

SPEERS

# Caring



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Holiday 2010

## A Message from Todd Lombard



Welcome to our holiday edition of *Speers Caring*. My hope is that this news and information will give you an understanding of the empathy and caring service offered by the team of professionals at Speers during the holidays and every other day of the year. All of us at Speers strive to exceed your expectations and we welcome your ideas and questions. We are always here to help so please contact us anytime by phone or e-mail or drop by our main office. We'd be glad to see you. We wish you joy and peace this holiday season.

Sincerely,

Todd can be reached by email at [tlombard@speersfuneralchapel.com](mailto:tlombard@speersfuneralchapel.com) or phone 522-3232

## Helpful Questions & Answers From Your Friends at Speers



By  
Ferlin  
McChesney  
Funeral Service  
Professional

I used to live in another province and pre-paid my funeral arrangements some years ago. Now I live in Regina and I am concerned that my arrangements are paid for at another funeral home. Can my pre-paid arrangements be transferred?

Diana B., White City SK

Regardless of where your pre-paid arrangements have been made, they are transferable to a funeral home of your choice. If you wish to transfer your previously made and pre-paid arrangements, simply give our office a phone call



Krista Christensen  
Continuing Care  
Coordinator

## The Holiday Season

The Holiday Season means many different things to different people, but for most, this time of the year means family, traditions and celebrations. For the bereaved, the holiday season can be especially difficult. Even wonderful memories can be painful and may leave a grieving person feeling sad, empty and alone, as the world around rejoices.

Unfortunately, there is no one-size-fits-all plan for those who are missing a loved one. Talking with others and planning ahead can help reduce the anxiousness felt by an individual or entire family. Some families find comfort in keeping all of their traditions the same, and others find that changing some things - or everything - will help. There is no right or wrong way.

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## Helpful Questions & Answers *(cont.)*

and our pre-need specialist will be pleased to look after the details for you. The process is usually a simple one that just requires your signature authorizing the transfer.

*Your questions are welcome and may be submitted by emailing [reception@speersfuneralchapel.com](mailto:reception@speersfuneralchapel.com) or by calling 522-3232*

## The Holiday Season *(cont.)*

Grieving is hard, exhausting work, so simplifying and sharing holiday jobs can help. Making a list of things to do and sharing the tasks among many can ease the burden on those most affected by a loss. Being surrounded by people who are supportive and understanding will help lower the high expectations that come with preparing and hosting gatherings. Communicating is of the utmost importance. Asking and letting others know in a firm and sincere manner what is and what is not helpful can avoid most difficult situations. It is okay to have tears and it is okay to laugh.

Planning to remember a loved one in some way can make it easier to participate in other activities. Some ideas to consider are: light a candle at a holiday gathering, take time to attend a holiday remembrance service, or simply share stories with friends and family. The most important thing is to do whatever is meaningful and comforting.

With a little thought and preparation, it is possible for everyone to have a memorable and peaceful holiday season.

For more information on this article or about grief please contact Krista at [kchristensen@speersfuneralchapel.com](mailto:kchristensen@speersfuneralchapel.com) or by phoning Krista at 522-3232.



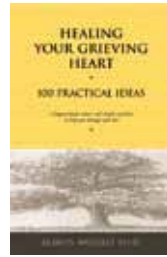
*Professionalism  
at its finest.*

*Speers is thrilled to announce that Lorne Palmer has joined the team. Lorne brings with him over 40 years of dedicated experience and community involvement. Welcome!*

*Celebrating lives well lived.*  
2136 College Avenue • Regina • (306) 522-3232  
[speersfuneralchapel.com](http://speersfuneralchapel.com)



## Grief Resources



### *Healing Your Grieving Heart – 100 Practical Ideas*

By: Alan D. Wolfelt, PH.D.


When someone you love dies, you must express your grief if you are to heal. In other words, you must mourn.

But knowing what to do with your grief and how to mourn doesn't always come naturally. This book offers 100 practical here-and-now suggestions for helping yourself mourn well so that you can go on to live well and love life again.

## Pre-planning Advice Just a Phone Call Away



**Glenda Ferguson**  
Funeral Pre-planning Professional

CANADA  
Purple Shield 

Contact Glenda at Speers 522-3232

Sharing fond memories is an important part of the holiday season – and it's a great time to choose a memorial that honours the story of a loved one, now and for generations to come.

*Speers is an authorized distributor of Remco Memorials.*

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# Get to Know us at Speers...



**Janet Mitchell**  
*Certified Funeral Celebrant*

An appreciation and interest in others and an innate ability to understand and care for people in her community led Janet to her ever-expanding role with Speers Funeral and Cremation Services.

Janet was born and raised in Regina and is extremely proud of Saskatchewan's heritage and the generous people who reside in this province and in her home city.

Janet's years of experience in business and health care fields have naturally developed her ability to serve families at their time of need. An appreciation and understanding of people from diverse backgrounds and cultures provides Janet with an aptitude for designing celebrant services that meet individual needs. Janet thoroughly enjoys being a part of the Speers team and appreciates the professional and supportive atmosphere.

Janet and her husband enjoy sharing time with family and friends, cooking, gardening, music and travel.

*Janet can be reached by e-mail at [jmitchell@speers-funeralchapel.com](mailto:jmitchell@speers-funeralchapel.com) or by calling Speers at 522-3232.*



**W. Douglas Keam**  
*Funeral Service Professional*

As a long-time member of the Speers staff, Doug's experience as a Funeral Service Professional is highly valued.

Born in Toronto, Doug moved west and attended school in Oxbow and Regina. After high school, he worked with Bremner's Funeral Chapel and later apprenticed with Helmsing-Bremner Funeral Chapel. Doug then spent two years at Saskatoon Funeral Home before returning to Regina to join Speers in 1973.

To say that community involvement is important to Doug would be an understatement. He has become a well-known figure around Regina and has contributed to the success of organizations throughout the community. He currently holds board positions with 600 Wing, COPA Flight #4, the Regina Flying Club, the Chamber of Commerce, and Lakeview United Church. Doug is 1st Vice President of the Canadian Club of Regina, Vice President of the Mobile Crisis Unit, and Assistant District Governor of Rotary District 5550. He has held the office of President for the Regina Symphony Orchestra, the Better Business Bureau, the Rotary Club of Regina, Mutchmor Lodge, and Wa Wa Shrine and was a past board member of Santa Maria. Doug's talents have been extended to Access Communications where he is a past board member and continues to be an enthusiastic volunteer.

Doug is proud of his history with Speers and recognizes the value of being a part of a locally owned business that cares about families in his community.

*Doug can be reached by email at [dkeam@speersfuneralchapel.com](mailto:dkeam@speersfuneralchapel.com) or by calling Speers at 522-3232.*

## Carrot Patch From the kitchen of Hazel Berkan

For something a little different this holiday season, try Hazel's recipe, *Carrot Patch*, to serve as a side dish with a golden brown turkey and mashed potatoes. Everyone at Speers is proud to have Hazel as an esteemed member of Speers Family Centre Reception Team. You can be sure this recipe will be a hit at the holiday table, just like all the goodies that come out of the Speers family kitchens! Enjoy!

- 5 cups sliced & peeled carrots
- 2 tsp lemon juice
- 2 tsp minced onion
- ½ cup butter, softened
- ¼ cup sugar (or less)
- 1 tsp white flour
- ½ tsp salt
- ½ tsp cinnamon
- 1 cup 2% milk
- 3 eggs

Cook and purée carrots. Add lemon juice and cover tightly until ready to mix. Beat remaining ingredients until smooth. Stir in carrot puree. Pour into greased 2-quart soufflé dish. Bake uncovered at 350 degrees Fahrenheit for 45 -60 minutes until the center is firm. Serves 6.

## Events

### *You are Invited to...*

...the Speers Holiday Candlelight Memorial Service, Sunday, December 5, 2010 at 2:00 p.m. in the Speers Funeral Chapel, 2136 College Avenue. All are welcome to enjoy this annual free event. Refreshments will be served following the service in the Speers Family Centre. Please reply to Krista at [kchristensen@speersfuneralchapel.com](mailto:kchristensen@speersfuneralchapel.com) or call 522-3232.

## A Warm Speers Welcome to...

...**Krista Christensen** who has joined the Speers Team as Continuing Care Coordinator.

...**Donna Scheidt** who has joined the Speers Team as Accounts Payable and Receivable Clerk.

...**Michelle Rohde** who has joined the Speers Team as a Certified Funeral Celebrant.

## Congratulations to...

...**Lorne and Betty Palmer** on celebrating 40 years of marriage. Early in their careers, Betty nursed in Wynyard, Saskatchewan and Lorne taught school in Khandahar, Saskatchewan. Lorne and Betty were introduced at a fireman's ball in Wynyard and were thrilled to celebrate their 40th wedding anniversary, surrounded by family and

friends, on October 10, 2010. Lorne and Betty have lived in Regina for over 40 years and raised their family here. Lorne is a Funeral Service Professional with Speers.

...**Corin Wolbaum** and fiancé, Myles Yasinski, who will be married January 2011 in Regina. Corin is a Speers Family Service Specialist who finds herself constantly busy planning Speers events and celebrations for family and friends. All of us at Speers are excited for Corin and Myles as they prepare for their own celebration in the New Year!

## With Sadness...



...we announce the death of **Lynn McEachern** on September 25, 2010 at the age of 72 years. From 1980 to 2004, Lynn and husband, Ron, owned Speers Funeral Home and together, they contributed to the legacy of over 100 years of exceptional service and care to the Regina community. All of us at Speers extend our heartfelt sympathy to Ron and family. Please visit [www.speersfuneralchapel.com](http://www.speersfuneralchapel.com) to sign an online book of condolences.



# *Celebrating lives well lived*



522-3232

2136 College Avenue ☺ Regina ☺ Saskatchewan  
[www.speersfuneralchapel.com](http://www.speersfuneralchapel.com)