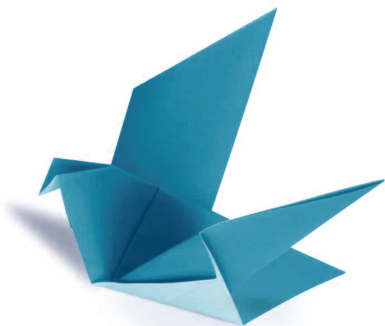


*When someone close to us dies,
it is often difficult to focus
and know just what to do.*

*We may feel somewhat
uncertain and helpless.*

WE ARE HERE FOR YOU

*Compassionate and experienced
professionals at The Center for
Hospice & Palliative Care have
prepared this guide for you. We
hope it will help you with some
immediate matters you will need
to decide upon, and offer
practical considerations and
insight into the loss that you
have just experienced.*



*If you are considering making a
memorial gift to the Hospice
Foundation, please remember...*

Hospice services that are provided
to more than 700 patients a day
and their family members
could not happen
without the loyal support
of donors and friends
who have made gifts
in memory of a loved one.

Your support of the
Hospice Foundation will allow us
to provide that same support
to others in the days, weeks
and months to come.



An affiliate of The Center for Hospice & Palliative Care

HospiceBuffalo.com

225 Como Park Blvd., Buffalo, NY 14227
Phone: (716) 686-8090
Fax: (716) 686-8181

March 2011

WE ARE HERE FOR YOU

Helpful and Practical Tips When Someone Dies



1. Choose a Funeral Director; a comprehensive list is in the telephone book or online at www.funeralhomesguide.com.
2. When you meet with the undertaker, it would be helpful if you have:
 - Cemetery deed, if you already own a burial plot, or name of cemetery and location of plot.
 - If your loved one was a Veteran, have a copy of discharge papers: the Federal Government will provide a flag and grace marker.
 - Date of birth and Social Security Number, most undertakers will notify the Social Security Administration of the death.
 - Clothing for burial.
 - A photograph of your loved one.
 - Information for the obituary, as well as in which newspapers, if any, it is to be published.
 - The name of your loved one's parents (including mother's maiden name).
3. Investigate insurance policies.
4. The funeral director will need to know if there is to be a viewing or a wake, and whether the remains are to be buried or if you are choosing cremation.
5. Consider the time frame (unless religious customs dictate otherwise). It is helpful for families to have a day to prepare. Use tomorrow for that day, and plan the wake or service on the second day. You and your family will then have time to take care of personal needs, provide travel time for distant members of your family, and an announcement or death notice can appear in newspapers informing friends and neighbors of your loss.

6. The funeral home will contact your faith leader and /or place of worship. If you require special services you may want to contact them yourself.

Grief & Bereavement Issues

Remember that every person handles death differently and grieves differently. There is no right way to grieve nor any proper length of time to grieve. Crying is an acceptable way of dealing with grief for some people but not for others.

In the coming weeks and months:

- Grief is a normal and natural response to the loss of someone important in our lives.
- When someone we have loved has died, we will respond emotionally, psychologically, physically and spiritually. A wide range of responses may be considered normal and healthy.
- A person's style of grieving is determined by many factors (e.g. age, nature of loss, ethical and religious traditions).
- Be patient with yourself. Ask for and accept help. Accept your feelings and remember that grief takes time.

For further information/counseling concerning the grief process, for both adults and children, call Life Transitions Center at (716) 836-6460. Life Transitions Center is an affiliate of The Center for Hospice & Palliative Care.

- Call Social Security Administration for assistance to direct you regarding Social Security checks.
- The Funeral Home will provide copies of the certified death certificate for a fee. Additional copies can be attained through the city/town hall in the community where the death occurred.
- If you are having a wake, service or visitation, have a neighbor or friend stay in your home to protect it while you are away.
- We recommend that you make no major decisions the first year following the death of a loved one (i.e. selling a house, moving away, etc.).
- If children are involved in the funeral, wake or visitation at a funeral home, have someone who will be willing to take them home after a short period, if necessary.
- Be honest with children. Tell the child what has happened in terms they can understand. Don't say, "Grandma went to sleep," etc.
- Tell the child what they will see at the funeral service. If appropriate, give the child a choice of whether or not to attend.
- Obtain information on children's grief responses (Life Transitions Center can help) See www.lifetransitionscenter.com.
- You may choose to remember your loved one by designating gifts in his/her memory to the charity of your choice in the death notice published by the newspaper.