

# *In memoriam*

*February 2021*



THE COLUMBUS  
**Telegram**  
◆ Print ◆ Digital ◆ Social ◆ Mobile

**FREMONT TRIBUNE**  
= PRINT = DIGITAL = SOCIAL = MOBILE



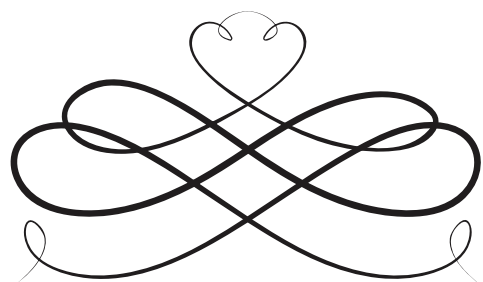
## In Memoriam

### PICTURE TRIBUTES

Abbott-Bengston	Page 2
Benjamin-Faas	Page 3
Fagen-Hansen	Page 4
Hansen-Keller	Page 5
Kershaw-Loveall	Page 6
Mandel-Osterloh	Page 7
Ostrand-Salyers	Page 8
Savage-Troester	Page 9
Unkel-Zach	Page 10

### TEXT TRIBUTES

Page 11



### ABOUT THIS SECTION

In Memoriam started in June 2019 and publishes six times a year. The section honors the memories of the community members we've lost during the prior two-month period. This edition includes those whose obituary appeared between November 30 and January 31.

## Abbott - Bengston



**Isabella Abbott**  
GRAND ISLAND/  
FORMERLY OF COLUMBUS  
Sept. 30, 1923 - Dec. 17, 2020



**Catherine A. Acker**  
FREMONT  
March 29, 1947 - Dec. 17, 2020



**George R. Anderson**  
FREMONT/FORMERLY  
OF NORTH BEND  
April 2, 1950 - Jan. 10, 2021



**George R. Antaya**  
FREMONT  
Aug. 7, 1937 - Nov. 24, 2020



**Llewelyn Dow Asbach**  
May 5, 1935 - Jan. 22, 2021



**Lyle Ashby**  
HOOPER  
Nov. 10, 1943 - Jan. 3, 2021



**Winard Augustin**  
SHELBY/DAVID CITY  
Nov. 1, 1926 - Jan. 4, 2021



**Marcia Lou Augustine**  
SHELBY  
July 11, 1931 - Nov. 24, 2020



**Tony Ault**  
COLUMBUS  
July 16, 1969 - Dec. 14, 2020



**Donald R. Baker**  
GREELEY/FORMERLY  
OF COLUMBUS  
May 17, 1938 - Nov. 22, 2020



**Dolores "Dee" I. Bang**  
FREMONT  
June 25, 1935 - Dec. 17, 2020



**Robert L. "Bob" Barton**  
FREMONT  
Dec. 26, 1929 - Dec. 4, 2020



**Sarah Helen Bauman**  
FREMONT/FORMERLY OF  
COUNCIL BLUFFS, IA  
March 17, 1924 - Jan. 1, 2021



**Michael R. Bechtel**  
May 31, 1961 - Jan. 13, 2021



**Willard C. Behlen**  
Feb. 1, 1947 - Dec. 29, 2020



**Shirley M. Bengston**  
FREMONT  
Aug. 11, 1938 - Jan. 16, 2021

**Benjamin - Faas**

**Susan M. Benjamin**  
FREMONT  
Nov. 24, 1949 - Dec. 23, 2020



**Sr. Dorothy Frances  
Brooks**  
NORFOLK  
Jan. 22, 1927 - Jan. 18, 2021



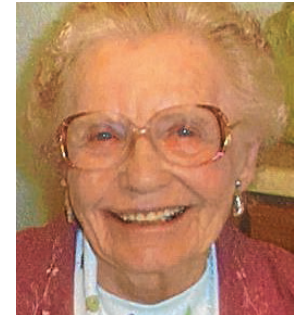
**Jerome I. "Jerry" Carlson**  
HASTINGS  
Jan. 19, 1940 - Jan. 17, 2021



**Mary A. Dickenson**  
July 20, 1931 - Nov. 26, 2020



**CSMGT Herbert F.  
Edwards USAF Ret.**  
INDEPENDENCE, MO  
March 27, 1931 - Jan. 5, 2021



**Elaine Eleanor Eucker**  
ALBION  
Aug. 26, 1925 - Jan. 15, 2021



**Betty Bjorklund**  
FREMONT  
Sept. 26, 1930 - Dec. 31, 2020



**Christopher Bunn**  
Aug. 7, 1968 - Dec. 7, 2020



**Helen Bernice Christenson**  
FREMONT  
June 28, 1924 - Dec. 17, 2020



**Joy K. "Broom" Dodd**  
MURRAY  
Aug. 31, 1941 - Dec. 17, 2020



**Daniel Eisenmenger**  
HUMPHREY  
July 6, 1935 - Jan. 20, 2021



**Dorothy M. Evans**  
NORFOLK  
July 28, 1934 - Nov. 27, 2020



**Kermit O. Bohling**  
FORMERLY OF HOOPER/  
EVERETT, WA  
Jan. 11, 1942 - Jan. 15, 2021



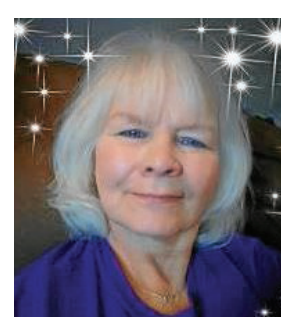
**LaRene Busler**  
COLUMBUS  
Dec. 3, 1930 - Jan. 24, 2021



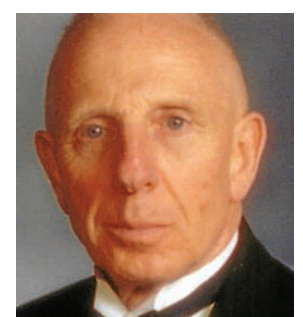
**Linda M. Cramer**  
Jan. 23, 1954 - Dec. 2, 2020



**Helen Fae (Christensen)  
Drummond**  
LYONS  
March 15, 1948 - Dec. 21, 2020



**Connie L. Ellsworth**  
SPENCER  
Sept. 22, 1950 - Jan. 13, 2021



**Franklin S. Evans**  
LOUISVILLE  
April 20, 1932 - Dec. 14, 2020



**Velma L. Bower**  
FULLERTON/  
FORMERLY OF MONROE  
Oct. 6, 1931 - Dec. 24, 2020



**Dorothy Dale Carlson**  
COLUMBUS/FORMERLY  
OF SILVER CREEK  
Aug. 8, 1926 - Nov. 30, 2020



**Floyd Carl Davis**  
UNION  
April 12, 1951 - Dec. 25, 2020



**Dorothy Dush**  
DUNCAN  
Dec. 1, 1929 - Nov. 24, 2020



**Norma Jean "Jeanie"  
Engel**  
HUMPHREY  
March 24, 1943 - Nov. 27, 2020



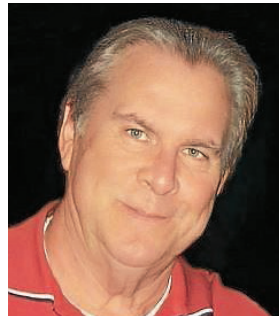
**Marie B. Faas**  
LINCOLN  
Feb. 4, 1927 - Jan. 5, 2021

**Fagen - Hansen**

**Robert N. Fagen**  
Nov. 28, 1940 - Jan. 9, 2021



**Curtis K. Fleeman**  
FREMONT  
April 30, 1946 - Dec. 23, 2020



**Richard "Rich" J. Gans**  
BRAINARD  
July 13, 1940 - Dec. 31, 2020



**Joanne L. Glaze**  
OMAHA/FORMERLY  
OF PLATTSMOUTH  
June 24, 1934 - Dec. 28, 2020



**Robert E. Grell**  
FREMONT  
June 10, 1947 - Dec. 2, 2020



**Ray Loyd Haddock**  
NORFOLK  
Nov. 3, 1935 - Jan. 20, 2021



**Colette M. Feala**  
NORTH BEND  
Dec. 23, 1930 - Jan. 9, 2021



**Wilma Lea Fowler**  
COLUMBUS  
Sept. 14, 1936 - Jan. 13, 2021



**Emma Anne Gehring**  
OMAHA  
May 24, 2012 - Dec. 11, 2020



**Leo Henry Goeken**  
STANTON  
Dec. 17, 1931 - Nov. 24, 2020



**Joyce Grossnicklaus**  
Nov. 5, 1932 - Jan. 21, 2021



**David Thomas Hamilton**  
Sept. 11, 1927 - Dec. 30, 2020



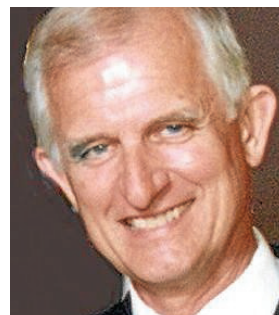
**Robert Joe Ferdig**  
PLATTSMOUTH  
May 11, 1946 - Jan. 16, 2021



**Helen C. Freund**  
Jan. 2, 1924 - Jan. 4, 2021



**Ellen Glanzer**  
NORFOLK  
May 21, 1933 - Jan. 15, 2021



**Eugene A. Gnuse**  
ARLINGTON  
June 2, 1945 - Nov. 30, 2020



**Allen Grotelueschen**  
RICHLAND  
March 31, 1944 - Dec. 12, 2020



**Tommy "Shorty"  
Leon Hammond**  
FREMONT  
Aug. 20, 1942 - Jan. 7, 2021



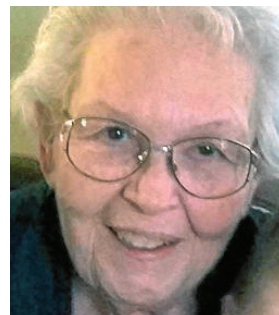
**Withold "Fergy" Fergin**  
DAVID CITY  
May 3, 1935 - Dec. 7, 2020



**Julie A. Gall**  
SCHUYLER  
Oct. 18, 1949 - Dec. 18, 2020



**Wanda L. Gibson**  
Dec. 30, 1935 - Jan. 11, 2021



**Patricia Ann Grancer**  
PLATTSMOUTH  
June 13, 1940 - Dec. 20, 2020



**Rick Haas**  
COLUMBUS  
Feb. 12, 1954 - Nov. 29, 2020



**Byron Hansen**  
FREMONT  
Feb. 2, 1936 - Dec. 28, 2020

**Hansen - Keller**



**Jennifer S. Hansen**  
CEDAR BLUFFS  
Feb. 5, 1973 - Dec. 3, 2020



**Lorene Glenn Hatfield**  
FREMONT  
July 3, 1920 - Dec. 14, 2020



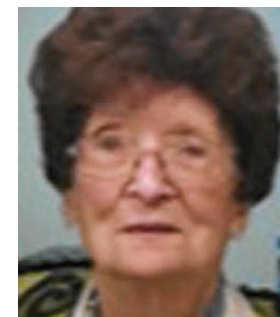
**Glen Leon Hickey**  
UNION  
April 23, 1940 - Jan. 20, 2021



**Clara Belle Hull**  
FREMONT  
Aug. 3, 1932 - Jan. 1, 2021



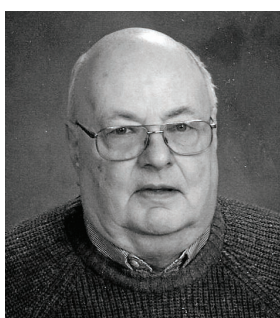
**Kimberly S. (Christiansen) Jespersen**  
FREMONT  
March 1, 1956 - Nov. 28, 2020



**Beata C. "Bea" (Iwan) Jorn**  
FREMONT  
Dec. 26, 1929 - Nov. 26, 2020



**Marshall R. Hardy**  
TUCSON, AZ/  
FORMERLY OF FREMONT  
April 18, 1927 - Nov. 26, 2020



**Selwyn T. Heese**  
COLUMBUS  
July 4, 1941 - Dec. 3, 2020



**Arnold J. Hines**  
FREMONT/FORMERLY  
OF MORSE BLUFF  
March 28, 1931 - Jan. 2, 2021



**Donald Wayne Hull**  
OMAHA/FORMERLY  
OF LINCOLN, KS  
Feb. 2, 1936 - Jan. 6, 2021



**Robert Lee "Bob" Johansen**  
OSCEOLA  
Nov. 11, 1930 - Dec. 1, 2020



**Stanley Robert Karel**  
ST. EDWARD  
Oct. 4, 1940 - Jan. 16, 2021



**E. Vivian (Pieper) Hartwig**  
PENDER  
Oct. 21, 1933 - Dec. 18, 2020



**Aileen Ann Heintzelman**  
FREMONT  
March 21, 1926 - Jan. 6, 2021



**Nicholas "Nick" E. Hoge**  
OAKLAND  
Sept. 6, 1959 - Dec. 3, 2020



**Delores Jaixen**  
PLATTE CENTER  
Jan. 22, 1936 - Jan. 2, 2021



**Robert "Bob" Johnson**  
GENOA  
June 28, 1956 - Dec. 10, 2020



**Geraldine Keeler**  
FREMONT  
Oct. 25, 1938 - Dec. 11, 2020



**Seth Hasemann**  
SNYDER  
Aug. 9, 1988 - Dec. 14, 2020



**Gordon Hellbusch**  
COLUMBUS  
Feb. 11, 1944 - Dec. 2, 2020



**Genelle J. Honey**  
FREMONT  
March 22, 1938 - Jan. 7, 2021



**Roland Jank**  
OMAHA  
July 14, 1920 - Jan. 27, 2021



**Sandra K. Johnson**  
FREMONT  
March 4, 1948 - Dec. 9, 2020



**Marlin M. Keller**  
ITHACA  
Died Dec. 26, 2020

**Kershaw - Loveall**



**Eugene Kershaw**  
SILVER CREEK  
May 20, 1931 - Dec. 2, 2020



**Kim A. Koski**  
FREMONT  
Jan. 16, 1970 - Jan. 2, 2020



**Lois F. Krohn**  
HERMAN  
Feb. 21, 1922 - Dec. 15, 2020



**Edwin Longin Kucera**  
HOWELLS  
Dec. 19, 1936 - Jan. 4, 2021



**Helen Marie LaCroix**  
MEAD  
June 24, 1948 - Jan. 19, 2021



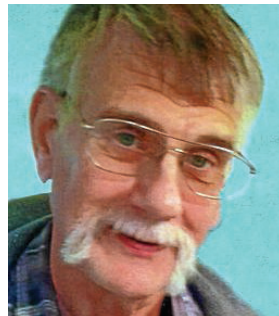
**Thomas Leffers**  
COLUMBUS  
April 16, 1941 - Jan. 24, 2021



**Carol L. Kneeland**  
LEXINGTON  
Nov. 7, 1950 - Dec. 27, 2020



**Mary Jane Kosta**  
LINCOLN  
Aug. 1, 1940 - Dec. 12, 2020



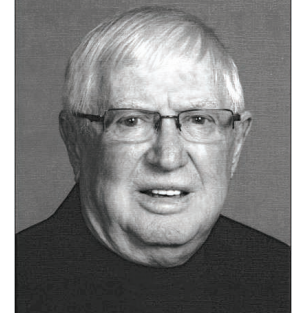
**Steven "Mel"  
Dennis Kronberg**  
FREMONT  
April 26, 1952 - Dec. 22, 2020



**Roma Kudera**  
COLUMBUS  
Feb. 17, 1921 - Jan. 7, 2021



**Carolyn Sue Lange**  
HALLAM  
Jan. 14, 1944 - Nov. 25, 2020



**Ronald "Ron" Liebig**  
COLUMBUS  
March 1, 1936 - Dec. 27, 2020



**Merle Knutzen**  
BROOKINGS, SD  
Nov. 18, 1921 - Dec. 18, 2020



**Sally G. Kozisek**  
FREMONT  
Feb. 22, 1929 - Jan. 17, 2021



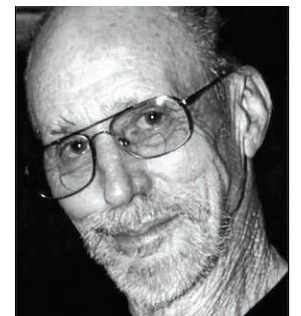
**Donna Kubas**  
COLUMBUS  
May 4, 1934 - Dec. 2, 2020



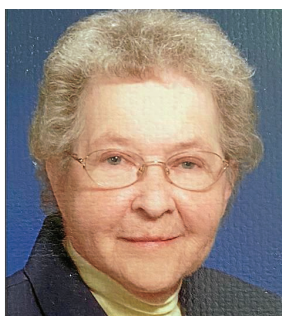
**Susan K. "Sue" Kudlac**  
OMAHA  
Dec. 11, 1963 - Nov. 30, 2020



**Debra A. Larsen (Cerny)**  
OMAHA  
Aug. 1, 1974 - Jan. 11, 2021



**Larry Loseke**  
PLATTE CENTER  
June 26, 1936 - Jan. 9, 2021



**JoAnn Kosch**  
COLUMBUS  
Oct. 14, 1935 - Nov. 30, 2020



**Dennis Krohn**  
HOOPER  
Aug. 31, 1949 - Dec. 23, 2020



**William "Bill" Kubas**  
COLUMBUS  
Oct. 22, 1933 - Nov. 30, 2020



**Bryce J. Kummer**  
COLUMBUS  
July 15, 1958 - Jan. 4, 2021



**Dennis John Laska**  
OMAHA  
Aug. 26, 1929 - Dec. 18, 2020



**Betty J. Loveall**  
LONG BEACH, CA  
May 1, 1928 - Dec. 10, 2020

**Mandel - Osterloh**



**David Mandel**  
WEST POINT  
June 6, 1935 - Dec. 1, 2020



**Johanna Lee McMahan**  
FREMONT  
Aug. 3, 1956 - Nov. 25, 2020



**Sharon Kay Mohrmann**  
COLUMBUS  
Nov. 15, 1946 - Jan. 17, 2021



**Valery Neesen**  
FORMERLY OF SNYDER  
May 22, 1930 - Jan. 13, 2021



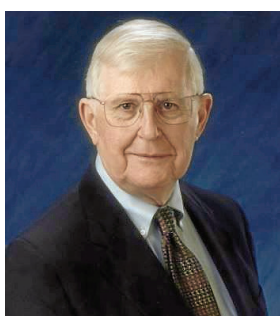
**Samantha E.  
(Medinger) Newill**  
LINCOLN  
April 11, 1974 - Dec. 5, 2020



**Lonny L. Oerman**  
HOOPER  
Jan. 29, 1962 - Dec. 18, 2020



**Roneane "Ronni" L. May**  
FREMONT  
Feb. 13, 1945 - Dec. 10, 2020



**Leon B. Michael**  
LEELANAU COUNTY  
March 7, 1921 - Dec. 26, 2020



**Ronald A. Montgomery**  
FREMONT  
June 16, 1942 - Jan. 19, 2021



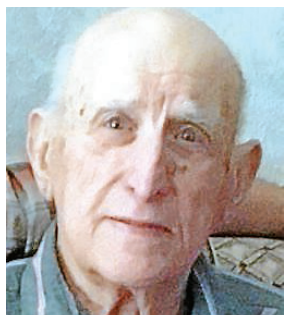
**Benjamin T. Nelson**  
RALSTON  
April 16, 1980 - Dec. 8, 2020



**Evelyn A. Nolte**  
WYMORE  
Sept. 25, 1944 - Dec. 18, 2020



**Richard C. Olcott**  
COLUMBUS  
Feb. 15, 1950 - Dec. 9, 2020



**Darrell D. McArdle**  
Dec. 23, 1926 - Dec. 23, 2020



**John Aloysius Miksch**  
PLATTE CENTER  
April 3, 1929 - Jan. 4, 2021



**Kathy Lynn Morgan**  
FREMONT  
Jan. 22, 1957 - Nov. 27, 2020



**Patricia Nelson**  
March 13, 1937 - Nov. 29, 2020



**Eugene Anton "Gene"  
Novotny**  
ORD  
May 11, 1925 - Dec. 23, 2020



**Wilbert A. Ortmeier**  
SNYDER  
Jan. 21, 1929 - Dec. 5, 2020



**Bernard G.  
"Bernie" McGee**  
June 23, 1932 - Dec. 6, 2020



**Deryl Miller**  
COLUMBUS  
June 15, 1944 - Jan. 13, 2021



**Willmer Herman  
Moseman**  
OAKLAND  
Sept. 12, 1922 - Dec. 17, 2020



**Sharon Nelson**  
May 29, 1938 - Jan. 6, 2021



**Landen James Oakley**  
OMAHA  
July 13, 2020 - Jan. 3, 2021



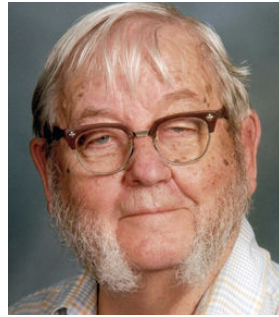
**Warren Ronald Osterloh**  
ATLANTA, GA  
Feb. 18, 1936 - Jan. 16, 2021

**Ostrand - Salyers**

**Lawrence Bernhard  
Ostrand**  
CEDAR BLUFFS  
Dec. 11, 1934 - Jan. 25, 2021



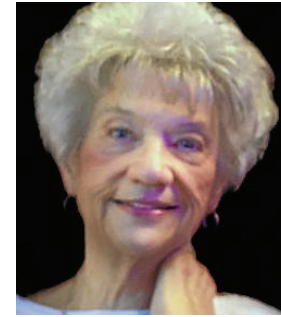
**Pattie Jo Peters**  
NORTH BEND  
March 22, 1955- Dec. 1, 2020



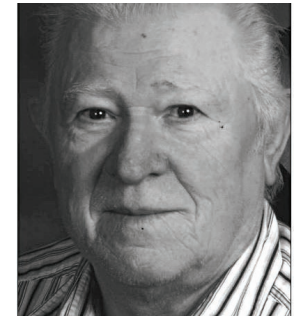
**James S. Pilgrim**  
CLINTON  
Dec. 7, 1924 - Dec. 29, 2020



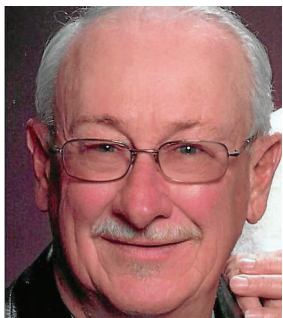
**Dale Plugge**  
COLUMBUS  
Nov. 29, 1928 - Jan. 20, 2021



**Modene "Mo" Joy Realph**  
FREMONT  
March 25, 1941 - Jan. 17, 2021



**Bernard F. "Ben" Rohloff**  
COLUMBUS  
May 5, 1945 - Dec. 19, 2020



**Dale Parker**  
GENOA  
March 11, 1941 - Jan. 28, 2021



**Marie J. Petersen**  
BLAIR  
Dec. 16, 1925 - Jan. 7, 2021



**Keri Ann Pinkerman**  
COLUMBUS  
July 25, 1970 - Dec. 14, 2020



**Dennis Potter**  
OVERLAND PARK, KS  
Oct. 1, 1946 - Dec. 30, 2020



**Garry Retzlaff**  
COLUMBUS  
Sept. 17, 1951 - Jan. 26, 2021



**Eugene Rohloff**  
COLUMBUS  
July 23, 1943 - Dec. 26, 2020



**Lois Parker**  
GENOA/FORMERLY  
OF SILVER CREEK  
May 24, 1947 - Dec. 14, 2020



**Robert "Bob" G.  
Peterson Jr.**  
FREMONT  
Sept. 6, 1943 - Nov. 26, 2020



**Gladys E. Pipal**  
FREMONT  
July 6, 1930 - Jan. 22, 2021



**William Edward Price**  
Died Dec. 21, 2020



**Dorothy Mae Rieck**  
ALBION/FORMERLY  
OF PRIMROSE  
March 28, 1931 - Jan. 8, 2021



**Richard "Dick" Ruth**  
RISING CITY  
Died Dec. 8, 2020



**Howard D. Pearson**  
WAHOO  
Jan. 16, 1927 - Nov. 29, 2020



**Loraine V. Pieper**  
FREMONT  
Sept. 8, 1964 - Dec. 7, 2020



**Ambrose Placzek**  
COLUMBUS  
Nov. 10, 1938 - Dec. 7, 2020



**Dave Ratcliff**  
COLUMBUS  
Jan. 16, 1943 - Jan. 6, 2021



**James "Jim" J. Robart**  
FREMONT  
Feb. 7, 1949 - Nov. 30, 2020



**Chad L. Salyers**  
FREMONT  
Feb. 16, 1967 - Dec. 4, 2020



**Savage - Troester**



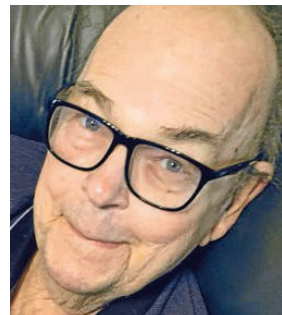
**Tim L. Savage**  
NEHAWKA  
April 20, 1948 - Dec. 30, 2020



**Alice Schnoor**  
HOOPER  
Oct. 1, 1937 - Dec. 18, 2020



**Jerry "Muggy" L. Siemek**  
FREMONT  
April 21, 1933 - Jan. 8, 2021



**Frank Sopinski**  
FREMONT  
Nov. 26, 1941 - Jan. 6, 2021



**Donald "Don" Douglas Steube**  
PLATTSMOUTH  
March 10, 1940 - Dec. 30, 2020



**Timothy John Thomas**  
COLUMBUS/OMAHA  
Nov. 19, 1955 - Jan. 2, 2020



**Douglas Allen Schindel**  
COLUMBUS  
Aug. 17, 1962 - Jan. 4, 2021



**Keith Schulenberg**  
COLUMBUS  
June 24, 1946 - Dec. 23, 2020



**David N. Simmons**  
FREMONT  
Dec. 16, 1946 - Dec. 26, 2020



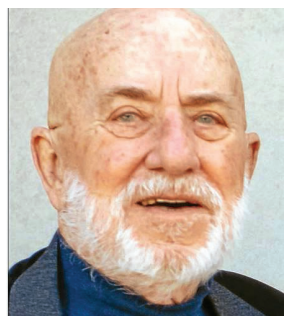
**Jaqueline "Jackie" Jean Spangler**  
ARLINGTON  
Aug. 9, 1925 - Nov. 8, 2020



**Glen E. Still**  
FREMONT  
Oct. 14, 1960 - Dec. 13, 2020



**James Emory Thompson**  
FREMONT  
Nov. 11, 1950 - Dec. 31, 2020



**Robert "Bob" Schlemmer**  
LINCOLN/FORMERLY  
OF SCHUYLER  
July 4, 1937 - Jan. 24, 2021



**Elaine Shotkoski**  
DUNCAN  
June 12, 1948 - Jan. 3, 2021



**Kimberly A. Simmons**  
Jan. 26, 1966 - Nov. 22, 2020



**Daniel Joseph Spencer**  
FREMONT  
April 12, 1949 - Jan. 9, 2021



**Beverly J. Struebing**  
FREMONT  
Dec. 9, 1944 - Dec. 28, 2020



**Grace M. Tichota**  
CEDAR RAPIDS  
Aug. 20, 1917 - Dec. 28, 2020



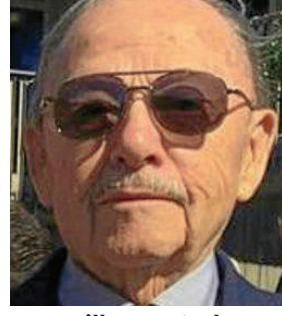
**Mary Jane "Jani" "Janie" (Matthias) Schmeits**  
Aug. 17, 1951 - Jan. 4, 2021



**Marion O. Shuster Jr.**  
FREMONT  
Feb. 16, 1943 - Jan. 21, 2021



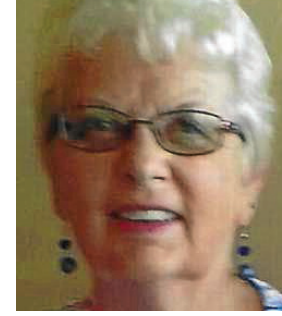
**Pat Smith**  
ARLINGTON  
Aug. 17, 1933 - Dec. 31, 2020



**Billy Ray Stack**  
CASPER, WY  
Nov. 25, 1932 - Nov. 26, 2020



**Stephen "Steve" Sunday**  
WILBUR/FORMERLY  
OF DAVID CITY  
April 17, 1952 - Dec. 21, 2020



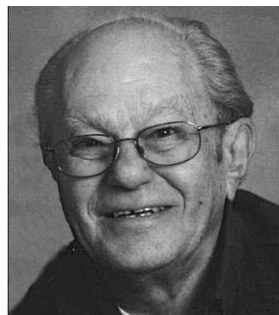
**Bertha Troester**  
FREMONT  
May 3, 1944 - Jan. 27, 2021



**Loren "Jay" Unkel**  
COLUMBUS  
Jan. 29, 1951 - Dec. 8, 2020



**Ruth Ann Vaughan**  
FREMONT  
Dec. 7, 1944 - Nov. 27, 2020



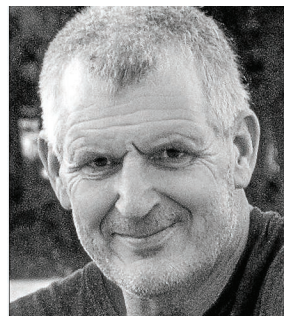
**Richard A. "Dick" West**  
COLUMBUS  
July 11, 1933 - Dec. 27, 2020



**Margaret M. Wielgus**  
April 28, 1925 - Dec. 13, 2020



**Karen Wurdeman**  
COLUMBUS  
April 6, 1941 - Dec. 12, 2020



**James "Votch" Joseph Valasek**  
ALBION/FORMERLY OF SPALDING  
Aug. 11, 1965 - Dec. 4, 2020



**Denny Keith Verbeek**  
FREMONT  
July 16, 1944 - Dec. 13, 2020



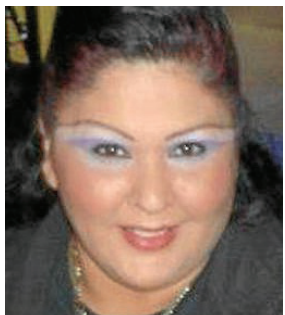
**Glenn H. "Wes" Westerman**  
NORTH BEND  
Sept. 19, 1926 - Dec. 12, 2020



**Herbert "Herb" L. Wild**  
FREMONT  
May 13, 1932 - Dec. 28, 2020



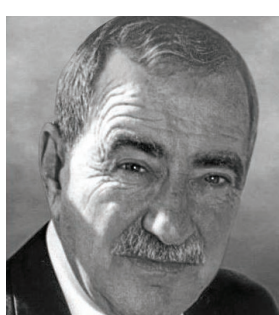
**Dennis Yates**  
COLUMBUS  
July 1, 1941 - Dec. 5, 2020



**Victoria Valdez**  
FREMONT  
Aug. 31, 1972 - Jan. 4, 2021



**Opal Wagner**  
COLUMBUS  
Jan. 12, 1930 - Dec. 12, 2020



**C. Thomas White**  
Oct. 5, 1928 - Dec. 11, 2020



**Paul Wilke**  
COLUMBUS  
July 13, 1965 - Jan. 25, 2021



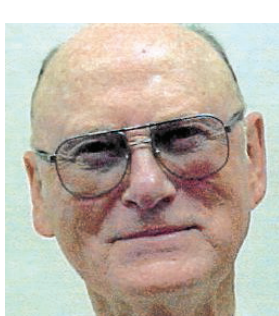
**Mark Alan Younker**  
LA VISTA  
Dec. 28, 1947 - Jan. 20, 2021



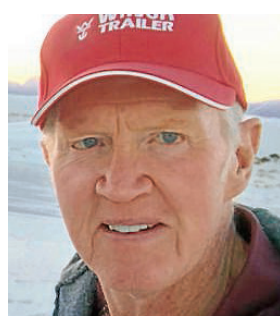
**Ryan J. Vance**  
LINCOLN  
Dec. 13, 1981 - Dec. 28, 2020



**Sandra "Crom" Wascher**  
FREMONT  
July 13, 1942 - Jan. 10, 2021



**Frederick W. "Fred" Whitt Jr**  
Nov. 5, 1927 - Dec. 20, 2020



**Denny Wilkins**  
ARLINGTON  
Dec. 21, 1946 - Jan. 7, 2021



**Erwin Zach**  
GENOA  
Jan. 7, 1931 - Jan. 3, 2021

## When to update your will



**T**here are many occurrences that require an update to estate-planning documents.

A will is your ironclad way to disperse your assets to loved ones as you wish. Here are a few of the top reasons you may need to update this important document.

### **Changes in financial situation**

There may come a time where you decide to increase or decrease the inheritance you are leaving behind for loved ones.

For instance, if you receive a large sum of money, it's possible to alter your will to add a new beneficiary or make an increase towards those currently on your list.

### **Changes in tax laws**

It can be hard to stay up to date on constantly changing tax laws, but it's necessary to keep your final document in good legal standing. Especially if your will takes actions to address estate tax issues, it's a good idea to receive periodic reviews by a professional attorney.

### **Ask for advice**

Don't be afraid to ask your legal expert for advice on other moments that may benefit your last will and testament. Remember, this document is incredibly important to keep accurate as it articulates your vision and solidifies your legacy.





## How to choose a grief support group

**G**rief support groups help people overcome depression and loneliness. Whether because of the loss of a loved one or another major life change, a support group can be a big help in working through some of life's most difficult moments. Especially in scenarios involving unexpected loss of life, experts say support groups can help the bereaved overcome tremendous pain and regain a sense of self after sustaining a difficult loss.

### What is a grief support group?

Grief support groups around the country meet every day to talk about how to cope and deal during the grieving process.

People from all walks of life come together, united by the loss of a loved one, to share feelings and thoughts with one another.

Trained professionals from the mental health field are often on hand to moderate the groups. Counselors, psychologists and social workers have the skills to assist, gained from years of training and experience. The mourning process is often filled with pain and uncertainty. They will guide participants through the stages of grief.

### Benefits of a grief support group

Mental, emotional and spiritual connections are the glue that bind these support groups. Each person in the group can help another since they are sharing the experience. There is a special bond that comes from people who help each other through grief.

Participants listen to each other without judgment. Each person gets a chance to share feelings or memories. Sometimes, members may simply need to

express what they feel at the present moment. All meetings are confidential.

A support group is the best place to feel and express strong emotions. Everyone in attendance understands what the survivor is going through.

Members also assist each other in moving forward. Some groups plan events and activities as a way to ease the loneliness.

Through attendance at these groups, members are assured that their thoughts and feelings are normal. The support group reinforces the idea that everyone deserves respect.

### Types of support groups available

There are also support groups for grieving individuals dealing with special circumstances. Some groups may focus specifically on military families, while other groups will concentrate on helping wives, children or husbands deal with losses in the immediate family.

Sometimes groups may limit membership to people of the same gender. There are also teen, children or adult groups. Elderly grief support groups help survivors who have lost their spouses or entire families.

### How to choose a grief support group

There are plenty of places to find a grief support group. Hospitals and hospices have information on local meetings. Religious institutions, including churches and synagogues will also have a list of groups. Funeral homes are another place to find information.

It is important to choose a group in which you feel comfortable and respected. There is no shame in talking about your feelings during this difficult time.



## How to choose a final resting place

**N**o one likes to think about it—but we all need to plan for our eventual demise.

And one of the most compassionate things you can do for your loved ones is making sure you've made a plan for a final resting place.

Whether you're pre-planning for yourself or helping a family member with choices, these end-of-life decisions will have a lasting impact.

Here are some things to consider when choosing a final resting place.

### Cemetery

Choosing a resting place is similar to buying real estate. Location will play a large part in choosing a cemetery plot or mausoleum.

Your final resting place should have special meaning for you and your loved ones. Ideally, it should be neat, clean and have long-term arrangements for taking care of the grounds. A convenient location is preferable, so loved ones can pay their respects easily and conveniently.

Much of this decision will be based on personal preference. It might be a small, quiet country location or a plot in the middle of a bustling city. There are plenty of options available, depending on your wishes.

The property manager should have a stellar reputation and a lengthy track record of being professional. It is important that they make you feel comfortable and at peace with your decisions.

Look for a cemetery that will be run in perpetuity. It should have stable management now and detailed plans for ongoing maintenance through decades to come. Do not be afraid to ask questions about the company's history and plans for the future.

### Headstones

Deciding on the right headstone is another way to leave a legacy.

The monument or headstone can say a lot about the deceased's life. You can choose a simple, straightforward stone or an elaborate stone with a custom design. You can also leave a message for descendants. This headstone will be around for a very long time, and it can inform people about your life.

So you might want something more unique. Monuments can also reflect the personality and interests of the person they are honoring.

Many companies offer a variety of designs and layouts for people who want a special headstone. They have symbols and messages that can honor religious beliefs, clubs, honors or careers. These elements will add personality to your headstone.

These companies are happy to cater to your request. They might also make recommendations.

A final resting place will honor a legacy for many years to come. The decisions you make will leave a meaningful impression, so take the time to choose wisely.