In memoriam

April 2020

THE DAILY NEWS
In Memoriam

PICTURE TRIBUTES
Abell-Ellavsky Page 2
Erickson-Olsen Page 3
Oyloe-Ziegler Page 4

TEXT TRIBUTES
Pages 5-6

ABOUT THIS SECTION
In Memoriam started in September 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 February 2 and March 29.
IN MEMORIAM

Richard A. Erickson
LONGVIEW
March 4, 1950 - March 4, 2020

Clarence Ray Hardwick
LONGVIEW
Feb. 17, 1932 - Feb. 16, 2020

Keith Holter
LONGVIEW/KELSO
June 26, 1931 - Feb. 21, 2020

Kenneth Laabs
KELSO
July 26, 1924 - March 12, 2020

Teresa Louise Lien
CASTLE ROCK
March 16, 1962 - Nov. 1, 2019

Emilee Mabey
LONGVIEW
April 19, 1995 - Feb. 6, 2020

June Furness
LONGVIEW
July 10, 1916 - Feb. 5, 2020

Stanley Alan Hicks
LONGVIEW
Dec. 28, 1936 - March 6, 2020

Genevieve “Genny” M. Kissinger
LONGVIEW
Dec. 26, 1939 - Feb. 19, 2020

Doris Anna Larson
LONGVIEW
Feb. 17, 1927 - Feb. 8, 2020

Lemoyne “Lee” Lindahl
LONGVIEW
Feb. 17, 1937 - Jan. 18, 2020

Peggy Ann Masters
KELSO
May 14, 1954 - Jan. 28, 2020

Ellen Girt
Aug. 12, 1950 - March 16, 2020

Edwina Hazel Hirko
LONGVIEW
Dec. 10, 1939 - Jan. 13, 2020

Yvonne Rae Knuth
LONGVIEW
Dec. 6, 1940 - Feb. 22, 2020

Joy Dean Leaf
LONGVIEW
Nov. 20, 1926 - Jan. 30, 2020

Rita Joy Link
LONGVIEW
June 13, 1936 - Feb. 26, 2020

Marlaine Rae Netter
LONGVIEW
June 29, 1943 - Feb. 12, 2020

Dorothy Campbell Hallett
Aug. 29, 1925 - Feb. 14, 2020

Beth Holland
Aug. 25, 1941 - March 26, 2020

Corrinne Kuehner
July 27, 1929 - Feb. 22, 2020

Kenneth Wayne Lewis
KALAMA
April 27, 1937 - Jan. 24, 2020

David M. Little
LONGVIEW
April 25, 1935 - Feb. 4, 2020

Harvey Dwain Olsen
LONGVIEW
April 25, 1935 - Feb. 4, 2020
IN MEMORIAM

Walter Oyloe
CASTLE ROCK
Sept. 7, 1926 - Feb. 18, 2020

Gerald Santman
LONGVIEW
Dec. 24, 1949 - Feb. 15, 2020

Vel Schulze
Aug. 11, 1933 - Dec. 13, 2019

Michael Scott Sickles
Oct. 25, 1985 - Jan. 31, 2020

James Carl Tomlinson
KELSO
Aug. 2, 1949 - Jan. 15, 2020

Elizabeth “Betty” Jane Wolden
ROSE VALLEY
July 27, 1927 - Feb. 29, 2020

Glenn Belford Palmer
April 24, 1935 - Feb. 4, 2020

Christopher Sawyer
LONGVIEW
Dec. 13, 1990 - March 5, 2020

Leonard Arthur Scott
LONGVIEW
April 9, 1932 - Nov. 30, 1940

Sharron Lee Skoutas
LONGVIEW
May 31, 1940 - Feb. 14, 2020

Kurt Henry Troske
LONGVIEW
May 22, 1963 - Feb. 6, 2020

William Ziegler
KELSO
April 13, 1933 - Feb. 10, 2020

Larry Dean Rea
GRESHAM
July 29, 1939 - Jan. 21, 2020

Robert Schiecht
April 22, 1921 - Feb. 21, 2020

Cynthia Ann Sedelmeier
LONGVIEW
May 31, 1935 - Nov. 4, 1928

Necia Tegarden
LONGVIEW
Aug. 2, 1939 - Feb. 8, 2020

Joyce Roos Schrepel
LONGVIEW
July 1, 1930 - Jan. 16, 2020

Beverly Shaffer (Brennan)
June 26, 1930 - Feb. 12, 2020

Gayle Wilson
Oct. 20, 1929 - Feb. 18, 2020

Norman Rockett
LONGVIEW
Dec. 23, 1949 - Nov. 26, 2019

William Todd
CASTLE ROCK
Feb. 25, 1948 - Feb. 11, 2020

Gayle Wilson
Oct. 20, 1929 - Feb. 18, 2020
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<td>Carol Marie Schamel</td>
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How to choose a grief support group

Grief 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.
Estate planning tips and advice

Estate planning is for everyone. Don’t make the mistake of believing estate planning is only for the rich. Making a plan for how your affairs will be handled after death is the best thing you can do for your loved ones, regardless of your financial standing.

Document how you want your property and other assets handled to help your family avoid legal difficulties, inconvenience, unnecessary taxation and family arguments. An estate planning professional can have a lasting impact on your legacy.

Estate planning isn’t just about protecting heirlooms; it also provides security for your financial standing.

Seek legal counsel

Some people use online forms to draft a will, most people will benefit from consulting with an estate planning attorney. This experienced professional can create legal documents with your specific circumstances in mind. It’s true everyone should have a will, regardless of age. But that is only the first step in developing a solid estate plan. You should also create a living will, power of attorney and possibly a trust.

Consult an attorney who has experience in developing estate plans for those whose situations are similar to yours. Do not try to do it alone.

Life insurance policies

Life insurance policies provide for your loved ones in the event of your death.

There are a wide range of options, and only a few will make sense for your situation. A professional can guide you through the possibilities and help you make appropriate choices.

Term life insurance policies are generally less expensive than other types of coverage. But whole life policies, annuities and other insurance products may be more appropriate for your circumstances.

Understand what you might be buying. In some cases, a policy may benefit the salesperson more than it does the customer.

It is essential you take all the time you need to learn about a particular policy before purchasing it. If you have any hesitation or confusion, ask another professional or keep researching. You should feel certain that you are choosing the best policy for your needs.

Funeral expenses

Funerals are very expensive, sometimes up to $10,000. You don’t want to leave your family with large bills. That’s why you should plan ahead to cover the cost of your own funeral.

Pre-paid funeral plans are a popular option, or you can simply buy a burial plot in advance so that one major task will be handled before your death.

It may be uncomfortable and even frightening to consider, but it is something that must be addressed as part of a solid estate plan. Visit funeral homes in your area to discuss prepayment options.

Communication is key

Communicate with your family in general terms about your estate plan. Talking to them about what they can expect could head off estate disputes and heartache.

A good estate planner can help you navigate complicated family dynamics and concerns that may accompany this process. The right estate plan and experienced professionals can make your legacy a blessing that your heirs will treasure for the rest of their lives.

It is better to plan ahead than to be a burden on loved ones.

Become an organ donor

When you make a commitment to donate healthy organs or tissue at the time of your death, you positively impact the lives of others. When planning your legacy, it’s easy to have your loved ones at the forefront of your mind, but a simple registration could influence the life of a stranger.

According to the United States Department of Health & Human Services, there are two ways to sign up to be an organ donor. From the comfort of your home, visit their website and fill out a simple form. If you would rather complete the process with a representative, the experts at the local Department of Motor Vehicles can help.

Statistics

There are thousands of Americans in need of healthy organs or tissue. Here are some sobering statistics from the United Network of Organ Sharing, to show you the importance of registering:

- In 2018, there were 33,432 transplants performed.
- On average, 113,864 people are on a waiting list for a lifesaving organ transplant.
- One organ donor can save eight lives.
- A person is added to the national transplant waiting list every ten minutes.

How you can help

Adults who are legal citizens in the United States are eligible to donate organs at the time of death, and, in some cases, during their lifetime. Of course, certain diseases may inhibit your from becoming a donor; be honest about your health conditions during registration.

Some things that may prevent someone from applying are an HIV infection, cancer or a systemic infection. Keep in mind that organs that aren’t affected from these diseases may qualify, so visit a representative to discuss your options.

Talking with family

Make sure to discuss your wishes with your family. Conversations regarding death are never easy. You should approach the subject with sensitivity by discussing the benefits that registration offers to others. Your loved ones may even be curious as to how they register for the national donor list.

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Organize your finances

Your debts don’t disappear at the time of death. In many cases, your family may be held responsible for any outstanding obligations. When planning your estate, spend time organizing your finances to ensure an executor knows what you owe and how to make the payments.

A life insurance policy means more than leaving something behind for your loved ones, it should also cover funeral expenses and fund your financial responsibilities. Determine the amount you owe and adjust your plan with an insurance agent.

Your family members will be dealing with grief at the time of your death, what you do to ease the stress before the fact, can make it easier for them to adjust.

**Important documents**

You should print out clear documentation of life insurance policies and retirement plans, including pensions and annuities. Keep them in a safe place and disclose the location with loved ones. At the time of death, they will require these forms to ensure your contribution is dispersed to the right person, rather than going unclaimed and ending up with the state.

It’s a good idea to give copies to your estate planner, attorney or even in a safe-deposit box. These documents should be easily accessible when they are needed.

**Gathering debts**

Another set of documents you will need to disclose with your estate executor is a list of your financial responsibilities. These include mortgages, vehicle commitments and credit card debts. Keep your account information in a secure and organized portfolio to make payments easier.

Don’t forget to update balances regularly to keep numbers accurate.

A great expert to have when gathering your debts is a financial advisor. Together, you can set up beneficiaries for retirement plans, allow family to access accounts and even create savings strategies for your surviving family and finances.

**Leave clear instructions**

Modern technology makes bill paying easy with services like autopay. Make sure your loved ones know how and what comes out of your bank account.

It’s easy to forget small charges like subscriptions and utilities.

They should know how to opt out of these fees as every dollar can be crucial when meeting final financial obligations.

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LEAVING A LEGACY

**How will I be remembered after I’m gone?** There comes a time in our lives when we begin to ask ourselves this question.

It’s important for us to feel that we are leaving behind a strong example for our family members and friends to carry on. We want our work to continue and our spirit to remain strong.

One of the best ways to achieve these important goals is through proper legacy planning. Working with a local attorney to determine what you want your legacy to be is the first step. You will need to answer questions about what is most important to you and how you want to leave it behind.

Legacy planning goes beyond estate planning because of the creative aspect. You can build various parts that form one main legacy, such as setting up multiple scholarship funds to be doled out at your high school alma mater, or a sizable donation to the charity of your choice.

How you want to leave your legacy is your choice. You can either talk it over with your family members or keep your decisions under wraps until the time comes to unveil them.

**Fund a scholarship**

One way to positively impact your community for years to come is to set up a college scholarship program with some of your financial savings. Coordinate doing so with your target high school and an attorney who specializes in wills, trusts and estates.

Once the details are set on the legal end, this can be a fun project because you can choose specific eligibility requirements for the scholarship.

Let’s say you’ve been interested in the music arts for many years. Your scholarship can be offered only for students who wish to pursue a career in music.

You can make the application process require an original recorded piece for consideration for the scholarship. Don’t forget to set up a collection of friends or school officials as the scholarship board, which will be entrusted with keeping the legacy going and selecting the winning students.

**Making a difference**

You don’t need a substantial amount of financial savings to make a difference in your community. In fact, acts such as donating books to your local library or funding the development of a new bench at a local park are small yet meaningful ways to establish a legacy.

Are there certain organizations in which you firmly believe? Maybe you’ve devoted large chunks of time to advancing their goals and missions. A lawyer can help you set up a will that lays out how your estate will be split among the groups for which you are most passionate.

**Building a nonprofit or foundation**

One way to positively impact your community for years to come is to set up a nonprofit organization or a foundation with some of your savings. This can be an enjoyable project because you will be able to visualize how your contribution will make a positive impact on society.

Your new entity can perhaps fund initiatives such as feeding the hungry in your community or providing coats to children who need them during the winter. Think of the causes that are important to you and talk with your attorney about the proper ways to structure and build your plan.

**Talk it over**

Many people have a difficult time deciding how they’ll divvy up their savings and possessions when they pass away. Emotions may run high if one of your family members feels they aren’t receiving equal amounts of your estate.

That’s why talking about making a large charitable donation is so important. Trustworthy, loving family members will respect your wishes to contribute some of your financial savings, property or even possessions to a charitable organization.

Others may have negative feelings toward your decision. It’s critical that you have an open discussion with your closest family members to get feelings out on the table to achieve an honest dialogue.