

A photograph of a forest path that splits into two directions. The path is covered with fallen yellow and brown leaves. The trees are green, suggesting a late summer or early autumn setting. The text "GREEN OPTIONS" is overlaid in a large, bold, green font with a slight shadow effect.

GREEN OPTIONS

For End of Life

TRADITIONAL BURIAL

- Uses **3 gallons** of embalming fluid per corpse
- Includes **toxic** formaldehyde, methanol, benzene
- Embalmers need to wear **gas masks** and full body covering
- U.S. uses **5.3 million gallons** of embalming fluid per year
- Embalming fluid **leaks into the ground**, where it can contaminate drinking water

- The casket, the cement burial vault, and the headstone are all **expensive** and producing these materials creates **toxins** and **greenhouse gasses**



- Cemeteries require lots of **water** to keep the grass green, and harmful **herbicides** wash into the groundwater

CREMATION



- In 2015, the U.S. cremation rate **surpassed** casket burials
- Less impactful than traditional burial but crematories emit **particulate matter, sulfur dioxide, carbon monoxide** and **mercury** into the air (*Per the EPA, cremations contributed 5.5% of mercury emissions in 2017*).

- To burn just **one body** using fossil fuels creates more than **500 pounds of CO₂**
- In the U.S., cremation creates millions of tons of planet warming **CO₂ each year**



Natural Burial



- Omits **concrete vault**
- Replaces a hardwood or metal casket with a **cloth shroud** or a **pine or woven casket** (bamboo, seagrass, wicker, hemp)
- **No embalming** fluids
- Body can **return to the earth** within **two years**.

- Environmentally responsible **land** management
- Usually take place in **green cemeteries** or **protected lands** which **avoid pesticides**
- **Ask your potential funeral home** if it offers **Green Burials**



- **General info:** Green Burial Council website for cemeteries which have Green Burial Areas (over 150 cemeteries offer this):

<https://www.greenburialcouncil.org>

- General info **California:** California Green Burial Network:

Calgreenburial@groups.io

- **Most Up-to-date** list of green burial cemeteries in U.S.:

<https://www.nhfuneral.org/green-burial-cemeteries-in-the-us-and-canada.html>



Several green cemeteries around Los Angeles area, but **only one in San Diego County:**

○ **Fallbrook Masonic Cemetery**

Hybrid Cemetery

Fallbrook, CA 92088

760-980-0013

www.fallbrookcemetery.com

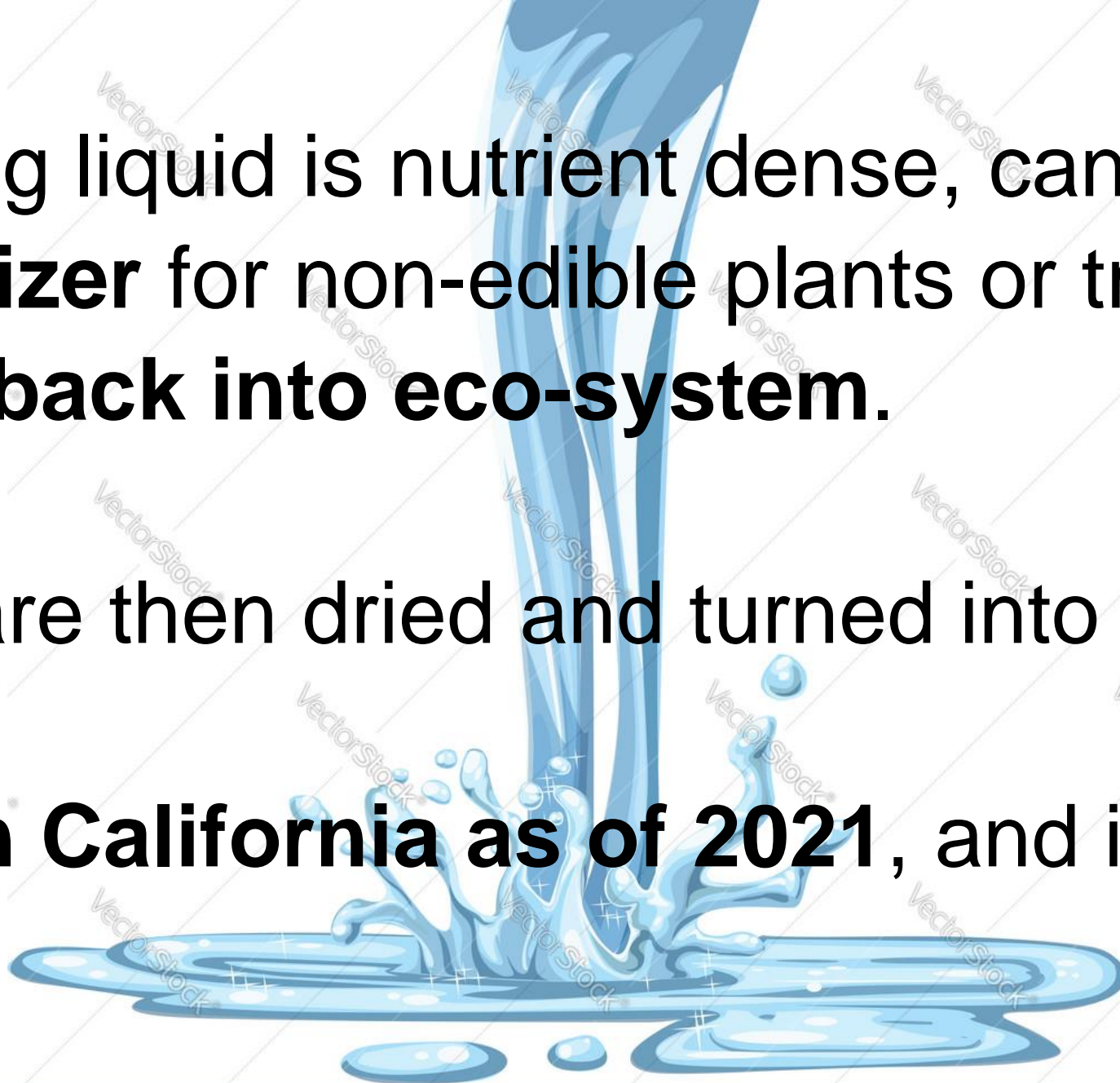


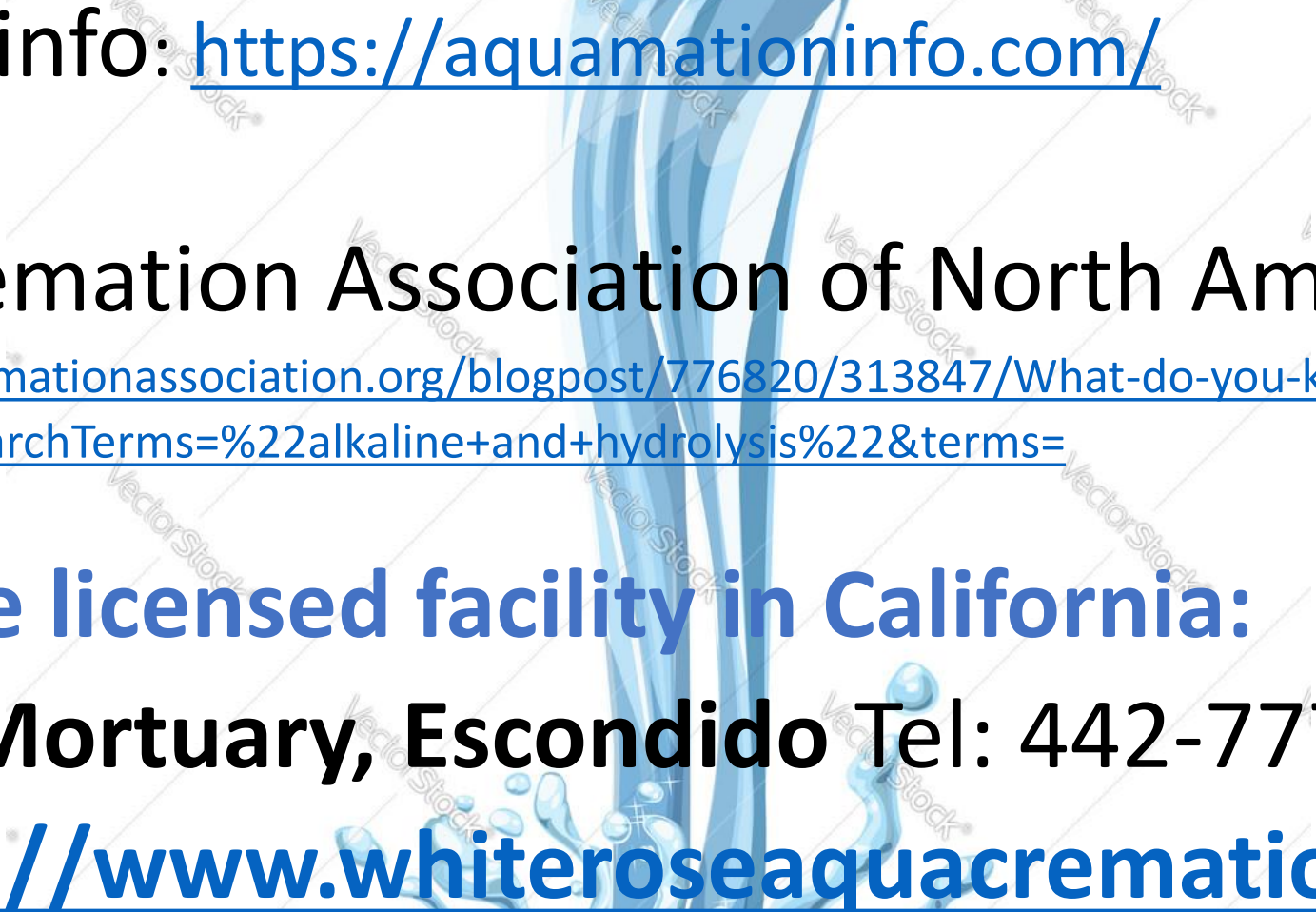
WATER CREMATION

aka AQUAMATION or ALKALINE HYDROLYSIS

- **Gentle alternative to flame cremation**
- **Uses 90% less energy**, no emissions or smoke
- **Solution of water and alkaline chemicals** reduces body to liquid and bone.

- Resulting liquid is nutrient dense, can be used as **fertilizer** for non-edible plants or treated and **placed back into eco-system**.
- Bones are then dried and turned into **ashes**.
- **Legal in California as of 2021**, and in 20 other states.



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- A large, stylized graphic of water splashing from the top center of the page. The water is depicted in various shades of blue, with a central column falling and splashing outwards into a pool at the bottom. The splashes are dynamic, with many small droplets and ripples. The background is white, and the overall style is clean and modern.
- General info: <https://aquamationinfo.com/>
 - Also: Cremation Association of North America:
<https://www.cremationassociation.org/blogpost/776820/313847/What-do-you-know-about-Alkaline-Hydrolysis?hhSearchTerms=%22alkaline+and+hydrolysis%22&terms=>
 - **Only one licensed facility in California:**
 - **Rose Mortuary, Escondido Tel: 442-777-6077**
<https://www.whiteroseaquacremation.com>

NATURAL ORGANIC REDUCTION aka HUMAN COMPOSTING

- Similar to composting **veggie scraps** (*but don't try this at home!*)
- Relies on microbes, oxygen, and plant matter (e.g. wood chips) to **convert remains into soil in 30 days.**
- Soil or mulch can be **returned to family** after a few more weeks of curing, or can be **used to enrich conservation lands or forests.**

- Each person who chooses this option **saves one metric ton of CO2** from entering the atmosphere (per *Recompose* of Washington State)
- Each body can produce about **one cubic yard of soil** (about a pickup truck-bed's worth).
- **Currently legal** only in Washington, Oregon, Colorado, and Vermont
- Will be **legal in California starting 2027** (*good incentive to hang in there!*), per CA AB-351, passed September, 2021.

- For more info, check with Seattle-based ***Recompose***, which invented and first licensed the process, and which hopes to expand into California soon: <https://recompose.life/> , click on **MENU** ; or telephone: 206-800-8733

- Also:
<https://recompose.life/2022/california/>

ORGAN & TISSUE DONATION



How Organ & Tissue Donation Saves Lives

- One person can **save 8 lives** and enhance 75 others
- Nearly **114,000 Americans** are currently **waiting** for an organ transplant
- A **living donor** can provide a kidney or a portion of their liver, lung, pancreas or intestine. **Corneal transplants** can restore sight.
- More than 1 million **tissue transplants** performed each year



Who Can Be a Donor?

- **Anyone** can be a potential organ donor ; All major **religions** permit organ, eye and tissue donation.
- More than **1/3 of all deceased donors are age 50 or older**; nearly 10% are age 65 or older.
- An **open casket funeral** is possible
- **No cost** to the donor or their family for the donation
- You can sign up on the **Donate Life California Registry** at the **DMV** by checking **“YES!”** when applying for or renewing your license or ID

Donation Process



- **Share your decision** on donation with your family.
- A patient is considered a donor only after being declared **brain dead**. The hospital must then refer the donor to the local **organ procurement organization (OPO)**.
- Medical staff at the local **OPO**, not the physician, **evaluates** to determine if organ donation is an option, considering overall health, lifestyle, medical history, etc.
- Organs are **allocated according to medical need**, blood and tissue type, height and weight.



- Organs and tissues are **matched** using the **national waiting list** run by UNOS (**United Network for Organ Sharing**).
- **Funeral arrangements** - Families can proceed with regular funeral arrangements.
- **Tissue Donation** Differs from Organ Donation because tissue donation is **open to nearly everyone**. (Organs from older people may not be in great demand).

BODY DONATION



Why Donate My Body for Research & Teaching?

- Support Teaching medical, pharmacy & physician continuing education
- Support Medical Research & surgeons study new operating techniques

BODY DONATION PROGRAM



UC San Diego
SCHOOL OF MEDICINE

Who Can Donate & How Do I Donate?

- **Age not a consideration**
- **You can donate your body & also be an organ or tissue donor.**
- **Two witnesses needed, or power of attorney** (for someone else). Donors can **change their minds and rescind.**
- **After death**, your spouse, registered domestic partner or next of kin **can donate.**





- If you go to hospital or nursing home, have **copy of donation form placed in your** care plan.
- Upon death, next of kin, executor or hospital personnel **call Body Donation Program Office**
- **Donors in California accepted.** If death occurs out of state, accepted on a case by case basis.
- **UCSD assumes all transportation costs** to deliver donor to UCSD, and body is accompanied by a **trained funeral professional.**

- **Conditions invalidating donation** include extreme obesity, history of contagious diseases.
- **Permanent preservation** of an organ or body part occurs in **unusual cases** (abnormal or diseased organ), to be used for teaching more than one group of students.
- **No autopsies performed** or reports for families. Bodies used anonymously and no pathological records kept.
- **Autopsies before donation** accepted only on case by case basis.
- **Remains are cremated & not returned to family.**

Death Certificate & Donation Forms

- The **death certificate will not automatically be sent to the family**. The Body Donation Program coordinates with the donor's doctor to take care of the registration process electronically.
- Once it is registered, the family of the donor can **order those** from the Health Department in the county of death which issues the death certificates
- **Forms authorizing the donation of the body** can be obtained by calling **(858) 534-4536** or writing:

Body Donation Program
University of California, San Diego
9500 Gilman Drive, MC# 0627
San Diego, CA 92093-0627



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Helpful Links

Body, Organ & Tissue Donation

bodydonation@health.ucsd.edu

Body Donation Program Home Page:

<https://medschool.ucsd.edu/education/body-donation/pages/default.aspx>

Donor Application Form:

<https://medschool.ucsd.edu/education/body-donation/Pages/Form-Packet.aspx>

Donate Life California Organ & Tissue Donor Registry:

<https://donatelifecalifornia.org/education/howdonation-works/>

Organ & Tissue Donor Registration:

<https://register.donatelifecalifornia.org/register>

SUMMARY with \$ Financial Considerations \$

	END OF LIFE CHOICES	NEGATIVE ENVIRONMENTAL IMPACT	RELATIVE COST
1	Casket and Burial	Yes	Average cost in CA \$6,893 <u>plus</u> burial plot (Per funeralocity.com) (SD Memorial Society \$2,195- \$4,750 plus burial plot)
2	Cremation	Yes but less than traditional burial	Average cost in CA \$5,417 <u>plus</u> urn (per funeralocity.com) (SD Memorial Society \$795 - \$4,400)
3	Aquamation	Minimal	Starting at \$3,895 (In California)
4	Natural Green Burial	Minimal	Average cost in CA Starting at \$2,250. Less costly than most traditional burials.
5	Organ/Tissue Donation	Depends on funeral arrangement	Free to donate organ/tissue but there is the cost of funeral arrangements, if any
6	Body Donation	Same as cremation	Free to donate body but there is the cost of funeral arrangements, if any