

Kaminski Family Funeral Homes & Crematorium

Mark A. Kaminski, Sr.
Funeral Director

Boguslaw Gal
Funeral Director

www.KaminskiFamilyFuneralHomes.com



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Inside this issue:

How to be a smart shopper on the Web.....2

Holiday safety tips for your home2

Children & Grief.....3

Why Prearrange?3

Damar-Kaminski
Funeral Home & Crematorium

7861 South 88th Avenue
Justice, Illinois

(708) 496-0200

Sheldon-Goglin-Kaminski
Funeral Home

5935 West Belmont Avenue
Chicago, Illinois

(773) 237-4404

Published quarterly for the community we graciously serve.



Dear Friends and Neighbors,

It is with great anticipation that we enter the winter months. Crisp mornings and contrails high in deep blue sky are but a few of the wonders of the season.

Although the days are shorter and the nights longer, it seems there is more to do now than any other time of year. Perhaps you are preparing for family to arrive for the holidays, or it is your turn to make the journey to the homes of distant relatives.

There is so much to think of and do, that we sometimes forget to stop and enjoy the moments of life that create meaningful memories your immediate family will enjoy in the years to come. We urge you to "stop and smell the evergreens" during this hectic time.

Remember that we Americans are linked together this season as we honor the spirit of goodwill by honoring the Thanksgiving holiday. Today this great country of ours is made up of people of many faiths and ethnic origins, and whether you celebrate Christmas, Chanukah, or Kwanzaa, it is not only a time of goodwill but also a time of joy and unity.

We invite you to think about those less fortunate, who may be out of touch with their families for whatever reason, and who will be alone. Be charitable to organizations that help people in need. This will indeed make your holiday more special.

Perhaps you can spend part of your holiday serving meals to those who are homebound or living in shelters. This is also a perfect time to renew ties with your church or synagogue. Religious leaders certainly have a way of bringing things back into perspective within a span of thirty minutes to an hour!

If nothing else, pick up the phone and call a friend or relative to whom you have not spoken in some time. Chalk it up to the spirit of the season. Wintertime can be as much a time of rebirth and renewal as springtime. All it takes is the desire and a little time.

Please enjoy this issue of Home & Family. It is our sincere hope that you find some useful bits of information in these pages.

Also, please use the postage-paid reply card attached on the back page to request information. Or, feel free to call us at the number printed on the top of this page if you have comments or a request.

The people of our firm are honored to serve with compassion the families of our community. We are committed to offering the most options and best value in advance funeral planning, funeral services, and grief recovery.

We hope that you enjoy this joyous season in health and happiness. Thank you for the opportunity to be of service! ■



Know the proper funeral etiquette



When someone you know dies, or faces a death in his or her family, our instinct to help might be obscured by the fact that we don't know how to act or what to say. It is natural to feel this way. This article is a helpful guide to proper etiquette of funerals and visitations. We hope it will give you confidence in knowing your actions are appropriate and welcome. It will also give you some helpful advice about how you can be of comfort to the bereaved.

Condolences

When should I visit?

You may make a condolence visit at any time, before the funeral or after, especially in the first weeks following the death. The newspaper will provide information about calling hours, or you may call the funeral home for instructions.

How long should I stay at a condolence call or visitation?

Fifteen minutes should give you enough time to express your sympathy and offer your support. Of course, if the bereaved indicates they would like you to remain for a while, take your cue from them and stay longer.

What should I say?

Express your sympathy with kind words about the deceased. Typically, however, the bereaved simply needs to express his or her feelings and are not necessarily looking for a response

from you. He or she may say things that seem irrational or pose questions that have no answer. The kindest response is usually a warm hug, and a sympathetic, "I understand."

What should I not say?

Do not ask the cause of death; if the family wants to discuss it let them bring it up.

Don't give advice. The family should be allowed to make their own decisions without influence from well-meaning friends.

Don't make comments that would diminish the importance of the loss. Comments such as "You are young, you'll marry again," or "He was suffering so much, death was a blessing," or "I've been through this myself," are rarely welcome or offer the right comfort.

The Funeral

What is appropriate dress?

These days black is not required for the visitation or the funeral. Generally a suit and conservative tie for men and conservative clothes for women is appropriate; sometimes referred to as "business" dress. Children should be dressed in their better clothes, such as what they might wear to church or synagogue. The most important thing is not how you are dressed, but, that you are there.

Should children come to a funeral?

It is important that children be allowed to express their grief and share in this important ritual. Children can also be naturally uplifting to those in grief, a hopeful reminder of the future. If you bring young children, carefully explain to them the importance of being on their very best behavior. If a very young child becomes cranky or

(Continued on next page)

(Funeral etiquette continued)

noisy, remove him or her promptly to maintain the dignity of the occasion.

Meet the family

When you arrive at the visitation or the funeral, go to the family and express your sympathy with an embrace or by offering your hands. Offer a simple statement of condolence, such as "I'm so sorry. My sympathy to you and your family," or, "Your grandmother was a fine person. She will be missed by many."

If you were an acquaintance of the deceased but not well-known to the family, immediately introduce yourself. You may say something like, "Hello, we have not met, but George and I worked together several years ago. My name is Mary Smith."

Emotions

Do not feel uncomfortable if you or the bereaved becomes emotional or begins to cry. Allowing the bereaved to grieve is a natural healing process. However, if you find yourself becoming extremely upset, it would be kinder to excuse yourself so you don't increase the strain on the family.

Conclusion of ceremony

Often, the family will want a few private moments with their loved one

after the ceremony. If you are informed that the service is concluded, you will want to leave promptly, and wait in your car if you plan to be part of the funeral procession. Please turn on your headlights so you will be identified as part of the procession, and remember to turn them off when you arrive at the cemetery.

At the cemetery

If there is a graveside service, the chairs at the casket are reserved for immediate family members. You may be asked to stand for the brief graveside service, which may include a short prayer or other words of strength and encouragement. An announcement is generally made at the end of the remarks indicating if the family will be receiving visitors at home or another location following the service.

Immediately after the funeral

Immediately after the funeral, the family often extends an open invitation to join them for food and a quiet reception at home. This provides an opportunity for friends and family to talk, and provides some rest and refreshment, especially for those who have traveled to the funeral. It is a nice

gesture to offer to bring food ahead of time for this post-funeral gathering. Your offer of food at any time in the days, weeks and even months after a death will be greatly appreciated by the family who will be busy attending to other details while also trying to cope with the day-to-day routine. Be specific in your offer, for example, you may say "I would like to prepare a chicken casserole for your dinner, may I bring it over on Thursday?"

What can I do to help later?

The family will continue to need your support for many months to come. Don't disappear after the funeral. Drop a note or make a phone call on a regular basis. Ask them to lunch. Continue to include them in your social plans; they well let you know when and if they are ready to participate.

It is also especially kind to remember the family on special occasions during the first year of their bereavement. A note to the widow or widower on his or her wedding anniversary or a phone call on the birthday of the deceased will be appreciated. Your acknowledgment doesn't just recognize the death, it reaffirms that a life was lived. ■

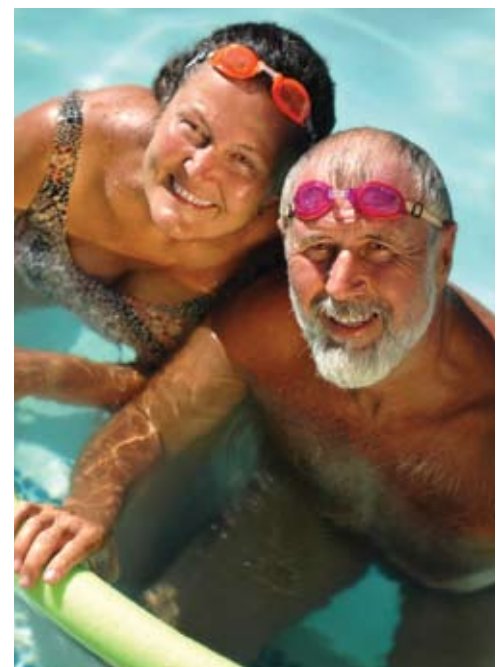
Great tips for getting in shape

Retired baseball pitching great Nolan Ryan and Tufts University cardiologist James Rippe, M.D., offer these words of workout wisdom:

- 1. Men always think they can control their weight with more exercise. Women think they can do it with less food. The real answer is you have to do both.**
- 2. One of the best workouts for the not-so-fit is swimming and water aerobics. They won't strain joints, muscles, or ligaments or cause injuries.**
- 3. Walking is another great way to get in shape. However, you have to walk like you mean it – you have to walk like you are going somewhere.**
- 4. If you can't do 30 minutes of continuous exercise, you can still get benefits from two or three 10-minute exercise sessions throughout the day.**

Don't use your age and condition as an excuse not to exercise.

It's never too late to start. ■



Kaminski Family Funeral Homes & Crematorium

7861 South 88th Avenue
Justice, IL 60458

Your complimentary copy of

HOME
and family
Newsletter

Our employees have been appointed agents with Homesteaders Life Company and can offer life insurance and annuities for the purpose of funding your funeral plan. Under these plans, you may change the provider, the merchandise, and/or the services at any time. Any excess proceeds will be paid to the provider and/or your designated beneficiary as specified in your preneed contract.

Winter 2007 Technology Overdose?

Seven signs you have had about enough:

- You've just tried to enter your password on the microwave.
- You have a list of 15 phone numbers to reach your family of three.
- You call your son's beeper to let him know it is time to eat. He emails you from his bedroom, "What's for dinner?"
- You chat several times with a stranger from South Africa, but haven't spoken with your next door neighbor yet this year.
- You pull up in your own driveway and use your cell phone to see if anyone is home.
- The computer you bought last week is discontinued and a new, faster one is available for half the price.
- You start tilting your head to smile, :-)





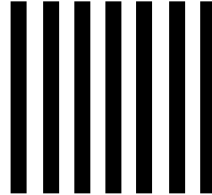
BUSINESS REPLY MAIL

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NO POSTAGE
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IN THE
UNITED STATES



We have provided the attached postage-paid reply card so that you may request information from our firm, with no risk or obligation. Our newsletter contains helpful information for families wanting to know more about advance funeral planning, funeral service, and grief recovery.

Please consider passing along this issue of *Home & Family* to a friend or neighbor, so he or she may learn from and enjoy its contents.

Thank you for the opportunity to be of service!

 **YES!** *"Please contact me with the information I have indicated below. I understand that there is no cost or obligation."*

Please check all that apply:

- Funeral Planning Guide
- Questions & Answers about Prearrangement
- Cremation Literature
- Information on Veterans' Benefits
- Grief Support & Recovery

Name _____

Address _____

City/State/ZIP _____

Phone _____

E-mail _____

Signature _____

Fill out, detach, and mail postage-free today! **REMEMBER:** There is no risk or obligation to receive information from our funeral home.

Advance Funeral Planning

Families tell us they decide to prearrange funerals for a variety of reasons, both financial and emotional. With nearly 100 decisions to be made when planning a funeral, leaving decisions to surviving family members at a time of duress, is unthinkable. Our staff can help make the planning process easier for you.

An advance funeral plan is a written record of your preferences down to the smallest detail. This prevents possible disputes among family members and allows them to focus on the memories of your life, rather than, the details of your death

Whether you choose to pay for your prearranged funeral over time or in a single payment, we offer a funding plan that grows to offset inflation. This protection is a tremendous value and is unlike other funeral plans you may have seen advertised.

Call for more information about our advance funeral planning programs; you'll be glad you did!