



Services reflect life style

In recent months, non-traditional funeral services have become more common.

The "Life Centered Memorial Service" was developed in response to family's wishes that they could honor the deceased person in a way more in keeping with his life style and with his

beliefs and character.

In these services the body may or may not be present, and if present can be viewed naturally, without a casket. Depending on the deceased's religious beliefs, a minister may or may not be present. Music tends to be informal — that enjoyed by the deceased and his family, and the service simple — often a sharing

of memories.

Life Centered Memorial Services are as varied as the individuals they honor — a service of poetry reading on Mt. Hood; a picnic for friends and relatives at the beach; a final cruise on the family boat with sprinkling of ashes on the waves; a rock concert in the park; an obituary read in the favorite tavern.

If you had High Blood Pressure what would you do?

For those with high blood pressure who need medical help, medicines and other kinds of therapy are used to bring blood pressure down and keep it within safe limits.

It is important to follow and remain on whatever therapeutic program is prescribed in order to avoid possible complications.

Most people with high blood pressure are able to tolerate the disease well for many years, if it is treated in time. It's not curable, but controllable.

Oregon Heart Association 

Financial resources at the time of death

SOCIAL SECURITY

Death benefits are available to survivors of persons who are covered by Social Security. Formal application must be made for these benefits.

The spouse of the deceased is entitled to a death benefit of \$255 if the deceased was covered by Social Security. If no spouse survives, the benefit is available to apply against the funeral expenses if the expense was paid by an individual. If the expense was paid by a fraternal or religious group which was obligated to provide the expense, then the Social Security payment is not made.

UNION AND FRATERNAL BENEFITS

Union or fraternal organizations often provide death benefits. Survivors of railroad employees are entitled to benefits.

EMPLOYEE BENEFITS

If death was on the job or caused by work related factors, survivors may be eligible for Workman's Compensation benefits.

VETERANS BENEFITS

Veterans are eligible for death benefits. These benefits include a \$250 burial allowance, burial in a Veteran's Administration cemetery in a \$150 plot allowance, and an American flag to drape the casket.

Does your Club, Church, or Organization need money?

...We've got an idea just for you!!!

The Portland Observer has created a money tree to help your organization put extra money in its treasury. Here's how it works... Contact The Observer and we'll put you on our way. Your organization sells yearly subscriptions for \$7.50 a year. We give you "2" for each of the subscriptions you sell. If your organization has 20 members and each sell 3 subscriptions then you have "150". If your church, club, or organization has 200 members and each sell 3 then you'll make "1500". That's a fat stack of greenbacks to pile under your own money tree. Start today, just call or write The Portland Observer. We want your organization to make money and discover one of the finest newspapers in America.

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The Portland Observer
P. O. Box 3137 Portland, Oregon 97208
263-2486

Questions and Answers
VETERANS ADMINISTRATION

HOW CAN A VETERAN FIND OUT THE PHONE NUMBER AND ADDRESS OF HIS NEAREST VA OFFICE?

A. Check the white pages in the phone book for Veterans Administration under United States Government. (In most states there is no long distance charge for a call to the VA.)
B. Ask the county veterans service officer.
C. Ask the local office of a veterans service organization including the American Red Cross.
D. As a last resort, write the VA Central Office (271A), Washington, D.C. 20420, for the address and phone number of the VA office nearest to you.

ANSWER: ALL OF THE ABOVE

For information, contact the nearest VA office (check your phone book) or write Veterans Administration, 271A, 810 Vermont Ave. NW, Washington, D.C. 20420.

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WHAT VA OFFICE SHOULD A VETERAN CONTACT TO GET INFORMATION ABOUT VETERANS BENEFITS?

USVAC VA REGIONAL OFFICE VA OFFICE

A. Only certain VA offices located in a few large cities.
B. Any VA office, regional office or US Veterans Assistance Center (USVAC). There is one or more in every state. There is no long distance charge for calling most offices.

ANSWER: B Any VA Office, Regional Office or USVAC. Check your Phone Book.

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