
COMPASSIONATE NEIGHBORS

Aftercare Newsletter

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When A Child Dies

Article Written By John Belvill, FDIC/Owner

It goes without saying, that the death of a child is a parents worst nightmare. No matter what age the child is at the time of death, the shock of the death has a profound affect on the parent.

There are no words that can ease the overwhelming grief that is felt. No specific words can change the grieving process for the parents. The main thing that family and friends can do is to show support by letting the parents know you are there for them, there to talk to, and a shoulder to lean on if the need arises, (but don't force the help).

From the time a child is born, parents always think their children will out live them. When this isn't the case, our mental psyche is not sure how to process this loss, nor do we know how to move forward. The order of life has been turned upside down. Only time will help the parents find a perspective on life again. Many times they will blame themselves, or even God for the loss. This is normal.

How to Learn About Funeral Costs

Article from Facts about Funerals brochure provided by Texas Funeral Service Commission

Funeral establishments are required to give current retail price information by telephone. By law, any consumer entering an establishment and making inquiries must be presented a general price list, which the customer may keep, itemizing the costs of funeral services and the merchandise for sale from a funeral director. These retail prices, appearing on a printed or typewritten list must specify at least the charges for the following items, provided they are available for purchase through the establishment:

1. Forwarding or receiving remains, to or from another funeral home and a list of services provided fro the stated price.
2. The price range for direct cremations.
3. The price range for immediate burial.
4. Embalming.
5. Other preparation of the body.
6. Use of facilities and staff for viewing, funeral ceremony, memorial service, and/or graveside service.
7. Hearses.
8. Limousines.
9. Caskets.
10. Outer burial containers, such as vaults, grave liners, and boxes. Such outer enclosures are not required by law, but may be required by the cemetery.



The Support of a Small Town

Article Written By Rowena Belvill

I have spoken to many widows, widowers, sons, daughters and family members that have lost loved ones recently. I am amazed and so happy to hear what they are doing for themselves to cope with the healing process. They are doing volunteer work, going back to work, working on hobbies, and making new friends.

Living in a small, traditional community has so much to offer. No one knows a stranger, neighbor knows neighbor, and everyone is always willing to offer a helping hand. What does this have to do with healing? You are never alone with a community that cares and always wants to help. We are all fortunate to live in a caring community. There are local organizations that are available to help and educate through the many stages of healing. All are members of our community who will do whatever it takes to get you through. Listed below is an organization that sponsors many support groups: Hospice Brazos Valley, 1048 N. Jefferson Street, La Grange, (979) 968-6913.

Remember, you are never a stranger. There will always be someone in these organizations you know, never be afraid to ask for help. The community is here for you.

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Senior Health

Planning Your Doctor Visit

Article from National Institute on Aging

How well you and your doctor talk to each other is one of the most important parts of getting good health care. Unfortunately, talking with your doctor isn't always easy. In the past, the doctor typically took the lead and the patient followed. Today, a good patient-doctor relationship is a partnership. You and your doctor can work as a team. Creating a basic plan before you got to the doctor can help you make the most of your visit. The tips in this chapter will make it easier for you and your doctor to cover everything you need to talk about.

Listing Your Symptoms—Talking about your health means sharing information about how you feel. Sometimes it can be hard to remember everything that is bothering you during your doctor visit. Making a list of your symptoms before your visit will help you not forget to tell the doctor anything.

Symptoms can be physical, such as pain, fever, a lump or bump, unexplained weight gain or loss, change in energy level, or having a hard time sleeping. Symptoms can also involve your thoughts and your feelings. For example, you would want to tell your doctor if you are often confused, or if you feel sad a lot.

When you list your symptoms, be specific. Your list should include: what the symptom is; when it started; what time of day it happens and how long it lasts; how often it happens; anything that makes it worse or better; or, anything it prevents you from doing.

Being honest about what is bothering you does not mean you are complaining. The doctor needs to know how you feel to help figure out your health problem. A physical exam and medical tests provide important information, but it is your symptoms that point the doctor in the right direction.

Listing Your Medications—Your doctor needs to know about ALL the medications you take. Medications include prescription drugs, over-the-counter (non-prescription) drugs, vitamins, herbal remedies or supplements, laxatives, and eye drops.

Sometimes doctors may ask you to bring all your medications in a bag to your visit. Other doctors suggest making a list of all your medications to bring to your visit.

If you do make a list of the medications you take, do not forget to write down how much you take and how often you take it. Make sure to tell the doctor if a dose has changed or if you are taking a new medicine since your last visit.

Write down or bring all your medications even if you think that one or some of them are not important. The doctor needs to know everything you take because sometimes medicines cause problems when taken together. Also, sometimes a medicine you take for one health problem, like a headache, can cause another health problem to get worse.

Write down any medication allergies you have and any bad side effects you have had with the medicines you take. Also, write down which medications work best for you.

Bring your insurance cards, names and phone numbers of your other doctors, and the phone number of the pharmacy you use. Also, bring your medical records if your doctor does not have them.

Habits and Life Changes—To provide the best care, your doctor must understand you as a person and know what your life is like.

Be sure to let your doctor know if you use any assistive devices to help you in your daily activities. Assistive devices can help you see, hear, stand, reach, balance, grasp items, go up or down stairs,

and move around. Devices used by older adults may include canes, walkers, scooters, hearing aids, reachers, grab bars, and stair lifts.

Be prepared to tell your doctor about where you live, if you drive or how you get around, what you eat, how you sleep, what you do each day, what activities you enjoy, what your sex life is like, and if you smoke or drink alcohol.

Be open and honest. It will help your doctor to better understand your medical conditions and figure out the best treatment choices for you.

Sometimes things happen in life that are sad or stressful. Your doctor needs to know about any life changes that have occurred since your last visit because they can affect your health. Examples of life changes are divorce, death of a loved one, or changing where you live.

Your list should include all your life changes but does not need to go into detail. It can be short like “had to sell home and move in with daughter.”

Also, write down and tell your doctor if you had to go to the emergency room, stay in the hospital or see a different doctor, such as a specialist, since your last visit. It may be helpful to bring that doctor's contact information.



How It Came to Be

Article Written By Deacon Mike Meisner

In June, a lot of us paid tribute to, among others, Dads, Papas, Fathers, Pops, Daddies, and Male Parents. Father's Day was conceived and promoted by a Spokane, Washington lady, Sonora (Smart) Dodd, on June 13, 1910. Her intention was for a tribute to her father, William Smart, a Civil War Veteran who raised his six children alone after his wife passed away giving birth to the sixth. She felt that her father, and all fathers were worthy of a special day dedicated to their honor, much like Mother's Day which had already been observed for some forty years.

A bill was introduced into Congress in 1913 to officially establish Father's Day. President Woodrow Wilson tried to make it official in 1916 and later, President Calvin Coolidge in 1924, but always, it failed to be adapted into law. Politicians then, like politicians now, just couldn't agree if there should be such an officially recognized day for fathers.

The people of the United States liked the idea and began unofficially making Father's Day a family tradition and the practice spread into most of the world within a few years. In more recent times, President Johnson too tried to make Father's Day legal, but it was finally President Richard Nixon who, in 1972, signed it into law.

Like those undecided politicians who debated the merits of an officially recognized national Father's Day, I sometimes think that maybe having a special day for this person or that may be becoming a little too commonplace. Not recognized but nonetheless still observed in some places is Boss Day, Secretary's Day, Grandparent's Day, and there is even talk of a possible future Assistant's Day, Kid's Day, Sibling's Day, Nurse's Day and Peace Officers Day. Oh Shucks! But, I guess these are worthy of special recognition too.

As for me, I think I'll just be happy having a birthday, no more than once a year. And, as I get older, I find that I like birthdays less and less—too many candles for the cake and not enough fingers to keep count of the years. But, then having birthdays is certainly better than the alternative.

Treasure Cookies

1 1/2 cups crushed graham cracker
 1 cup flour
 2 tsp. baking powder
 14 oz. condensed milk
 1/2 cup butter (one stick)
 1 1/3 cups coconut flakes
 12 oz. semi-sweet chocolate chips
 1 cup walnut or pecans pieces

Mix crushed graham crackers, flour and baking powder in a bowl. In a separate bowl, beat cold butter and milk until blended. Add flour and graham cracker mixture to it and blend well. Add coconut, chocolate chips and nuts, mix with spoon. Drop onto ungreased cookie sheet and bake at 375 degrees for 12 to 15 minutes.

Recipe provided by Amanda Morrison



Meet Amanda Morrison

Article Written By Amanda Morrison

Howdy! I am Amanda Morrison, wife to Bryan Branch and mother to Teagan Branch. I am the Administrative Assistant at Koenig & Strickland Funeral Home. I first came to La Grange in fourth grade, and stayed most of my summers after that. After living in different parts of Michigan and Texas, I have been in the wonderful town of La Grange permanently since 2005.

Bryan works for Lost Pines Power Plant and Teagan is enrolled at The Remnant Academy, where she will be starting kindergarten in the fall. (Yikes!) Also included in our household are two dogs, Gunner and Scotch, and two cats, King Suds and Miss Ashley. As a family, we stay very busy. We are all involved at our church, The Remnant, as well as enjoying gardening, cooking, hunting, fishing, family and friends. And, Teagan especially, cannot wait for "hitball" (aka football) to start again. I also keep busy with sewing projects, such as tutus, children's clothes and whatever else Teagan thinks I need to make for her. Bryan constantly has the garage full of his woodworking crafts...so much for parking a car in it!

I have only been here a few months, but thoroughly enjoy working with John and Rowena Belvill and all of the other individuals at Koenig & Strickland Funeral Home.

Answer to the Trees puzzle: "A society grows great when old men plant trees whose shade they know they shall never sit in."



Lifetime of Dedication

Article Written by Leon Humphreys

I was born in Del Rio, Texas on October 20, 1938. My family was originally a ranching family in West, Texas.

My early days consisted of getting my flying license when I was fourteen and I planned to go into the US Air Force. Plans changed after I moved from Texas A&M to the US Navy for four years, where I was involved in flying from carriers as an A3D Crewman ECM OP/NAV.

Deciding a different career in 1962, I went to Gupton-Jones College of Mortuary Science in Dallas. I had started part-time work in the funeral business in 1956 and enjoyed working with a great group of people serving families.

As soon as I graduated from mortuary school, I went to Devine and managed the Hurley Funeral home for Charles Hurley. It was there that I learned from Mr. Hurley how to give an excellent funeral service to every family that I was involved with. I also learned to present the best facility, along with an auto fleet, to best serve your clients. The smallest details were most important in serving families. At such a time in their lives, you wanted to ease the burden of death in all aspects of service.

In 1975, I bought the Doran Funeral Home in Del Rio where I had started almost 20 years previous. After 20 years of service to the Del Rio community, I sold my business and tried to retire. My wife, Carmen, and I decided to find the best place in Texas to make our home. And, after traversing the state, we discovered La Grange.

It wasn't long until I became involved part-time with Koenig-Strickland Funeral Home. In about five more years, I will have been licensed 50 years in Texas, where I have served thousands of families in their time of need. And, I will continue to serve as long as the Lord above grants me the health to do so.

Golf

Find and circle all of the golf words that are hidden in the grid. The remaining letters spell a Mark Twain quotation.

Albatross	Y D S E E R T P G R E E N G E E B	Grip
Approach	E E R H O L E S A O T H L R K R A	Gross-Score
Back Nine	F C G A S E L U R C C R A C O O L	Handicap
Backspin	H D I O Z C H I P A I P A E R C L	Hole-In-One
Ball	F O A L B A T R O S S D S C T S C	Holes
Birdie	L O L I S O H R P B D U N R S S O	Hook
Bogey	A W E E H R P R A I O T O A R S U	Iron
Bunker	G S R S I P E C E H R D E O H O R	Net Score
Caddie	S S O S A N K K B T N G U E K R S	Par
Cart	T B C W N N O U N O A G B A O G E	Putter
Chip	I U S I I O L N C U H W I G O F A	Rough
Clubhouse	C L T N G C R O E O B D R L H F F	Rules
Clubs	K C E G W F A I R W A Y D E A O L	Shot
Conдор	K S N P O E G N A R G N I V I R D	Slice
Course	I N I P S K C A B E G D E W L E E	Stroke
Divot	D R E T T U P T O V I D R I V E R	Swing
Driver		Tee Off
Driving-Range		Trees
Eagle		Water-
Fairway		Hazard
Flagstick		Wedge
Fore		Wood
Green		

Puzzle from LivenirePuzzles

Quote of the Month:

“Many public school children seem to know only two dates: 1492 and 4th of July; and as a rule they don’t know what happened on either occasion.”—Mark Twain

Interesting Facts About The Lone Star State

Article from <http://web2.iadfw.net/danb1/Txfacts.htm>

- ◆ The population of Texas is 24 million, not including the 16 million cattle.
- ◆ 70% of the population of Texas lives within 200 miles of Austin.
- ◆ Texas possesses three of the Top Ten most populous cities in the U.S.—Houston, Dallas and San Antonio.
- ◆ Texas’ most populous county and third most populous in the U.S. is Harris County with 3.4 million residents. The least populated county in Texas and the U.S. is Loving County with only 67 residents.
- ◆ The Dallas-Fort Worth area has more residents (6,145,037) than 31 U.S. states.
- ◆ Texas includes 267,339 square miles, or 7.4% of the nation’s total area.
- ◆ The King Ranch itself near Corpus Christi is larger than the state of Rhode Island, includes 50,000 head of cattle and more than 2,000 miles of fence.
- ◆ Texas has 90 mountains a mile or more high, with Guadalupe Peak in West Texas at 8,751 feet, being the tallest.
- ◆ Almost 10% of Texas is covered by forest which includes four national and five state forests.
- ◆ On March 24, 1984, the temperature in Brownsville was 106 degrees while Amarillo reported snow and 35 degrees.



Texas Legends Texas Fun Facts & Trivia

Article from www.legendsofamerica.com

- ◆ The only place in the world where they make Dr Pepper according to the original formula is in Dublin. (There is no period after the Dr in Dr Pepper.)
- ◆ Rodeo is the official state sport of Texas, though high school football is more popular.
- ◆ Texas’s official dance is the square dance.
- ◆ The official dish of Texas is chili.
- ◆ There are stalactites and stalagmites in the breezeway at the University of Texas Law School.
- ◆ The World’s largest parking lot is located at DFW Airport.
- ◆ Waco is one of only two cities in the U.S. that has a radio station whose call letters spell out the name of the city.
- ◆ The Amarillo airport has the 3rd largest runway in the world and is designated as an alternate landing site for the space shuttle.
- ◆ The smallest Catholic church in the world still in operation claims to be in Warrenton. Measuring 12 feet by 15 feet, the church seats 15 and is only open once a year.
- ◆ A coastal live oak located near Fulton is the oldest tree in the state. The tree has an estimated age of more than 1,500 years.
- ◆ When Texas was annexed in 1845, it retained the right to fly its flag at the same height as the national flag.

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ADDRESS CORRECTION REQUESTED