



Live Well, LEAVE WELL

BY PETE GUNDERSON

There are many reasons it's useful to preplan final wishes. Sitting down with your loved ones to discuss what's important, laugh at favorite memories, share family history and traditions, and make final decisions are important. Losing a loved one is hard enough, but to add the many logistical and financial decisions that come with arranging

a funeral or memorial service can be overwhelmingly stressful.

Who Will Help?

It may be important to you and your loved one to be cared for by and have the assurance of a local provider. Many providers are owned nationally and internationally by companies who

use outside crematory brokers from a distance. Losing a loved one is never easy, and a local provider may be more in touch with family traditions, cultural customs, beliefs, and lifestyles for planning, and they'll know area options available to celebrate the deceased's life and accommodate your wishes.

Burial or Cremation?

Planning can be the same or similar when choosing either cremation or burial as a final disposition of a person's body. Burial or cremation can take place prior to or following a funeral or memorial life celebration depending on whether the individual's body is to be present for the planned gathering.

Participation

What involvement would you like from loved ones at the visitation, service, and graveside? This can include serving as pallbearer, musician, or reader. Or it may be jotting down favorite memories or giving the eulogy.

Props

Selecting items to be displayed, such as pictures, memorabilia, and clothing, is important. Bringing them to the funeral home and place of service allows loved ones to be surrounded with memories and good

feelings. Meaningful items can spark conversation, stories, remembrances, and love.

Address the details so your loved ones can use the time to remember, connect, and begin to heal. When you make the decisions, your celebration of life will reflect your wishes instead of those of someone else. It's a personal choice.

Pete Gunderson is a licensed funeral director and president of Gunderson Funeral home, one of the few locally owned, family-operated crematoria and funeral life celebration destination sites in the Madison area.



DO-NOT-RESUSCITATE BRACELETS

Direct emergency medical technicians, first responders, and emergency healthcare facilities' personnel. See also the Advance Healthcare Directives in the Essential Preparation section or Legal in the General section to set up advance healthcare directives which can detail your wishes when you are unable.

DO-NOT-RESUSCITATE BRACELETS (DNR) INFO
(608) 266-1568
dhs.wisconsin.gov/ems/dnr.htm

FUNERAL & CREMATION SERVICES

FOSTER FUNERAL & CREMATION SERVICE
(608) 661-3678 or (844) 363-7193
fosterfuneralhomes.com

GUNDERSON FUNERAL AND CREMATION CARE
5203 Monona Dr., Madison 53716
(608) 221-5420
gundersonFH.com

Dedicated to meeting the wishes of the families that we serve. Our priority is to provide personalized and meaningful celebrations of life at a fair value. We offer comfort and attention that our clients deserve, and support them in one of the most difficult times in their lives.

WALKING EACH OTHER HOME
(608) 444-8327
walkingeachotherhomemadison.org
[facebook.com](https://www.facebook.com/walkingeachotherhomemadison)

[/walkingeachotherhomemadison](https://www.facebook.com/walkingeachotherhomemadison)
Information and support for those considering home funerals and natural burials. Educating and empowering families, individuals, and communities in preparing and caring for their own after death.