a professional in a relaxed, unhurried environment. You can ask questions, weigh your options, and discuss any concerns that you may have without feeling any pressure. This goes a long way in providing peace of mind, something that you're bound to be grateful for.

Notes \_\_\_\_\_

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# Legacy Questionnaire

In times of grief, loved ones often crave comfort and a connection to the person they just lost. Help them remember you and what makes you unique by answering some of the questions below. Some people choose

to use a video or audio recorder to tape their responses. It may seem frivolous now, but it will bring a great deal of comfort to those left behind.

Where and when were you born?

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What is your given name? any nicknames growing up?

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What were some of your childhood memories?

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What sort of neighbourhood did you grow up in?

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Share stories about your childhood home? What's the address?

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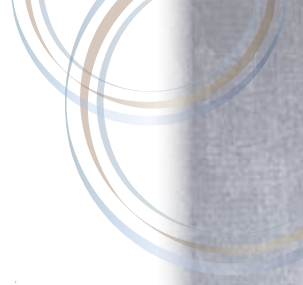
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What were your parents like? Do you have any memories of them? How would you describe their life together?

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## Legacy Questionnaire, cont.

How did your family make a living? What kinds of things did your family spend money on?

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Do you have any siblings? What memories can you share about your siblings? How have they impacted your life?

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Did your grandparents have an active role in your life? How were they influenced by history? When did they die?

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Were there any pets in your life? Share something special about them.

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Did you have any favourite toys or games growing up?

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Who were your role models or heroes when you were growing up?

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## Legacy Questionnaire, cont.

How did you spend summer holidays? Were there any special activities?  
Any memorable vacations?

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What world events helped shaped you in your youth? What were some  
life-changing inventions?

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What were some of your favourite 'hang-outs' growing up?  
Did you ever get into trouble?

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What was your first car? Who taught you how to drive?

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What sort of clothing did you wear growing up?

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What was trendy? Any catchphrases that you would like to mention?

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## Legacy Questionnaire, cont.

Did you study at university or college? If so, what did you study?

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What dreams and goals did you have for your life when you graduated?

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Did you serve in the military? If so, what was that experience like for you?

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What jobs did you work in your youth?

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What job did you do for most of your working life? What did you like most and least about it?

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How did you meet your spouse/partner? What did you like most about them?

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## Legacy Questionnaire, cont.

Do you have any children? How many? How did you come up with the names for each child?

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What was the best part of raising children? What was the biggest challenge for you as a parent?

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What made you most proud of your children?

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What similarities do the children have to you?

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Are you a grandparent? What is the best thing about being a grandparent? How does it compare to being a parent?

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Are there stories about the origins of your family and the family name?

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## Legacy Questionnaire, cont.

What was an important value instilled by your parents?

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Who did you identify with the most in the family? Why?

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What traits did you pass onto your children?

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What are your three best qualities? And the worst?

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What is your favourite book and why? Favourite movie? Why?

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If you could time travel, would you rather see something that relates to you personally or a historical event that changed the world?

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## Legacy Questionnaire, cont.

If you could make three wishes, what would they be?

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What is the highest honour or award you've received?

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What is your favourite song? What kind of music do you listen to when you are happy or sad?

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Do you keep a clean home? What sort of items do you hold on to and why?

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Are you a collector? If so, what do you collect?

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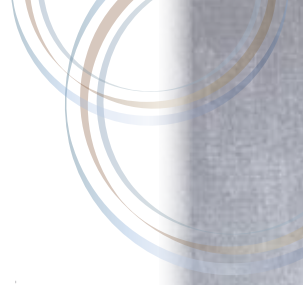
Do you like to garden? Do you have a favourite plant or flower?

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## Legacy Questionnaire, cont.

What is your favourite colour?

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What is your most cherished family tradition?

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What is your proudest and happiest moment?

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What is your biggest success? The biggest frustrations?

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What is the most difficult thing that happened to you? How did you deal with it?

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What, if anything, would you have done differently with your life?

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## Legacy Questionnaire, cont.

Over time, do you think you changed the way you look at life?

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What advice do you cherish the most?

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How would you like to be remembered?

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What do you think is the most important way to live a life well-lived?

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***Basic Funerals specializes in helping families  
plan meaningful cremation and  
burial services.***

***Our compassionate and caring funeral professionals  
are always available to guide families through  
the planning process.***

***We aim to offer peace of mind for those pre-planning  
or arranging services at the time of need by  
looking after all the details.***

***Trust Basic Funerals and Cremation Choices to  
help you and your loved ones with final planning.***



# Not

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.





*The simple and affordable choice  
for cremations and funerals*

**1-877-229-7077**

**information@basicfunerals.ca**

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