

## Proven. Trusted. Redefined.

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### Please note:

NIXONNotes is a quarterly publication for the extended family and community of Frank & Solomon Nixon Funeral Home as an opportunity to share community happenings. Please feel free to share with us any community news that we could share.

## Beginning the Conversation about End of Life

From: AARP

Planning well in advance of the end of your loved one's life can help safeguard his well-being and your peace of mind. That planning starts with an incredibly important conversation about death and dying, as difficult as it may be.

Getting answers to questions about where your loved one would prefer to spend his last days, who will take care of him and what he would like to do to achieve a "good death" are vital pieces of the plan.

The person you are caring for most likely has strong preferences and opinions about their final days and it is imperative that you learn them. Start the conversation by expressing how much you share their desire to stay as independent as possible for as long as possible, and to have their wishes followed after they pass away.



Ask your loved one to consider the following questions:

- \* Where do I want to die? At home, or in a hospital or medical facility? Surrounded by people who love me, or privately with as little fuss as possible?
- \* What kind of medical treatment do I want?

## For Kids: Sad Isn't Bad

By: Michaelene M Mundy

**It's Okay to Cry:** When someone you care about dies, it's very sad. There will be tears, but tears can be good. Sad isn't bad. You might even notice yourself crying at things that didn't use to bother you—a shoe that won't tie, a toy that breaks, homework that seems too hard. Talk to someone you trust about these feelings.

**Go Ahead and Ask for Help:** When you're alone at night, you may think more about what upsets you. Ask someone to snuggle in and read or talk to you. Having

someone close helps. You can talk to God when you feel sad, too. God never wants you to feel alone. People – and God – are here to help.

**You Might Feel All Mixed Up:** Losing someone close to you can bring all kinds of different feelings. You might feel sad, mad, happy, scared, or lonely. Talk about how you are feeling right now with someone who cares about you.

**Some Things Will Change:** Sometimes you might feel like you want to die so that



## It's All Good!

By: Reverend Jermaine D. Harris  
Minister of Allen Temple AME Church

R&B singer Charlie Wilson has one of the best voices in music industry, and has won numerous awards as lead singer of the Gap Band in 1970s and 80s. In addition to being a music star, Charlie Wilson had many struggles in his lifetime. Drug addiction kept him from the music industry for a while. Also, he had a battle with prostate cancer. The struggles drew him nearer to God, and helped him to turn his life around for good. He is known today as Uncle Charlie for this new generation of people, and still has one of the best voices in the music industry.

The apostle Paul states in Romans 8:28 that *“and we know that all things work together for good to them that love God, to them who are called according to his purpose (KJV).* We can be reassured that God has a purpose for all of our lives. Therefore, even when we have taken the wide roads in life, God can use our life experiences for his glory. We have a story to tell about some disappointments and shortcomings in our lives, but our disappointments and shortcomings do not have to be the end of our story. God can bring all things to work together for the good of the kingdom. Some people need to hear how God brought us out of the pits, so they can know that God still loves them in

spite of their shortcomings. God can redeem us from our miscues for his glory. We must realize that we are all sinners saved by grace. Therefore, God can use us so that someone else can be delivered from adultery, drugs, lying, gluttony, etc. Charlie has inspired a lot of people to believe that God is a redeemer and can use anyone that loves God for the purpose for which God has called. With God there is no Condemnation. There is never anything so bad that God cannot forgive. This message should offer hope even to those who consider themselves to be the least because of what they have done. It's all Good!

## For Kids: Sad Isn't Bad Cont'd from page 1 - By: Michaelene M Mundy

you can be in heaven, too. But the person who cared so much about you wants you to be a kid and do the things kids do-to grow up and live a long and happy life. Your special person will be with you in spirit, and love you as you grow.

**Kids Can Help Others- Even Grown-Ups:** Sometimes you may be afraid you'll make someone sadder if you ask questions or talk about the person who died. Grown-ups need to talk about the hurt, too. It's good, even if all you do is hug and cry together.

**It's Not Your Fault:** You may think you caused your loved one to get sick

and die. If you feel this way, tell a grown-up. That person can help you see it wasn't your fault. If you're sad about a time you think you hurt your loved one, talk about this, too. It will help.

**It's Good to Remember:** It will be hard not to share special things with that person you loved- like hitting a home run or being in a school play. Your loved one will still know about those times and share in your pride and happiness.

**You'll Be Taken Care Of:** Remember that being sick usually does not mean someone will die. Most sicknesses or injuries heal on their own,

with rest and sometimes medicine.

**Give It Time:** Someday-maybe soon-you will feel better. It won't hurt so much. You will never forget the one who has died, who will always have a special place in your heart. But when you think of him or her, you will think of the good things.

**Where Is Your Loved One Now?** Some people think about death as a birth – the new birth of the spirit. It's like a caterpillar changing into a beautiful butterfly! Your loved one is free and happy and beautiful now.

## Upcoming Edition



NEXT ISSUE PRELUDE: Be sure to look for the next edition of NIXONNotes as we will have educational information on getting through the first few weeks after a death and tips for getting through the holiday season

If you have something you would like to share with us or if you have something you would like to know more about, please contact us and we will see if we can help.

Also, call our office if your church or event needs fans.

**Community Calendar**

**Saturdays: Wiregrass Farmers Market** - Welcome Center/ Country Store, I75, Exit 63B, 9 am - Noon  
**Saturdays: Downtown Farmers Market** - Downtown Railroad Depot, Tift Avenue & 3rd Street, 8 am - Noon  
**Saturdays: Pumpkin Patch & Corn Maze** - Museum of Agriculture, Whiddon Mill Road, I75, Exit 63B, [www.abac.edu/museum](http://www.abac.edu/museum)  
**Saturdays: Fall Frolics at the Museum** - Featuring different arts and games each week, [www.abac.edu/museum](http://www.abac.edu/museum).  
**Fridays: Concerts in the Park** - Veterans Park, Downtown Tifton

**SEPTEMBER 2013**

**27-28: La Fiesta del Pueblo** - Fulwood Park, All Day, FREE  
**27-28: Tifton Truck & Tractor Pull** - American Legion Fairgrounds, 7 pm, \$15 (Adults), \$5 (10 & Under),  
**28: Tiftarea YMCA Fun Mudder** - 184 Connell-Ray Road, 8 am, \$45, 391-9622

**OCTOBER 2013**

**October - January: "Back Roads of Georgia" Exhibit** - Museum of Agriculture Gallery, Open Daily, (229) 391-5222  
**1-31: Paint the Town Pink: Breast Cancer Awareness Events all over town!**  
**3: Grandma's Blessing, Feature Film, Tift Theatre**  
**5: Jog for Jake** - Tift County High School, [www.jogforjake.com](http://www.jogforjake.com)  
**7: Annual Chamber of Commerce Golf Tournament** - Springhill Country Club,  
**7: ABAC Ag Classic Golf Tournament** - Forest Lakes Golf Club  
**12: Stepping Out for Your Heart 5K Run/1 Mile Fun Run** - Northeast Campus TCHS  
**15: Tift County Candlelight Vigil for Domestic Violence Awareness Month** - Tift County Courthouse, 5:30 pm  
**15-17: Sunbelt Ag Expo** - Spence Field, Moultrie, [www.sunbeltexpo.com](http://www.sunbeltexpo.com)  
**26: Zombie Run** - Museum of Agriculture  
**26: Sweet Potato Festival** - Ocilla  
**28: Celebrity Waiters** - Longhorn's and Scott's Barn  
**31: Downtown Trick or Treating** - Downtown Tifton

**October 2013**

Su	Mo	Tu	We	Th	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**November 2013**

Su	Mo	Tu	We	Th	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

**NOVEMBER 2013**

**9-10: Calico Arts & Crafts Holiday Show** - Spence Field, Moultrie  
**16: Cane Grinding at the Museum** - Museum of Agriculture, 9 am - 4:30 pm,  
**22-24: Automotive Swap Meet** - Spence Field, Moultrie  
**23: Cane Grinding at the Museum** - Museum of Agriculture, 9 am - 4:30 pm,  
**18-21, 23, 25-27: Thanksgiving Football Bowl** - Tift Co. Recreation Department Fields

**DECEMBER 2013**

**5: Annual Tour of Homes**, more info coming soon  
**7: Hometown Holidays Christmas Celebration & Christmas Parade** - 5 pm, Downtown Tifton, FREE  
**8: Victorian Village by Candlelight** - Museum of Agriculture, (229) 391-5200 for info  
**12: Tree of Life Ceremony** - Tift Regional Medical Center, 6 pm  
**14: Wiregrass Christmas** - Museum of Agriculture, 9 am - 4:30 pm, (229) 391-5200 for info  
**19-20: North Pole Express** - Museum of Agriculture, (229) 391-5200 for tickets  
**20-21 & 27-28: 4th Annual Holiday Basketball Classic** - Tift CO. High School

**Beginning the Conversation - continued from page 1**

- \* Who do I want to take care of me? Do I have a preference in terms of male or female, or anything else?
- \* What kind of funeral services do I want? Do I care about an open or closed casket, cremation or donating my body to science?
- \* Where do I want to be buried? Do I have a burial plot? Do I want to use it or be buried somewhere else?



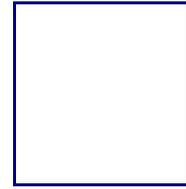
Then, use their answers to help them assemble advance directives, which are legal documents that explicitly describe their wishes for care near the end. Prepare the two most important directives:

- 1.) **A Living Will:** This document specifies their wishes regarding medical treatment, and particularly the refusal of life-prolonging medication when death is imminent.
- 2.) **A Health Care Power of Attorney:** This document allows your parents to appoint someone they trust to act

on their behalf and make decisions regarding their medical treatment if they are unable to do so.

Give copies of the directives to the key people involved in your loved one's life, with his or her permission.

[http://www.aarp.org/relationships/caregiving-resource-center/info-08-2010/elc\\_beginning\\_the\\_conversation\\_about\\_end\\_of\\_life.html](http://www.aarp.org/relationships/caregiving-resource-center/info-08-2010/elc_beginning_the_conversation_about_end_of_life.html)



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ADDRESS CORRECTION REQUESTED

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## Recipe of the Season - Pumpkin Spice Bread

### Ingredients

- 3 cups *sugar*
- 1 cup *vegetable oil*
- 4 eggs, lightly beaten
- 1 can (15 oz) *solid-pack pumpkin*
- 3-1/2 cups *all-purpose flour*
- 1 teaspoon *baking soda*
- 1 teaspoon *salt*
- 1 teaspoon *ground cinnamon*
- 1 teaspoon *ground nutmeg*
- 1/2 teaspoon *baking powder*
- 1/2 teaspoon *ground cloves*
- 1/2 teaspoon *ground allspice*
- 1/2 cup *water*

### Directions

- In a large bowl, combine sugar, oil and eggs. Add pumpkin and mix well. Combine the flour, baking soda, salt, cinnamon, nutmeg, baking powder, cloves and allspice; add to the pumpkin mixture alternately with water, beating well after each addition.
- Pour into two greased 9-in. x 5-in. loaf pans. Bake at 350° for 60-65 minutes or until a toothpick inserted near the center comes out clean. Cool in pans 10 minutes before removing to a wire rack to cool completely. **Yield:** 2 loaves.

