# SAYING FAREWELL

## A GUIDE FOR END-OF-LIFE DECISION MAKING

*celebrate life and honor its end*

# Dear Caregiver,

At Seasons Hospice Foundation, we feel privileged to offer support to patients and families at such a precious time in their lives. In addition to providing funds for patient wishes and legacy projects, the Seasons Hospice Foundation funds educational programs designed to increase awareness and contribute to the comfort of patients and their families. One such program is this local resource guide, created in partnership with our sponsors. This guide is designed to provide information and help you through the decisions and choices that lie ahead.

We recognize that this is a difficult time for you and your loved one. We hope that this guide will support you through this process. We are grateful to our sponsors and those who have chosen to honor their loved ones through memorial donations. Their investment has allowed us to create this guide in a way that fulfills our mission and contributes to our shared vision of helping to celebrate life and honor its end.

*With gratitude,*
*Seasons Hospice Foundation*

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# Celebrating A Legacy

The Leaving A Legacy Program is a way to capture life stories, lessons, sentiments, memories, and traditions. Legacies convey what we want remaining generations to know and understand about our life experiences. They help us to remember and heal as we carry on important traditions. Examples of these projects include:

## Milestone Notes

Looking toward future events may not be easy, but knowing that your loved ones have a piece of you is an everlasting gift. Our Leaving A Legacy Program helps you create and write cards for your loved ones' future events: birthdays, anniversaries, graduations, weddings, etc. Your wishes will be forever treasured.

## Recorded Interviews

Telling your story is not the same unless it comes from you. Let us help you record your life journey or transcribe your words. We can also video or audio record your thoughts, messages, and memories to be a living remembrance.

## Music

Seasons' board-certified music therapists can work with you to create a music timeline to highlight your favorite music, assist you in songwriting, or record your own voice to be passed on. No matter your music ability, we can help to create quality musical expression.

## Legacy Video

Compile photos, favorite quotes, and music to be made into a special DVD. Trained staff and volunteers can make a slide show presentation to honor your life's legacy.

## A Photo is Worth a Thousand Words

Let the Seasons team help tell your story through photos. Whether it is organizing them chronologically or creating a keepsake for loved ones, it will be a meaningful experience for everyone.

# Communicating with Family and Friends

*It's not the load that breaks you down; it's the way you carry it." -*
*~Lena Horne*

CAREFLASH
*Community when it matters most*

## Keeping your circle of support close when it matters most

It has been our experience that while patients are on hospice services, other people may want to help but do not know how or are afraid to intrude. In an effort to assist families in keeping their circle of support close during this time, we have partnered with CareFlash, a web based tool designed to keep loved ones connected. This program makes it easy to keep your family and friends updated on your circumstances.

The site allows you to share messages, photos, and memories of your loved one with each other. This resource is provided to you free of charge and is made possible by generous memorial gifts from grateful families who wish to help others through this difficult time. CareFlash has tools that make it possible to coordinate all the offers of help from family and friends in an easy and unobtrusive way. It's simple to list tasks like meal delivery, household chores, or errands. It's just as simple for your friends and family to sign up and provide the support you need.

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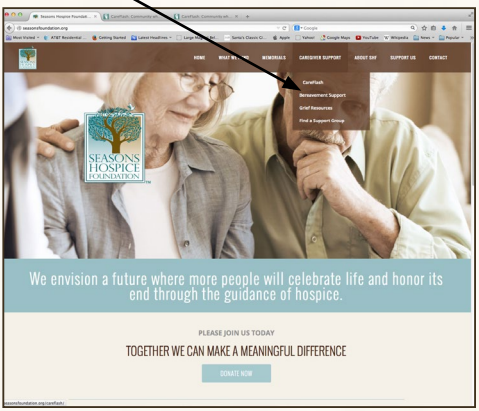
# CareFlash

## Starting A CareFlash Community is Very Easy

1. Visit **www.seasonsfoundation.org** and click on the CAREGIVER SUPPORT dropdown menu to select CAREFLASH




2. View a 60 second video.

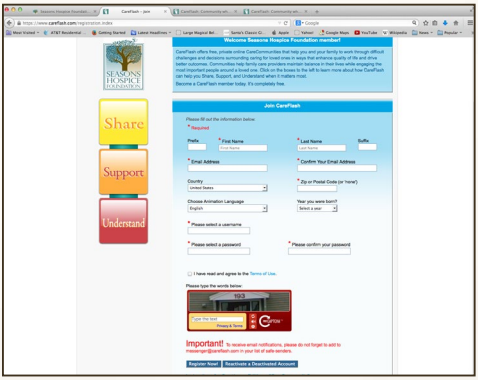
After you have viewed the short video, click on the "**Share CareFlash**" button located below the video screen.

Clicking the "**Share CareFlash**" button will take you to a secure CareFlash site dedicated to Seasons Hospice & Palliative Care patients and Seasons Hospice Foundation's friends and supporters.

CAREFLASH
*Community when it matters most*

3. After you are at the CareFlash window, click the "**Join**" box located on the upper right side of the screen.

Follow the simple instructions to create your own CareCommunity and invite your family, friends and loved ones to join your supportive circle.

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# How Do You Want To Be Remembered?

BeRemembered.com™

*Your Life. Your Story. In Your Own Words.*

## TREASURING AND HONORING THE BEST OF YOUR LIFE

What are the stories, pictures, and lessons that you would like to pass on to your family and future generations? Your childhood experiences, holiday remembrances, even personal, private messages that live on after you leave this life?

Record them today at BeRemembered.com, an online community where you can record and share how you want to be remembered, even upload video messages for those you love.

## HOW DOES BeRemembered.com WORK?

With your free profile, you can document the important milestones and events in your life, add favorite pictures and even record messages for your loved ones and future generations.

You'll nominate a Guardian to share some of the stories, pictures, and messages you create. The Guardian also "unlocks" the private messages and the rest of your profile after you leave this life to share with family and future generations.

**www.BeRemembered.com/Seasons6**

# What Happens When A Loved

# One is Dying?

A frequently asked question of our hospice team is "What should I expect when the dying process begins?". It can be scary if we don't know what to expect. The truth is that each death is as unique as the individual. Some die quickly, without signs or symptoms, while others may hang on for a long time. There are many signs of impending death and a person may exhibit none, a few, or many of them. There are no set rules. Below are some signs and symptoms that you may observe.

## Change in consciousness

- More tired than usual
- Increased sleep
- Withdrawal and/or less communication
- Increased confusion
- May see visions of deceased loved ones
- Not as responsive -remember, loved ones can hear us even if they cannot respond

## Significant decrease in appetite or refusal of food

- This is often a difficult sign for loved ones because so many of us express our love and nurture one another with food and drink
- Terminally ill people do not die because they stop eating; they stop eating because they are dying

## Dehydration

- Dry mouth and lips
- Medical evidence states clearly that dehydration at the end of life aids a natural and compassionate death
- Forcing fluids can actually lead to a more uncomfortable death; as the body needs less, fluids can cause choking and/or swelling in hands and legs or even in the lungs

## Blood pressure/Pulse rate

- Blood pressure often lowers
- Pulse rate can increase or decrease

## Body temperature

- Fluctuates between cold and hot; but generally the extremities are colder
- Perspiration may occur

## Skin color

- Changeable over time
- Mottling may occur – mottling is a decrease in circulation that looks like bruising
- The nail beds of the hands and feet may be bluish because of decreased circulation
- A pale yellow color (not jaundice) may appear with imminent death

## Decrease in urine output

- Little or no output. Urine may be dark.
- Patient may lose bladder and/or bowel control

## Eyes

- May become too dry or too moist with a glassy look
- May be open or partly open. Eyes may appear not to focus.

## Changes in breathing patterns

- Breathing may become more labored, slower, and/or very irregular
- Breathing may stop for 15, 30, 45 or more seconds before beginning again

## Restlessness

- Can occur because of decreased oxygen in the blood

## Respiratory Congestion

- The sound of moist (rattle like) respirations can be very disturbing to loved ones, although it does not seem to bother patients
- Repositioning and medication can help

## An Unexpected Rally

- Up to twelve days or hours before death, some patients regain temporary consciousness or have a temporary burst of energy that allows them to connect with their loved ones, eat, drink and even sit up and walk around

## Unfinished Business

Sometimes loved ones seem to hang on, when all of their signs and symptoms point to imminent death. This may be the time to:

- Give your loved one the opportunity to make peace with their higher power with a visit from a spiritual counselor
- Express gratitude and love
- Ask and grant forgiveness
- Complete any old business
- Give your loved one permission to go
- Tell them you will miss them
- Let your loved one know that you and other surviving loved ones will take care of one another and that you will be okay

# Steps for Burial or Cremation to Take Place

## Burial

- Call your local Seasons Hospice who will then send a nurse to come to the residence, nursing home or hospice unit of a hospital
- The nurse will then complete some brief paperwork and call your funeral home of choice
- The funeral home or cremation provider will make arrangements for the care and transition of your loved one's body and set a date, time, and place for the family to make funeral arrangements
- If embalming is selected by the family, the embalming process will take place after the removal of the body from the place of death
- When the family makes funeral or burial arrangements at the funeral home, the date and times will be made for viewing, funeral and graveside services
- Death Certificates should be ready the day of the service or a few days after the burial. Speak with your funeral provider regarding the time line for death certificate receipt according to state guidelines

## Cremation

- Call your local Seasons Hospice who will then send a nurse to come to the residence, nursing home, or hospice unit of a hospital
- The nurse will then complete some brief paperwork and call your funeral home or cremation provider of choice
- The funeral home or cremation provider will make the arrangements for the care and transition of your loved one's body and set a date, time and place for the family to make funeral and cremation arrangements
- If embalming is selected by the family for a viewing prior to cremation, the embalming process will take place after the removal of the body from the place of death
- When the family makes funeral and cremation arrangements at the funeral home, the date and times will be made for viewing or funeral services. Also, any necessary family or next of kin authorizations to cremate will be obtained at this time
- Your funeral home or cremation provider will obtain all city, state or coroner's permits required for cremation according to state regulations
- Once all permits have been collected they are sent to the crematory for the scheduling of the cremation
- Death Certificates should be ready the day of the service or a few days after the cremation. Speak with your funeral home or cremation provider regarding the timeline for Death Certificate receipt according to state guidelines

# Talking about Funeral Planning

We plan for our marriage, the birth of our children, our next home and even our retirement. Despite the conversations we have for these life events, we rarely have conversations about how we want to be cared for and remembered at the end of life. This is an emotionally difficult time to think about end of life decisions. Yet, if you're able, initiating this conversation now may make everyone more comfortable later. Here are some suggestions about how you can respectfully encourage those you care for to verbalize their desires and plan a personalized, meaningful goodbye.

## Breaking the ice

Begin the conversation with a statement that demonstrates that you care about your loved ones' interests and the well-being of the family. "I know this may be an uncomfortable topic, but would you be open to talking about your service and some of the ways you wish to be remembered? When the time comes, I want to know that we are carrying out a ceremony that you want rather than stressing with one another over the details." Another option is to start informally, asking your loved ones about some of their favorite traditions and how your family will continue those traditions for generations to come before finding a natural transition to the memorial service. Your loved ones may resist by saying, "Don't make a fuss. I don't want a ceremony. Just bury me and be done with it." It is best to gently remind them of the purpose of the funeral service – that it serves as a time for the living to come together and celebrate a life lived as an essential part of the grieving process. Keeping this larger focus in mind will help guide both of you when deciding on the finer details of the ceremony.

## Guiding the conversation

After you've taken the first step, what is it that you talk about? Your funeral home is your best resource as its staff can clarify the different services and selections available and help you create a meaningful, personalized ceremony based on your loved one's final wishes and the emotional needs of your family. If your loved ones are willing,

a funeral director can sit down with them to discuss the arrangement process in detail, at no cost to you and your family. If you so desire, you can put your family member's wishes on file with the funeral home and even elect to prepay.

## Do your research

For most, planning a funeral is not a one-day affair. Take your time. Do your research and create a service that is best for your family, ensuring the ceremony is personalized and within your budget. You never know-what feels like a daunting task may be rewarding for both parties in the end. Take this as your opportunity to have some authentic conversations with your loved one and let them know the legacy they have created with their life.

# A Meaningful Goodbye

A service can and should be as unique as the life that is being celebrated. Don't feel that you should have a cookie cutter type of service or that your ideas for a special ceremony are foolish.

You shouldn't feel pressured or rushed into making a decision. Funeral directors are caring, dedicated professionals willing to help you make the arrangements that you want.

In fact, personalizing a memorial service can be very therapeutic - it gives you and your family something to concentrate on as you relive memories. It's also welcomed by family and friends attending a visitation or service because it enables them to be involved and provides a topic of conversation when they might otherwise not know what to say.

Below are a series of questions to consider when planning a service that celebrates the life of a loved one and creates healing moments for those who will always remember.

- What should guests see at the memorial event? (favorite pictures or even favorite places; prized possessions can be incorporated into the event as well)
- What should guests hear at the memorial event? (grandchildren laughing or singing; music can be traditional or popular; are there favorite stories that must be shared?)
- What should guests smell at the memorial event? (from flowers and incense to favorite treats or recipes)
- For memorial guests who did not know the deceased, what is the one thing that I want them to know about my loved one?

# Memorial Service or Funeral Service?

Funeral homes provide different services depending on the needs and preferences of the loved one's family. While many people use the phrases "funeral service" and "memorial service" interchangeably, they are actually different services.

A "funeral service" is any official ceremony that takes place in the presence of a casketed body. In other words, the body (inside a casket) is present during the ceremony. The casket lid may be open or closed. Funerals are usually held immediately following death and most often held in traditional settings (funeral home, chapel or church) followed by a graveside service.

A "memorial service", by definition, is any ceremony that takes place without the casketed body being present. For example, the ceremony might take place with just an urn containing cremated remains (i.e. "ashes") serving as the focal point of the ceremony. Alternatively, the focal point could be just a picture of the deceased displayed on an easel. Memorial services may take place weeks or months away. In the past, memorial services have been less formal than funerals with greater participation by family and friends. Memorial services do not necessarily take place in a funeral home or religious setting. They may be held in a suitable, meaningful gathering place.

# Frequently Asked Questions about Cremation

## Can I still have a memorial service or funeral with cremation?

Yes, there are a number of ways that families can say 'goodbye,' while respecting your loved one's wishes for cremation. A funeral professional can review the different choices available for honoring your loved one.

## How long does the cremation process take?

Cremation can take anywhere from 3 hours to 5 hours.

## How do I know the cremated remains are of my loved one?

Funeral homes and crematories are required to follow certain operating procedures. Ask your funeral director about the policies and procedures they have in place to ensure the highest level of service.

## How do I choose a final resting place for the cremated remains?

The journey does not end with cremation. Following the service and the cremation process, there are several options for choosing a peaceful, final resting place, including:

*Niche* - designated place in a church or mausoleum
*Burial* - traditional placement in a cemetery
*Scattering* - spread in a special location
*Home* - keeping in your private residence

## Does my religion allow cremation?

Today, most religions allow cremation. Contact your funeral director or clergy to discuss your religion's view on cremation.

# How to Explain Funeral Services to Children

Perhaps one of the most difficult situations parents ever face is telling their children that a loved one has died. We are afraid children won't understand death, or that they'll be crushed emotionally. Most likely, we have no idea when to tell them or what to say. In fact, children understand more than we think. So if someone close to your child has died, you shouldn't try to avoid telling them. Children can and do handle death well – often better than the adults around them. Like adults, children need to come to terms with death and the grief that accompanies it.

## How Should I Explain Death to My Children?

Death can be explained to children the same way we explain other important milestones: Offer the facts in a simple, honest, straightforward, non-threatening, and caring way.

- Be honest, and keep it simple. Children know when adults are shading the truth.
- First, find out what the child already knows or thinks s/he knows about death.
- Validate feelings and encourage children to share their thoughts, fears and observations about what is happening.
- Explain that in the circle of life all living things will die someday, and that death causes changes in a living thing.
- Explain what dead means: "Grandma died. Her heart stopped beating and she doesn't breathe in and out anymore. She doesn't need to eat or go to the bathroom. Being dead is not the same as sleeping. All your body parts work when you are sleeping. When a person dies, the body stops working. The part of Grandma that was alive is gone. All that's left is her body – like an egg shell without the egg."
- Explain how we might feel when someone dies: sad, mad, or confused – and we may cry sometimes. Don't hide your own feelings. Feeling, showing and verbalizing one's own pain gives children an example to follow, while holding back implies that feelings are to be suppressed. Let your children know that grief is a family affair.

## What Are Some of the Ways People Say Goodbye?

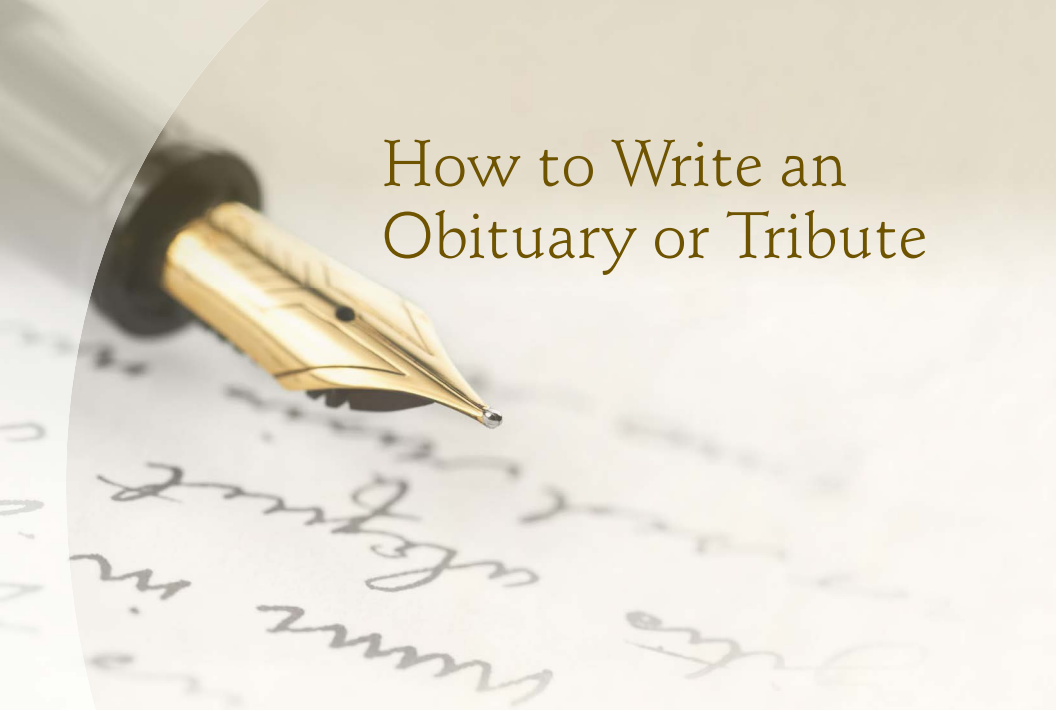
People gather – at a funeral home, church or cemetery to say goodbye to the person who has died. Some people have different ways to say goodbye to the person who has died.

## What Happens at a Funeral Home?

You will notice lots of flowers there. There may be pictures of the person when he or she was alive along with his or her family and friends. And there will be people crying because they are sad. It's OK to cry and its OK if you don't cry too. There will be some people laughing. Remembering helps us "be OK" and start to feel better. Although death is not funny, we can tell funny stories of happy times we had with the person who has died. And we know they would want us to be happy anyway.

## What Happens at the Cemetery?

The cemetery is a quiet place where people are buried. The casket is put into a hole dug into the ground. This is the grave. Loved ones gather around and say prayers and say good-bye one more time. Later, there will be a special stone at the grave. People will visit the cemetery for many years and say a little prayer and even leave flowers.



# How to Write an Obituary or Tribute

**Make arrangements to print the obituary.** Before you start writing your obituary, you should make sure that the obituary will be printed in the local paper and you have all the information. Many funeral homes offer a printed obituary in the newspaper as part of the funeral package. If that's the case, you'll need to call the funeral home if you need more information. If not, you should call your local newspaper. Here's what you need to know:

- The cost. Most papers charge by the inch, but the word count can vary based on the paper's font and column width, so you should ask how many words are in an inch.
- The deadline. Most papers have a 4 or 5 p.m. deadline for obituaries, though some make exceptions because it's a delicate subject.
- The date it will be printed. You'll want the obituary to be printed as soon as possible so you can announce the death in a timely manner and let everyone know where and when the funeral will take place.

**Write down the basic information about your loved one.** Before you write the obituary, you should write down some basic information about the person so you know what you'll have to include once you start putting the facts in sentence form. Here are some basic things to include in almost any obituary:

- First and last name
- Age
- Birth date
- Residence (city and state)
- Partner's name
- When and where the funeral, viewing, wake, or memorial service will take place. If you don't know when the funeral will take place yet, you can write the name of the funeral home so people can contact the home for more information. If you plan on running the obituary more than once, you can include this information the next time if you know it then

**Write down some additional information.** After you've written down the basics, you can write down some additional information that provides more insight into who they were as an individual. Here are some things you may want to include:

- The names and residences of the person's children.
- The names of the person's grandchildren. If there are many grandchildren, you can just say how many there are instead of listing all of their names.
- The names of the person's loved ones. If the loved ones are deceased, you can say that the person you're writing about is "the son of the late John Smith."
- Some information about the person's education.
- Information about the person's profession or even where he worked.
- The person's hobbies. If the person loved fishing, then write it down. If he just did it occasionally to pass the time, then it isn't necessary.
- The birth place of the deceased, or the names of other places where he lived if they were important to him.
- Some information or anecdotes that show the person's quirks or personality traits.

# Gifts That Live On

The Seasons Hospice Foundation understands your desire to celebrate and honor your loved one's legacy. Choosing a charity is an important part of the process and should be one that is meaningful to your loved one and your family. We recognize that memorial giving is an expression of love.

If you choose Seasons Hospice Foundation as your charity, your donations and memorial gifts are used to offer comfort to patients and families by providing essentials and enriching the lives of those in need. Seasons Hospice Foundation works together with the clinical teams at Seasons Hospice & Palliative Care to carry out patients' wishes, thereby creating lasting memories for patients and their loved ones. Your support also helps us to provide a wide range of programs such as children's bereavement camps, children's bereavement libraries, legacy projects, community education, applied research, and so much more. You can help make a difference in the lives of terminally ill children, adults, and their families in your community and around the country.

# *Gifts that offer comfort and enrich lives . . .*

A gift or memorial donation is a fitting tribute to someone special. We have developed the **Memories are Timeless** memorial program in an effort to recognize your loved one and your family's generosity. In memory of your loved one, family and friends can make a donation to the Seasons Hospice Foundation. Memorial envelopes are available through your local Seasons office or your Seasons team member.

Alternatively, you can choose to honor someone special, such as a Seasons Hospice & Palliative Care employee or volunteer, in recognition of their outstanding service provided to your loved one. The Foundation will acknowledge the donation and automatically notify the caregiver and/or person of your choice that a gift has been made. The gift amount will remain confidential.

To make a contribution, please visit:
**www.seasonsfoundation.org**
or send your donation by first class mail to:
Seasons Hospice Foundation
8537 Solution Center
Chicago, IL 60677

Locklyn "Lucky", 9–years-old, was diagnosed with Ehlers-Danlos Syndrome. Through the Seasons Hospice Foundation's "Wish Fulfillment Program", the funds to make Lucky's wish of continuing her horseback riding lessons became a reality.

Susan had always wanted to experience a hot air balloon ride. Seasons Hospice Foundation was able to support her in fulfilling this final wish on her bucket list. This was an unforgettable experience for Susan and her family.

CAMP KANGAROO

This free camp experience provides a healing and supportive atmosphere for children who have experienced the loss of a loved one.

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# Survivors Guide When Death Occurs

The death of a spouse or loved one is a very difficult time. Yet, even during this period of grief and emotional readjustment, important financial and logistical arrangements must be made. This guide was developed to help you prepare for and handle the many details which must be attended to, whether or not any prior arrangements were made.

## What to do?

- Make a list of immediate family, close friends, and employer or business colleagues. Notify each by phone.
- Decide on the time and place for the funeral or memorial service. Select who will conduct the service, give the eulogy, speakers, music, pall bearers and reception.
- If flowers are to be omitted, decide on an appropriate memorial to which gifts may be given, such as a church, library, school, or charity.
- Write the obituary. The funeral home can help with this so you may wish to consult with them. List memorial information. Give time and place of services.
- Plan for disposition of flowers after the funeral (hospital, church, rest home, etc.).
- Arrange for family members or close friends to take turns answering the door or phone, having them keep careful records of all visits and phone calls (this will allow you to prepare a list of persons to receive acknowledgments of flowers, calls, visits, etc.).
- Arrange hospitality for visiting relatives and friends.
- Arrange appropriate childcare, if needed.
- Coordinate special needs of the household, (i.e. cleaning, grocery shopping, etc.,) which may be done by friends/relatives.
- After the service, send appropriate acknowledgments to visitors, service attendees, etc. (These may be written notes or printed acknowledgments).
- Notify insurance companies (life, health, auto, etc.) of immediate cancellation and request any refund due.
- Check carefully all life and casualty insurance and death benefits, including Social Security, credit union, trade union, fraternal, military, etc.

- Also check on income for survivors from these sources.
- Check promptly on all debts and installment payments. If accounts were joint accounts, consult with creditors and ask them for more time before payments are due, or close out credit cards and checking accounts.
- If the deceased was living alone, notify utilities, landlord, DMV and the Post Office to advise where to send mail. Take precautions against thieves.
- Notify the lawyer and executor of the Will.
- Get several copies of the death certificate.

## Documents You'll Need:

- **The Death Certificate:** You will need to give copies of the death certificate to many of the offices or agencies you contact. You can purchase certified copies of the death certificate through your funeral director or from the county Health District. There will usually be a charge per certificate. You may save money by using a photocopy when possible, but many companies will require a certified copy. For most circumstances you will want 10-12 copies initially, but may need more later.

- **Veteran's Military Discharge Document** (DD 214 or equivalenent): To obtain copies of lost military discharge papers, write to:
  Department of Defence
  National Personnel Records Center
  9700 Page Blvd.
  St. Louis, MO 63132

- **A Marriage Certificate:** You will need copies of the marriage certificate if the spouse of the deceased will be applying for benefits. Copies are available at the Office of the County Clerk where the marriage license was issued.

- **Birth Certificates For Dependent Children**

- **A Copy Of The Will:** The lawyer of the deceased may have the will, or it may be in a safe deposit box.

- **Insurance Policies:** (There may be several types of Insurance policies) These could include life, mortgage or loan, accident, auto insurance, credit card and any insurance provided by the employer.

- **Social Security Documents:** If your loved one paid into social security for at least 40 quarters, they may be covered by social security. Check with your local Social Security office or call 800.772.1213 to determine eligibility.

## Some Things To Consider:

- **Veteran's Benefits:** If your loved one was a veteran who received an honorable (or under conditions other than dishonorable) discharge, s/he may be eligible for a variety of benefits including a gravesite in any of the national cemeteries with available space, opening and closing of the grave, perpetual care, a government headstone or marker, a burial flag, and a Presidential Memorial Certificate, at no cost to the family. Some veterans may also be eligible for Burial Allowances. Cremated remains are buried or inurned in national cemeteries in the same manner and with the same honors as casketed remains.

  VA Burial Allowances are flat rate monetary benefits which provides partial reimbursment for an eligible veteran's burial and funeral costs. VA may grant additional benefits, including the Plot or Interment Allowance and Transportation Allowance, if it receives a claim for these benefits.

  The veteran may be eligible for a VA Burial Allowance if:
  - s/he paid for a veteran's burial or funeral, AND
  - s/he has not been reimbursed by another government agency or some other source, such as the deceased veteran's employer.

  In addition, at least one of the following conditions must be met:
  - the Veteran died as a result of a service-connected disability, OR
  - the Veteran was receiving VA pension or compensation at the time of death, OR
  - the Veteran was entitled to receive VA pension or compensation,

but decided instead to receive his or her full military retirement or disability pay, OR
- the Veteran died while hospitalized by VA, or while receiving care under VA contract at a non VA facility, OR
- the Veteran died while traveling under proper authorization and at VA expense to or from a specified place for the purpose of examination, treatment or care, OR
- the Veteran had an original or reopened claim for VA compensation or pension pending at the time of death and would have been entitled to benefits from a date prior to the date of death, OR
- the Veteran died on or after October 9, 1996, while a patient at a VA–approved state nursing home.

To apply for burial benefits, you can complete the VA Form 21P-530, Application for Burial Benefits. You should attach a copy of the veteran's military discharge document (DD 214 or equivalent) and a death certificate, funeral, and burial bills. If you are claiming transportation expenses, attach a receipt for the expenses paid. You may download the form at http://www.va.gov/vaforms/. Once completed, the application form should be mailed to the VA regional office located in your state. You can obtain the mailing address for VA regional offices by accessing the VA Internet web site at www.va.gov/directory. The address is also located in the government pages of your telephone book under "United States Government, Veterans."

The surviving spouse and dependent children of veterans receiving disability benefits may also be entitled to monthly payments.

For more information, call toll-free within the U.S. by dialing 1-800-827-1000 or visit the website at http://www.va.gov.

- Federal Estate Tax, State Taxes and Income Taxes: Guidelines for these are constantly changing and no two states are the same. For more information, contact your state tax department or your family's professional tax advisor.

- Other Items: Changing ownership or title of shared property and credit cards

# Grief Resources

"No one ever told me that grief felt so like fear… The same fluttering in the stomach, the same restlessness, the yawning. I keep on swallowing… There is a sort of invisible blanket between the world and me. I find it hard to take in what anyone says…" (C. S. Lewis, from A Grief Observed, a journal of his thoughts and feelings after the death of his wife, Joy).

## When a Loved One Dies

Ultimately, no one can prepare you for your experience of grief and loss. Each person reacts uniquely to the loss of a loved one. Your grief is unique. Your bereavement is your own, and it can feel devastating. The loss of a loved one can change your life. Even if we believe that we are strong or well-prepared, the feelings of grief can be intense. These feelings are natural – feelings of pain, longing, vulnerability, confusion, sorrow, anxiety, fear, and anger emerge at the time of your loved one's death and often continue for many months.

During this time of grief, you may find relationships changing. Your daily routines and roles may be altered. Your basic assumptions about life may change temporarily, or even permanently. You may face the anxiety and unexpected adventure of reshaping your life. You may not know where to turn for support, care, and help along such an uncharted journey.

The Seasons Hospice & Palliative Care team is available to walk with you on your journey through grief and bereavement. We offer a variety of bereavement services, which can include the following:

- **Person-to-person support:** We are available for counseling, companionship, or conversation – whether in person, by phone, e-mail, or postal correspondence, from the time of death to a year after your loved one's death. A personal visit request begins with a simple phone call.
- **Celebration of Life services:** Seasons offers a Celebration of Life service that is non-denominational. We focus on remembering the meaning, purpose, and impact of your loved one's life, regardless of religious affiliation.

- **Educational support groups:** You'll find that Seasons provides a safe and supportive place for bereaved people to share experiences of loss with each other, to learn from each other about ways to cope and heal, and to form new friendships.
- **Written resources:** We have a library of materials available that can help you understand and follow your journey through grief and bereavement.

A listing of grief support group offerings by state, always offered free of charge is available on the Seasons Hospice & Palliative Care web site at **www.seasons.org** under **Our Services**.

## Grief Resources - Internet:

### Loss

- AARP http://www.aarp.org/relationships/grief-loss
- About.com Death & Dying Forum http://forums.about.com/ab-dying
- Aftertalk http://www.aftertalk.com
- Dougy Center, The http://www.dougy.org
- GriefNet.org http://www.griefnet.org
- GriefShare http://www.griefshare.org
- Grieving.com http://forums.grieving.com
- Light Beyond, The http://www.thelightbeyond.com
- National Alliance for Grieving Children http://childrengrieve.org
- National Students of AMF (Actively Moving Forward; for college students) http://www.studentsofamf.org
- http://www.newyorklife.com/achildingrief
- http://www.opentohope.com
- http://www.rainbows.org/index.asp
- Seasons Hospice Foundation www.seasonsfoundation.org
- Seasons Hospice & Palliative Care www.seasons.org

### Parent Loss

- Camp Erin (for children) http://www.moyerfoundation.org/programs/CampErin.aspx
- Grieving.com http://forums.grieving.com
- Webhealing.com http://webhealing.com/forums

### Sibling Loss

- Bereaved Parents of the USA http://www.bereavedparentsusa.org
- Compassionate Friends, The http://www.compassionatefriends.org
- Grieving.com http://forums.grieving.com
- Twinless Twins Support Group http://www.twinlesstwins.org
- Webhealing.com http://webhealing.com/forums

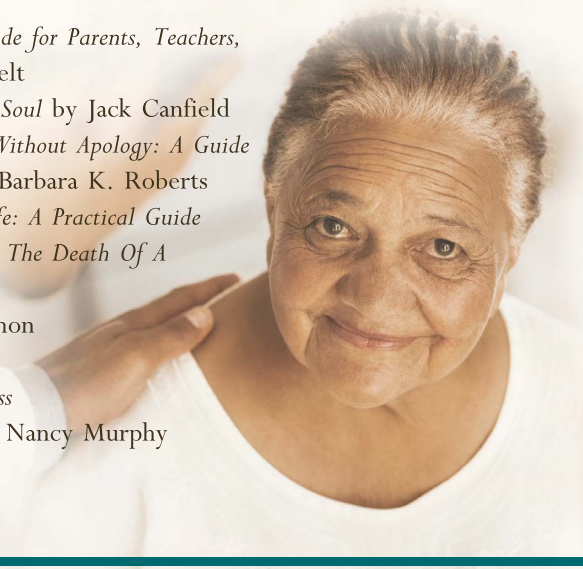
### Spouse/Partner Loss

- Beginning Experience http://www.beginningexperience.org
- Grieving.com http://forums.grieving.com
- National Widower's Organization http://www.nationalwidowers.org
- Parents Without Partners http://www.parentswithoutpartners.org
- Single Fathers Due to Cancer http://www.singlefathersduetocancer.org
- Webhealing.com http://webhealing.com/forums

## Grief Resources - Books:

### Adult

- *A Child's View of Grief: A Guide for Parents, Teachers, and Counselors* by Alan Wolfelt
- *Chicken Soup for the Grieving Soul* by Jack Canfield
- *Death Without Denial, Grief Without Apology: A Guide for Facing Death and Loss* by Barbara K. Roberts
- *Don't Let Death Ruin Your Life: A Practical Guide To Reclaiming Happiness After The Death Of A Loved One* by Jill Brooke
- *Fatherless Women* by Clea Simon
- *Helping Adults with Mental Retardation Grieve a Death Loss* by Charlene Luchterhand & Nancy Murphy



- *How Do We Tell the Children? A Step-by-Step Guide for Helping Children Two to Teen Cope When Someone Dies* by Dan Schaefer and Christine Lyons
- *Living When a Loved One Has Died* by Earl Grollman
- *Love Does Not Die – People Do* by Donna Jean Robertson
  *Men and Grief* by Carol Staudacher
- *Surviving Holidays, Birthdays, and Anniversaries* by Brook Noel
- *The Empty Chair* by Susan J. Zonnebelt
- *The Next Place* by Warren Hanson
- *This Time of Caregiving* by James E. Miller
- *Tuesdays with Morrie: An Old Man, a Young Man, and Life's Greatest Lesson* by Mitch Albom
- *Wednesdays at the Fluff 'n' Fold* by Elizabeth Calbalka
- *When Bad Things Happen to Good People* by Ted O'Neal
- *When Parents Die: A Guide for Adults* by Edward Myers

### Children's and Teens

- *Aarvy Aardvark Finds Hope* by Donna O'Toole
- *Chicken Soup for the Teenage Soul* by Jack Canfield
- *Coping With the Death of a Brother or Sister* by Ruth Ann Ruiz
- *Healing After the Suicide of a Loved One* by Ann Smolin
- *Helping Children Grieve & Grow* by Donna O'Toole
- *The 10th Good Thing About Barney* by Judity Viorst
- *The Fall of Freddie the Leaf* by Leo Buscaglia
- *You Are Not Alone: Teens Talk About Life After The Loss Of A Parent* by Lynn Hughes

# Baue

Funerals • Crematory • Cemetery

## On the value of honoring the life of a loved one:

We believe it is a basic human need to gather and honor the life of a loved one after a death has occurred. We see the benefits it provides families every day. Healing begins when memories are shared and lives are remembered.

## Helping you honor life:

For over 80 years we have helped families create unique services that honor a life. We encourage you to talk with us and your loved ones about your wishes, and how you want to be remembered. Our commitment to providing families what they need is shown in our three clean, comfortable, and modern locations with onsite reception centers. Your loved one never leaves our care and all services take place with our experienced staff.

Center for Hope & Healing | Flower & Gift Shop | Monuments & Markers | Silver & Gold 60+Club | Pet Memorial Center | St. Charles Memorial Gardens

Baue.com • 636-940-1000

1935 - 2015

# Featured Partners

*Chapel Hill* Mortuary
Funeral Homes & Cemeteries

## On the value of funeral and memorial services:

"Funerals serve an important purpose: they allow us to recognize a life that was lived and acknowledge that the life has come to an end. Funerals exist for the living, for survivors who suffer the loss of a loved one. We understand that every family is different. Influences such as religious and cultural traditions, cost concerns and personal preferences make each funeral as unique as the person who is being honored."

"Remember that funeral services and memorial services are for the living. Our staff understands the importance of honoring the wishes of the departed, but we also explore the needs and desires of the surviving family and friends as they navigate the grieving process."

## On creating a unique and memorable goodbye:

"There is no 'wrong way' to have a funeral or memorial event. Many families find comfort in the traditions of religious ceremonies. Some families prefer a less formal gathering with storytelling and special unique tributes. And some prefer a combination of both. We help families discover what is possible to create a unique and memorable goodbye."

-Brian May, owner

**6300 Hwy 30**
**Cedar Hill, MO 63016**
**314-274-4100**

**brian@stlchapelhill.com**
**www.stlfuneral.com**

# Featured Partners

Keeping cremation *Simple* since 1935

## On choosing cremation:

Many families are choosing cremation for the simplicity and flexibility it offers. At Cremation Society of Missouri, we understand how difficult it can be to make decisions and complete the many tasks associated with the passing of a loved one. Our simple, all-inclusive packages eliminate the need for tedious decisions and eliminate surprising costs.

## On having a memorial or celebration after cremation:

Choosing cremation does not take away your ability to have a memorial service or a life celebration. Many families who choose cremation are able to have these events on their own, without the cost or involvement of a funeral home. We take great pride in making the process as simple as possible for families through a most difficult time.

(636) 946-9896
Toll Free (855) 858-5550
Info@MissouriCremate.com

**MissouriCremate.com**

4175 Shady Springs Lane
St. Peters, MO 63376

# Remembrance Network Partners

The Remembrance Network includes local family-owned businesses who share the commitment of Seasons Hospice Foundation to create healing moments for families and celebrate a life well lived.

**Archway Memorial Chapel**
111 Taylor Rd
Hazelwood, MO 63042
314-895-3900
www.archwaychapel.com

**Archway Memorial Chapel**
3235 Douglas Road
St. Louis, MO 63034
314-895-3900
www.archwaychapel.com

**Baue Funeral & Memorial Center**
3950 West Clay Street
St. Charles, MO 63301
636-946-7811
www.baue.com

**Baue Funeral Home**
311 Wood Street
O'Fallon, MO 63366
636-240-2242
www.baue.com

**Baue Funeral Home**
620 Jefferson Street
St. Charles, MO 63301
636-940-1000
www.baue.com

**Bell Funeral Home**
709 W. Union Street
Pacific, MO 63069
636-257-2112

**Cremation Society of Missouri**
4175 Shady Springs Ln
St. Peters, MO 63376
636-946-9896
www.missouricremate.com

**Chapel Hill Mortuary**
6300 Hwy 30
Cedar Hill, MO 63016
314-274-4100
www.stlfuneral.com

**Miller Funeral Home**
1206 Jefferson
Washington, MO 63090
636-239-6707
www.millerfuneralhome.info

**Nieburg Vitt**
310 Elm St
Washington, MO 63090
636-239-6422
www.nieburgvitt.com

**Nieburg-Vitt-Thiebes Funeral Home**
Po Box 130 231 E Union Street
Pacific, MO 63069
314-257-2730
www.nieburgvitt.com

**Pitman Funeral Homes**
1545 Wentzville Pkwy
Wentzville, MO 63385
636-327-6600
www.pitmanfuneralhome.com

**Schrader Funeral Home**
14960 Manchester Road
Ballwin, MO 63011
636-227-5511
www.schrader.com

**Schrader Funeral Home**
108 North Central
Eureka, MO 63025
636-938-3555
www.schrader.com

# Other Community Resources

**FRANKLIN COUNTY**

**Bell Funeral Home** 709 W. Union Street Pacific,MO 63069 636-257-2112

**Eaton Funeral Home** 347 N Clark Street Sullivan, MO 63080 573-468-4147

**Eaton West Funeral Home** 301 Sappington Bridge Sullivan, MO 63080 573-468-4123

**Meyer Funeral Homes, Inc.** 21 E 5th Street Gerald, MO 63037 573-764-3300

**Midlawn Funeral Home** 7280 Highway 47 Union, MO 63084 636-583-3722

**Miller Funeral Home** 1206 Jefferson Washington, MO 63090 636-239-6707

**Nieburg And Vitt** 310 Elm St Washington, MO 63090 636-239-6422

**Nieburg-Vitt-Thiebes Funeral Home** 231 E Union St Pacific,MO 63069 314-257-2730

**Oltmann Funeral Home** 508 E. 14th Street Washington, MO 63090 636-239-9600

**Oltmann Funeral Home** 103 No. Church Union, MO 63084 636-583-2525

**Oltmann Funeral Home** 412 South Main Gerald, MO 63037 573-764-2211

**Russell Colonial Funeral Home** 530 E. Springfield St. Clair, MO 63077 636-629-1100

**Toedtmann & Grosse** 1206 Jefferson New Haven, MO 63068 573-237-2133

**JEFFERSON COUNTY**

**Chapel Hill Mortuary** 6300 Hwy 30 Cedar Hill, MO 63016 314-274-4100

**Dietrich-Mothershead Funeral Home** 220 N Main St De Soto, MO 63020 314-586-3337

**Mahn Funeral Home** 515 Collins Drive Festus, MO 63028 636-937-4444

**Mahn Funeral Home** 900 N. Main Street De Soto, MO 63020 636-586-2288

**Robert D. Brown Funeral Home** 108 North Central Hillsboro, MO 63050 636-789-4949

**Schrader Funeral Home** 1206 Jefferson Eureka, MO 63025 636-938-3555

**Vinyard Funeral Home** 616 W. Main Street Festus, MO 63028 636-937-4646

**ST. CHARLES COUNTY**

**Baue Funeral & Memorial Center** 3950 West Clay St St. Charles, MO 63301 636-946-7811

**Baue Funeral Home** 311 Wood Street O'Fallon, MO 63366 636-240-2242

**Baue Funeral Home** 620 Jefferson Street St. Charles, MO 63301 636-940-1000

**Buchholz Mortuary, Inc.** 837 Mid Rivers Mall Drive St. Peters, MO 63376 336-970-7200

**Cremation Society of Missouri** 3850 West Clay St. Charles, MO 63301 636-946-9896

**Lonning Mortuary Service** 2115 Parkway Drive St. Peters, MO 63376 **636-498-5301**

**Paul Funeral Home, Inc.** 240 N. Kings Highway St. Charles, MO 63301 636-724-0283

**St. Charles Memorial Gardens** 3950 West Clay St, Ste #200 St. Charles,MO 63301 636-946-6939

**Stygar Mid Rivers** 5987 Mid Rivers Mall Drive St. Charles, MO 63304 636-936-1300

**T. E. Pitman Funeral Home** 1545 Wentzville Pkwy Wentzville, MO 63385 636-327-6600

**ST. LOUIS COUNTY**

**Archway Memorial Chapel** 111 Taylor Rd Hazelwood, MO 63042 314-895-3900

**Archway Memorial Chapel** 3235 Douglas Road St. Louis, MO 63034 314-895-3900

**Austin A. Layne Mortuary** 7239 W. Florissant Jennings, MO 63136 314-381-6900

**Baucom's Precious Memories Services** 199 Jamestown Mall Florissant, MO 63034 314-741-2444

**Baumann Colonial Chapel** 2504 Woodson Road Overland, MO 63114 314-427-2345

**Bopp Chapel** 10610 Manchester Road Kirkwood, MO 63122 314-965-7680

**Buchholz Mortuaries Inc** 620 Jefferson Street St. Charles, MO 63301 636-940-1000

**Buchholz Mortuary, Inc.** 619 Saint Francois St Florissant, MO 63031 314-839-2020

**Buchholz Mortuary, Inc.** 2211 Clarkson Road Chesterfield, MO 63017 636-532-2400

**Collier's Funeral Home** 3400 North Lindbergh St. Ann, MO 63074 314-298-1212

**Cremation Society Of Saint Louis** 740 N Mason Rd Saint Louis, MO 63141 314-434-3933

**Fieser Funeral Home** 401 Gravois Road Fenton, MO 63026 636-343-4344

**Foster Services for Funerals LLC** 3619 Finney Ave St. Louis, MO 63113 314-652-3305

**Granberry Mortuary** 8806 Jennings Station Rd. Jennings, MO 63136 314-867-8837

**Hutchens Mortuary** 675 Graham Road Florissant, MO 63031 314-831-3100

**Jay B. Smith Funeral Home** 777 Oakwood Fenton, MO 63026 636-343-0400

**Jay B. Smith Funeral Home** 7456 Manchester Avenue Maplewood, MO 63143 314-781-1115

**Layne Normady Chapel** 7733 Natural Bridge Road St. Louis, MO 63121 314-389-4778

**Layne Renaissance Chapel** 7302 W. Florissant Jennings, MO 63136 314-382-1201

**Lord Funeral Home** 2900 Telegraph Rd Saint Louis, MO 63125 314-845-2838

**O' Sullivan-Muckle Mortuary** 13996 Olive Blvd. Chesterfield, MO 63017 314-514-9966

**Oak Grove Chapel** 7800 Saint Charles Rock Rd Overland, MO 63114 314-721-7260

**Ortmann Funeral Home** 9222 Lackland St. Louis, MO 63113 314-427-2222

**Ortmann Stipanvich** 12444 Olive Blvd Creve Coeur, MO 63141 314-514-1111

**Professional Funeral Director Services,** 6808 W Florissant Ave St. Louis, MO 63136

**Schrader Funeral Home** 14960 Manchester Road Ballwin, MO 63011 636-227-5511

**Shepard Funeral Chapel** 9255 Natural Bridge Berkeley, MO 63134 314-426-6000

**St Louis Cremation Service Inc.** 2135 Chauteau St. Louis, MO 63103 314-241-8844

**Stygar Florissant Chapel** 13980 New Halls Ferry Road Florissant, MO 63033 314-830-1500

**T T Yandell & Sons Funeral Home** 22 Euclid Ave Saint Louis, MO 63119 314-961-5300

**Valhalla Chapel** 7600 Saint Charles Rock Rd Saint Louis, MO 63133 314-863-3011

**Ziegenhein And Sons** 4830 Lemay Ferry Rd. St. Louis, MO 63129 314-894-8444

# Getting Started with BeRemembered.com

BeRemembered.com is the place where you can record the stories, pictures, and lessons of your life to share with family, friends and future generations. You can start your FREE profile at BeRemembered.com OR one of our staff members can help you create your free profile if you provide the simple information below. Complete this information and hand it to one of our team members and we will enjoy starting your profile.

Your Email Address: _____

(If you do not have an email address, perhaps a family member will offer an email address to receive correspondence from BeRemembered.com on your behalf.)

First Name _____ Last Name _____

Date of Birth ___/___/____ Where were you born? _____

(City and State)

What is your primary profession?_____

Who would you invite to be a Guardian of your profile?

First name _____ Last name _____

Email address _____

Relationship (Circle One: Family, Friend, Spouse, Partner)

List two items on your Bucket List.

1._____

2._____

BeRemembered.com™

*Your Life. Your Story. In Your Own Words.*

## With your help,

Seasons Hospice Foundation is able to provide assistance to hospice families in need. To get started, visit **www.seasonsfoundation.org** or use this donation envelope.

## Thank you for making a difference with your contribution.

SEASONS HOSPICE FOUNDATION®

## OUR VISION

We envision a future where more people will celebrate life and honor its end through the guidance of hospice.

## OUR MISSION

Even small acts and celebrations can have a profound impact on the lives of hospice patients and those closest to them. Seasons Hospice Foundation brings comfort to patients and families by providing essentials and enriching lives with fond, lasting memories. Our funds also support community education to increase awareness about the benefits of hospice, funding for special programs and applied research to improve the quality of hospice care. Extending beyond the borders of traditional healthcare, we treat the whole person and their loved ones in ways that touch the human spirit — adding days to life and life to days.

6400 Shafer Court, Suite 700, Rosemont, IL 60018
847.692.1000
www.seasonsfoundation.org