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# BEREAVEMENT

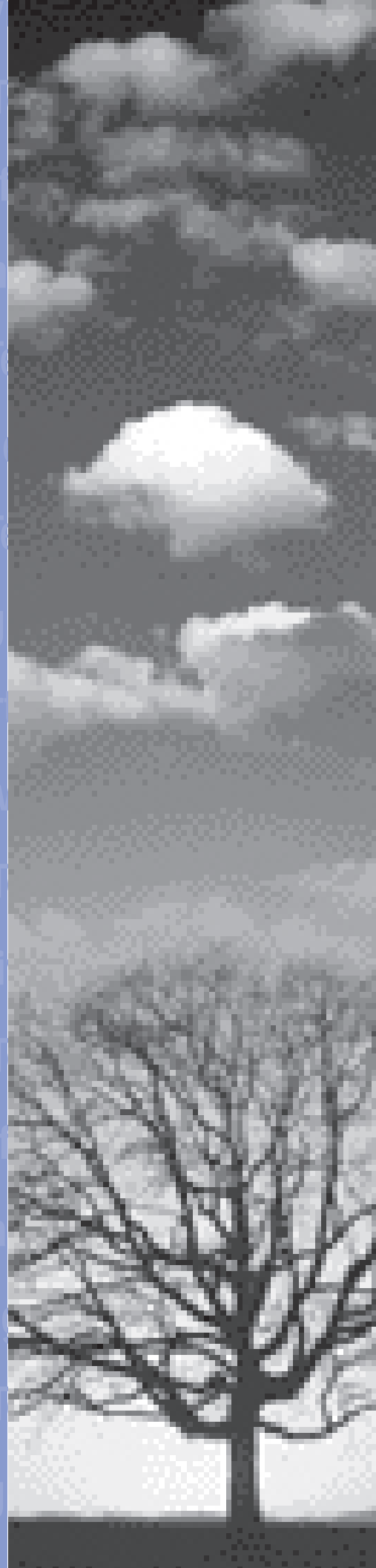
## G U I D E

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PATHWAYS

*Home Health & Hospice  
Private Duty  
Hospice Foundation*



## Table of Contents

During Bereavement, an Introduction .....	3
Thoughts on Grief .....	4
Important Documents .....	6
Mortuary Arrangements .....	8
Travel Discounts .....	9
Check List of Tasks .....	10
Belongings .....	12
Bereavement Support.....	13
Legal Assistance.....	15
Community Resources .....	16
Useful Reading Material .....	19

*This guide and grief support services are made possible through generous donations from the community to Pathways Hospice Foundation*

## During Bereavement

Bereavement is the process of grieving that began when you first learned that you would lose a loved one. Even before that person died, you may have begun to grieve for the companionship you knew you would lose, or the dreams that would never come to be.

**Grief**

Now that your loved one's passing is a reality, the grief process continues, perhaps more intensely, and sometimes with bittersweet feelings of relief that your loved one's trials with illness are over.

**Practical  
Matters**

Although you need to attend to the emotions that roll in like waves, the end of life also requires attention to many practical matters. Taking care of practical matters can sometimes be a useful way to rest your mind from the exhaustion that grieving often brings.

In this guide you will find reminders, check lists, tips, and ideas for performing those practical tasks that may require your attention, and for finding help to make it through this difficult time. Take from it whatever ideas are useful to you and your family.

**Helping  
Guide**

### *Falling Apart*

*I seem to be falling apart.  
My attention span can be  
measured in seconds,  
My patience in minutes.  
I cry at the drop of a hat.  
My toast burns daily.  
I forget to sign the checks.  
Half of everything in the house  
is misplaced.  
Feelings of anxiety and restlessness  
are my constant companions.  
Rainy days make me feel dreary,  
Sunny days seem an outrage.  
Other people's pain and frustration  
seem insignificant.  
Laughing, happy people seem out  
of place in my world.  
It has become routine to feel half crazy.  
I am normal, I am told.  
I am a newly grieving person.*

*Eloise Cole*

*What we once enjoyed and deeply loved we can never lose,  
for all that we deeply love becomes a part of us.*

*Helen Keller*

## Thoughts on Grief

<b>Uniqueness</b>	Grief is often a long process, with ups and downs. that usually takes longer than most people realize. So be patient with yourself as you travel this road. There is no grief just like your own. Each person's grief is unique, and no two people will grieve exactly the same way.
<b>Physical Reactions</b>	Physical reactions to death may include loss of appetite, overeating, sexual difficulties, sleepiness, chest pain, stomach pain, headaches, or loss of energy, among other things. Try to maintain a balanced diet, get plenty of rest, and exercise when possible. When grief is so prolonged or intense that it threatens your health, you should see your doctor.
<b>Expressing Grief</b>	If you feel like crying, cry. It is a healthy and acceptable way to express grief and to release tension. Bottling up emotions is often unhealthy. Some friends and relatives may feel uncomfortable around you. They may want to help you in some way, but don't know how to go about it—they don't know what to say or what to do. You can help them by being open and honest about your needs and feelings. It's okay to talk about your loved one who has died; this lets others know it is okay for them to do so also.
<b>Drugs and Alcohol</b>	Alcohol or mood-altering medications should be used with caution. They may be addictive and may numb a person to the pain of his or her loss, which may stop, complicate, or delay the grieving process.
<b>Possessions</b>	Take time to decide what to do with your loved one's belongings. You should probably make these decisions yourself. This does not have to be done immediately and you can do it a bit at a time as you are ready.
<b>Depression</b>	Some people become depressed, to the point that they feel they have nothing left to live for. Some may even wish to join their loved one in death in order to escape the pain they feel. This is not abnormal, and others in your situation have felt this way. But know that with time the clouds do clear, and meaning and purpose return to life. If thoughts of suicide persist, you should see your doctor.
<b>Guilt</b>	Guilt, real or imagined, is a normal part of grief, expressed in such thoughts as, "If only I had..." or, "I should have..." Expressing feelings of guilt will help to resolve them and help us to forgive ourselves for the things we feel guilty about. Unresolved guilt may complicate or hold up the grief process.

It is normal to feel angry about your loss; we want to find someone to blame (the doctor, the nurses, other family members). You many find yourself feeling volatile and resentful. It is important to share your angry feelings in an acceptable manner.

**Anger**

Children have been called the "forgotten mourners." If you have grieving children in your family, don't forget them. Share your feelings and tears with them, allowing them to feel included, to be part of the grieving process.

**Children**

Holidays and anniversaries of your beloved's birth, death or marriage are often difficult times. You may want to plan ahead about how you will spend the day, perhaps doing something with special friends.

**Holidays**

The death of your loved one may cause you to take a look at your philosophy of life, to question God, to re-evaluate beliefs, to change goals. This too is normal. This experience, like other major events in your life, will leave you changed. But you can find new meaning in life and move ahead, possibly in new directions.

**Questioning Beliefs**

When possible, it may be wise to put off major decisions (things like changing jobs, moving, changing lifestyles, or remarriage) for at least a year. So much change is already happening, adding more may be too overwhelming to cope with, and judgment could be clouded by emotion.

**Making Decisions**

*There's absolutely no reason for being  
rushed along with the rush.  
Everybody should be free to go very slow.  
What you want, what you're hanging around  
in the world waiting for,  
is for something to occur to you.*

*Robert Frost*

## Important Documents

### Death Certificates

When you begin the process of notifying the bank, social security or other parties about the death, you will need to provide death certificates. The mortuary will prepare and process the death certificates, usually in 1-2 weeks time. Death certificates are necessary when dealing with the Social Security Administration, pension plans, insurance companies and financial institutions. You will need to order 10 or 12, because copies usually cannot be used. In order to complete the death certificate, the mortuary may need the following information about your family member who has died:

- ◆ **Name, address, and telephone number**
- ◆ **Business address and telephone number**
- ◆ **Occupation and job title**
- ◆ **Social security number**
- ◆ **Date and place of birth**
- ◆ **Citizenship status**
- ◆ **Length of residence in county**
- ◆ **Father's name and birthplace**
- ◆ **Mother's maiden name and birthplace**

### What to Look For

In addition to the documents for the mortuary, gathering the following can help as you work at settling affairs. They may be tucked in desk drawers, file cabinets or home safes; you should also check for safe deposit boxes at the bank. The deceased person's attorney or accountant may also have some documents:

- ◆ **Social Security card**
- ◆ **Citizenship documents**
- ◆ **Will or living trust**
- ◆ **Insurance policies**
- ◆ **Deeds to properties**
- ◆ **Titles to automobiles, boats, or RV's**
- ◆ **Bank books**
- ◆ **Stock, bond, or mutual fund statements**
- ◆ **IRA, 401(k), or pension plan information**
- ◆ **Income tax returns**
- ◆ **Disability claims**

### Social Security

You should make an appointment with the Social Security office if your loved one had Social Security. If you are the spouse of the deceased, you will need your birth and marriage certificates. Dependent children should provide birth certificates.

If the person who has died was receiving Social Security payments by direct deposit, notify the bank of the death. If the deceased received any Social Security checks for the month the death occurred or after, do not cash the checks, as they must be returned to Social Security.

### Bank Accounts

Bank accounts or safe deposit boxes solely in the name of the deceased will be frozen until released to the person entitled to the inheritance as determined by a trust or will. Joint accounts will remain open as long as the names on the accounts are titled "or" not "and." For example, the other person on an account may continue to access it if it was set up as "John Smith or Jane Smith," but not if it was set up as "John Smith and Jane Smith."

*Grieving is as natural as  
crying when you are hurt,  
sleeping when you are tired,  
eating when you are hungry,  
or sneezing when your nose itches.  
It's nature's way of healing a broken heart.*

*Doug Manning*

## Mortuary Arrangements

### Prior Arrangements

If you don't know for certain, check the deceased person's records to determine if a "pre-need" funeral trust was established. Also check the person's will, as it may contain instructions regarding funeral arrangements. If the deceased has not made prior arrangements or expressed specific wishes, the mortuary can assist you in making decisions regarding burial or cremation, embalming, and choosing a casket or urn. If the body is to be transported to another state or county, the mortuary can assist with those arrangements. The next of kin or agent named in a Durable Power of Attorney must provide consent for any arrangements.

### Burial or Cremation

If the deceased is to be buried, a cemetery plot or crypt must be purchased. Even if these arrangements have already been made, the cemetery may charge a fee for opening and closing of the grave site. In addition, a burial vault or liner may be required for an additional fee. The mortuary will transport the body to the cemetery. Burial can be expensive, often several thousand dollars.

If the deceased is to be cremated, the mortuary will advise you of various options for the cremation container. The ashes will usually be returned to you within a week or two. They can be put into an urn or box. The mortuary can also arrange for the ashes to be scattered at sea. A simple cremation usually costs between \$800 and \$1600.

### Service

If a funeral or memorial service is planned, the mortuary and/or your clergy can assist in planning the service. Some of the issues to consider are:

- ◆ **Type and place of service**
- ◆ **Readings and/or music**
- ◆ **Who will read any eulogies**
- ◆ **Who will serve as pall bearers, if they are needed**
- ◆ **Clothing in which the deceased will be buried**
- ◆ **Publishing an obituary**
- ◆ **Whether charitable donations will be requested in lieu of flowers**

### Delegating Tasks

Planning a funeral may feel overwhelming and you may want to delegate some of the following tasks to relatives or friends:

- ◆ **Writing an obituary and/or eulogy**
- ◆ **Notifying friends and relatives of the service**
- ◆ **Coordinating a luncheon, dinner or other gathering after the service**
- ◆ **Arranging for flowers and/or a photograph collage for display at the service**
- ◆ **Arranging transportation to the service for family and guests**
- ◆ **Arranging lodging for out-of-town relatives**
- ◆ **Making a list of callers and those sending sympathy cards**
- ◆ **Looking after young children during the service**

## Travel Discounts

Many travel related services offer discount fares and rates for those traveling to a funeral or to visit a seriously ill relative. These discounts are known as "bereavement fares" or "bereavement discounts." The discounts are off full priced fares, and you may be able to get equal or better prices by finding your own discounted fare. Some of the most useful information is available online by entering "bereavement travel" on a search engine such as Google or at sites such as [www.bereavetravel.com](http://www.bereavetravel.com) (877-246-2437) or [www.bereavementair.com](http://www.bereavementair.com) (800-999-2599).

### Bereavement Fares

Most airlines offer bereavement fares at 50-70% off the regular full-coach fare. Usually you must be an immediate family member of the sick or deceased person. Proof of your situation will be required. This may include the name of the person who has died, the name of the funeral home (with address and phone number) and sometimes a copy of the death certificate (usually when submitting a request for refund after the travel). Some airline frequent flyer programs will waive restrictions such as blackout dates for bereaved travelers.

### Airlines

Amtrak offers a discount of 25% off the full adult fare. There are restrictions and proof of your situation is required. Contact (800) 872-7245 or [www.amtrak.com](http://www.amtrak.com).

### Amtrak

Rates and policies vary widely. Rather than calling a toll-free reservation number, call the hotel directly. It may help to ask for a supervisor.

### Hotels

American Express Travel offers a bereavement and medical emergency travel service for domestic and international travel. They are able to waive many restrictions and documentation requirements. Fares are also available to extended family. You can check with your local travel agency for more information.

### Travel Agencies

*The heart that truly loved never forgets.*

*Thomas Moore*

## Check List of Tasks

During the time after the death of a loved one there are many practical tasks that require attention. It is sometimes a relief to have details to attend to for a little while. This list may help you focus on the tasks that need to be addressed, whether by you or a friend or relative that you designate. It is a good idea not to be alone in the first day or so; ask someone to be with you.

- Notify relatives and friends.
- Contact the mortuary of your choice to finalize arrangements for services.
- Contact your church, temple, or place of worship to coordinate services.
- Notify the cemetery if burial is planned and arrangements have already been made, or visit a cemetery to make arrangements.
- Submit an obituary to the local newspaper, if you wish; the mortuary may help you. Ask about the cost of the obituary, as it may be expensive.
- You will need several certified copies of the death certificate. The mortuary will provide these and can advise how many you may need (usually 10 to 12). They are usually available 1 to 2 weeks after the death.
- If the person who died received Social Security benefits, you must contact the Social Security Administration at (800) 772-1213. A lump sum death benefit is paid to a surviving spouse, and a spouse or dependent children may be eligible for survivor's benefits.
- If the person who died had a pension, IRA, 403(b), or 401(k), contact the plan administrator.
- If the one who died was employed at the time of death, you should notify the employer's human resources department of the death.
- If the deceased was an honorably discharged veteran, you should contact the Veterans Administration benefits department at (800) 827-1000. They can provide information about the availability of flags, grave markers, and burial in the National Cemeteries. The mortuary may also advise you about grave markers.
- The person's attorney, if there was one, should be contacted. If you think you need legal help, or if there is no will, you can call the county bar association lawyer referral service, or visit the American Bar Association website to find an attorney. A probate lawyer can handle many complicated matters for you.
- If there is a will, you or your attorney should file a petition with a local probate court.
- Contact all unions, alumni associations, professional societies, fraternal orders, and other groups or clubs to which the deceased belonged. These organizations occasionally have some form of benefits upon the death of a member.
- Contact banks or credit unions where the the person who died had accounts or a safe deposit box. You will need a court order to open a safe deposit box if it was rented in the name of the deceased only.

- If you owned a house with the person who died and there is an outstanding mortgage, advise your creditors of the death and ask whether there is mortgage insurance that will take effect.
- Notify stock brokers or mutual fund companies with which the person who died had accounts.
- Contact life insurance companies.
- Contact health insurance companies that provided coverage for the person who died.
- Cancel credit cards that were solely in the name of the deceased.
- Notify the auto insurance company, and contact the Department of Motor Vehicles to transfer title of cars and RVs.
- If you included a bequest to the person who died in your own will, you should update it soon.
- For the year in which the death occurs, the deceased person's income taxes will be due on the normal filing date, although you can request an extension. If the person who died was your spouse, you can still file jointly for the year during which the death occurred. If you have dependent children you can file a joint return for two more years.
- You may need to file a federal estate tax return (Form 706 from the IRS) within nine months of the death. For a smaller estate, you may not need to do this, but you should check with the IRS, a tax consultant or online to determine whether the size of the estate requires filing. Some people find a tax accountant helpful to explain state estate taxes, inheritance and gift taxes, and fiduciary income tax.

*Our loved ones are still, and always will be, a part of us.  
They are threads in our fabric and we cannot lose their love.*

*Darcie D. Sims*

## Belongings

**Opportunity to Reflect** At some point, someone must decide what to do with the belongings of the person who has died. This may be an emotionally difficult task and is often easier to do with help from others. It may be an opportunity to warmly reflect on your loved one's life and the feelings attached to their possessions. Sharing this time with other loved ones or friends can make it a more uplifting experience.

**Waiting a While** Going through your loved one's clothes and possessions soon after the death may be too painful. Unless you are moving or otherwise need to clean out the space quickly, you may want to wait until you feel emotionally ready to deal with this job. It may be wiser not to force yourself to make decisions about keeping or disposing of things. You might later regret having disposed of something you wish you had kept. However, if seeing your loved one's possessions is too emotionally painful, you could consider putting them in boxes and storing them until a later date.

**Instructions** The person who died may have left instructions for disposal of his or her possessions in a will or living trust. The executor or trustee is the person who has authority to dispose of possessions according to the deceased person's wishes. An attorney can provide specific guidance.

**Suggestions** Give yourself time. If it is not necessary, don't rush to make decisions about belongings. The following are some suggestions to consider when disposing of your loved one's possessions when you are ready to do so:

- ♦ **A will or living trust may indicate the intended recipient of certain items of sentimental or monetary value.**
- ♦ **Other items may be offered to relatives or friends.**
- ♦ **Tax-deductible donations of clothing or household items can be made to charities (see the advertising section of the phone book under "Thrift Stores"). Many will pick-up donated items.**
- ♦ **Tax-deductible donations of automobiles, trailers, and boats are accepted by some charities.**
- ♦ **There are companies that organize estate sales for a fee. Look in the advertising section of the phone book under "Estates-Appraisal & Liquidation."**
- ♦ **You may want to make four sorting piles: 1) things to throw away, 2) things to give to charity; 3) things to give to individuals or organizations; 4) things you want to keep for yourself.**

## Bereavement Support

Pathways Home Health & Hospice provides extensive grief support for those in bereavement. We know that grief is a universal and yet individual process that has no timetable and no right or wrong way. Pathways offers an array of support for the survivors of loss. The following are some of the ways in which we offer support.

Pathways sends a quarterly newsletter, "The Seasons Through Your Grief," with helpful support on the grieving process and ways for survivors to cope. It is one of the many materials available to you from Pathways.

From September through June, Pathways provides separate support groups for loss of a parent, a spouse, or a child. Groups examine common grief issues such as coping skills, loneliness, anger, "normal" grief, and lifestyle changes. When group counseling is not appropriate, one-to-one counseling is available.

In the summer months, Pathways offers healing grief workshops to all in the community. They include Video Nights, Journaling through Grief, Creative Ways of Coping, Creating a Book of Memories, and an evening of Hands on Healing.

**Pathways through the Holidays**—As winter holidays approach, grieving families sometimes struggle—the world celebrates, and they grieve. Pathways offers a place to come for ideas on managing and coping, to receive support, and to honor and remember loved ones.

**Celebration of Light**—This remembrance event brings light and warmth to the winter season in early December, by remembering loved ones with music, readings and a candlelighting ceremony.

**Evening of Remembrance**—Memorial Day, graduations, Mothers Day and Fathers Day may be acute reminders of the absence of loved ones. Pathways holds remembrance events at this time of year to foster renewal and growth, using music, reading, and a flower naming ritual.

There is no charge for Pathways grief support services, however donations may be made to the Pathways Hospice Foundation to ensure that Pathways can continue to provide grief support to anyone in the communities we serve.

**Pathways Support**

**Newsletters**

**Support Groups & Counseling**

**Workshops**

**Memorial Events**

**Open to All**

## Bereavement Support

<b>Bay Area</b>	Pathways Home Health & Hospice..... 888-755-7855 Bay Area support groups, workshops, counseling and remembrance events. Call for information on services in your area, or visit <a href="http://www.pathwayshealth.org">www.pathwayshealth.org</a> .
	General Bereavement Support Information..... 408-773-4282
	Individual Counseling or Group Information & Registration..... 408-773-4329
	Workshop and Remembrance Ceremony Registration..... 408-773-4241
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<b>Peninsula &amp; South Bay</b>	KARA – Grief Support for Children and Adults..... 650-321-5272 (Individual support; and drop in, children, teens, child loss, trauma, suicide groups)
	The Compassionate Friends..... 408-241-1090 (Support for death of a child; <a href="http://www.compassionatefriends.org">www.compassionatefriends.org</a> )
	Center For Living with Dying..... 408-980-9801 (Grief support for individual and groups for adults & children)
	MidPeninsula Widow & Widowers Association..... 650-964-2612 (Social group meets Tuesdays, 7:30 pm, Los Altos Lutheran Church)
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<b>San Francisco</b>	Bay Area Jewish Healing Center..... 415-750-3436 (Grief support; child/family grief camp) <a href="http://www.jewishhealingcenter.org">www.jewishhealingcenter.org</a> )
	Catholic Charities Grief Care Program..... 415-564-7882 (St. Gabriel’s Church, drop in grief support group 1st & 3rd Tuesdays, 7-9pm)
	Jewish Family and Children’s Services..... 415-449-3865
	St. Mary’s Medical Center..... 415-668-1000 (8 week grief support, call for dates & location, Thursdays 6:30 to 8:30)
	Seton Medical Center..... 650-991-6828 (8 week grief support, call for dates & location, Tuesdays 6-8pm)
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<b>East Bay</b>	Alta Bates Summit Medical Center (adult grief groups, Oakland)..... 510-869-6778
	Circle of Care (children & family groups, Oakland)..... 510-531-7551
	Contra Costa Crisis Center (Walnut Creek)..... 800-837-1818
	Crisis Support Services: Grief Counseling Project (Berkeley)..... 800-260-0094
	Family Service of the Tri-Cities (Fremont)..... 510-574-2100
	George Mark Children’s House (child loss group, San Leandro) 510-346-4624, x232
	Jewish Family & Children’s Services of the East Bay..... 510-704-7475, x968
	Kaiser Oakland & Richmond (adult grief groups)..... 510-752-7757
	La Clinica De La Raza (Spanish-speaking, Oakland)..... 510-535-6200
	Saint Rose Hospital (Hayward)..... 510-264-4050
	Women’s Cancer Resource Center Hotline..... 510-420-7900

## Legal Assistance

Following the death of a loved one, you may need legal assistance with a variety of matters including:

### Legal Matters

- ♦ **Wills and probate**
- ♦ **Trusts**
- ♦ **Estate planning for surviving family members**
- ♦ **Tax planning**
- ♦ **Immigration issues**
- ♦ **Guardianship of minor children**
- ♦ **Conservatorship of surviving family members who are not able to care for themselves or manage their own affairs**

Contact the deceased loved one’s attorney, or your attorney, for help. If there isn’t an attorney, you can get a referral to an attorney from your local county bar association’s lawyer referral service. You may want to request a referral to a lawyer who specializes in probate, estate planning or elder law.

### Finding Assistance

The county lawyer referral services include:

- ♦ **Alameda Co. (510) 893-8683**
- ♦ **Contra Costa Co. (925) 825-5700**
- ♦ **San Francisco (415) 989-1616**
- ♦ **San Mateo Co. (650) 369-4149**
- ♦ **Santa Clara Co. (408) 971-6822**

Low-income individuals may qualify for help through the Legal Aid Society:

- ♦ **Alameda Co. (510) 451-9261**
- ♦ **Contra Costa Co. (510) 233-9954**
- ♦ **San Francisco (415) 982-1300**
- ♦ **San Mateo Co. (650) 558-0915**
- ♦ **Santa Clara Co. (408) 998-5200**

## Community Resources

You or your family members may need help after the death of a loved one. The following services may be useful.

<b>Crisis Lines</b>	National Suicide and Crisis Service (available 24 hours / 7 days).....	800-273-8255
	Alameda Co. Crisis Support Services.....	800-260-0094 or 510-420-2460
	Alameda Co. Mental Health ACCESS.....	800-491-9099 or 510-268-7836
	Contra Costa County.....	800-833-2900
	Santa Clara County Crisis Line.....	408-279-3312
	North County Crisis Line.....	650-494-8420
	South County Crisis Line.....	408-683-2482
	Crisis/Parent Stress/Grief Line.....	408-279-8228
	Teen Crisis Line.....	888-247-7717
	San Mateo County Crisis Lines	
	North.....	650-579-0350
	South.....	650-368-6655
	Coastline.....	650-726-6655
	Teen (M-Th, 4:30-9:30 pm).....	650-579-0353
	Parents.....	650-579-0358
	San Francisco County.....	415-781-0500
	Friendship Line for Elderly.....	800-971-0016 or 415-752-3778
	Linea Nocturna (Spanish, 8pm to midnight).....	800-303-SIDA
<b>Bay Area General Services</b>	Administration on Aging Eldercare Locator.....	800-677-1116 www.aoa.dhhs.gov; www.eldercare.gov
	Alzheimer's Association, Northern CA.....	800-272-3900 www.alznorcal.org
	California Registry.....	800-777-7575 (information on independent, skilled nursing and assisted living services) www.calregistry.com
	Family Caregiver Alliance for Brain Disorders.....	800-445-8106 www.caregiver.org
	Health Insurance Counseling & Advocacy Program (HICAP).....	800-434-0222
	Mental Health Access Team.....	800-686-0101
	PG&E Home Energy Assistance Program.....	800-743-5000
	Pathways Home Health, Hospice & Private Duty.....	888-755-7855
	Veterans Administration Services.....	800-827-1000

Catholic Charities / OASIS.....	408-955-9170 (Case management, counseling, medication support, for eligible clients; languages available: Spanish, Vietnamese, Mandarin, Cantonese, Arabic)
Council on Aging of Silicon Valley.....	800-510-2020 or 408-296-8290 (Senior services, telephone call service, information directory, care management, in home services, Meals on Wheels, etc.)
Community Services Agency of Mountain View & Los Altos.....	650-968-0836
Easy Ride Transportation.....	650-520-4044
Emergency Psychiatric Service.....	408-885-6100
Family & Children Services.....	650-326-6576 or 408-292-9353 www.fcservices.org
Gardner Health Center, Inc. ....	408-287-6200 (Multidisciplinary mental health services. Russian, Spanish, Tagalog)
In-Home Supportive Services (IHSS).....	408-928-3737 (Financial assistance for caregiving of elderly and disabled)
Legal Aid Society, San Mateo County.....	650-558-0915
Santa Clara County.....	408-998-5200
Meals-On-Wheels of San Mateo County.....	650-295-2173
Santa Clara County.....	408-928-3800
Pathways Home Health, Hospice & Private Duty.....	888-755-7855
San Mateo County Health Services Agency Aging & Adult Services.....	800-675-8437 Teamwork Insuring Elder Support (TIES)
Santa Clara County Aging & Adult Services.....	800-414-2002
Santa Clara County Mental Health Services.....	800-704-0900

**Peninsula & South Bay**

Community Health Network.....	415-885-2274
Community Health Resources Center.....	415-923-3155
Family Service Agency of San Francisco.....	415-474-7310
Institute on Aging.....	415-750-4180
La Raza Community Resource Center.....	415-863-0764
Meals on Wheels of San Francisco.....	415-920-1111
National Council on Aging.....	415-982-7007
Pathways Home Health, Hospice & Private Duty.....	888-755-7855
Senior Action Network.....	415-546-1333
Services for Seniors.....	415-202-7828
St. Anthony Foundation: Senior Outreach and Support Services.....	415-592-2769

**San Francisco**

<b>East Bay</b>	Alameda County Hunger Hotline.....	510-834-3663
	Alzheimer’s Services of the East Bay.....	510-644-8292
	Area Agency on Aging Information & Referrals.....	510-577-3530
	Contra Costa County.....	925-335-8720
	Bay Area Community Services (BACS).....	510-613-0330
	Center for Elder Independence (Berkeley).....	510-433-1150
	Meals on Wheels (Oakland).....	510-986-8916
	ParaTransit COMSIS (East Bay).....	510-287-5000
	Pathways Home Health, Hospice & Private Duty.....	888-755-7855
	Public Guardian (Conservatorship).....	510-577-1900
	Senior Medi-Benefits (non-profit, long-term Medi-Cal assistance).....	510-420-0550
	Vital Link Telephone Alert System.....	510-644-2779

*Death ends a life, not a relationship. One of the real challenges at this time of bereavement is to create a new relationship with your loved one without a physical presence.*

*You face the task of creating that new relationship, one of heart, mind and spirit. Incorporating your loved one’s values and passions into your own life and passing them on to others will create a living memorial that will keep alive the essence of your loved one and bring you comfort.”*

*Playwright Robert Anderson*

## Useful Reading Material

These are books that other bereaved people have frequently recommended as helpful. Most are easy to read, supportive, and offer practical suggestions for coping at a difficult time.

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Bozarth-Campbell, A. (1984), Life is Goodbye, Life is Hello, Minneapolis: Comp-Care Publications.

Bridges, W. (1980), Transitions: Making Sense of Life’s Changes, Menlo Park: Addison-Wesley.

Colgrove, M. and Bloomfield, H. (1983), How to Survive the Loss of a Love, New York: Bantam Books.

Kubler-Ross, E. and Kessler, David (2005), On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss, New York: Scribner.

Kushner, H. (1983), When Bad Things Happen to Good People, New York: Avon Books.

Moody, R. (1975), Life after Life, New York: Bantam Books.

Tatelbaum, J. (1980), The Courage to Grieve, New York: Harper and Row.

Rando, Therese A. (1988), How to Go on Living When Someone You Love Dies, New York: Bantam Press.

Stearns, A. (1983), Living Through Personal Crisis, New York: Thomas More Press.

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Kubler-Ross, E. (1969), On Death and Dying, New York: McMillan Co.

Kubler-Ross, E. (1975), The Final Stage of Growth, New York: Prentiss-Hall.

Levine, S. (1982), Who Dies? An Investigation of Conscious Living and Conscious Dying, New York: Anchor Books.

Menten, T. (1991), Gentle Closing: How to Say Goodbye to Someone You Love, Philadelphia, Running Press.

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Caine, L. (1976), Widow, New York: Doubleday & Co.

Ericsson, Stephanie (1993), Companion through the Darkness, Harper Collins.

DiGiulio, R. (1989), Beyond Widowhood, New York: The Free Press.

Lewis, C. S. (1976), A Grief Observed, New York: Bantam Books.

Neeld, E. H. (1990), Seven Choices: Taking the Steps to New Life after Losing Someone You Love, New York: Clarkson N. Potter.

Nudel, A. E. (1986), Starting Over: Help for Young Widows and Widowers, New York: Dodd Mead & Co.

Truman, J., (1987), Letter to My Husband: Notes about Mourning and Recovery, New York: Ballantine.

**Other People**

**General Bereavement**

**Death and Dying**

**Loss of a Spouse**

**Sibling Loss** DeVita-Raeburn, E. (2004), The Empty Room: Surviving the Loss of a Brother or Sister at Any Age, New York: Scribner.

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**Talking to Children** Grollman, E. A. (1976), Talking About Death: A Dialogue Between Parent & Child, New York: Beacon Press.  
 Grollman, E. A. (1967), Explaining Death to Children, New York: Beacon Press.  
 Gaffney, D. (1988), Seasons of Grief: Helping Children Grow Through Loss, New York: New American Library.  
 Schwiebert, P. and DeKlyen, C. (2001), Tear Soup: A Recipe for Healing after Loss, Portland: Grief Watch.

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**Adolescents and Loss** Gravelle, K. and Haskins, C. (1989), Teenagers Face to Face with Bereavement, Englewood Cliffs, N.M.: Silver Burdett Press.  
 Grollman, Carl A. (1993), Straight Talk about Death for Teenagers, Boston: Beacon Press.  
 Kremetz, J. (1988), How It Feels When a Parent Dies, New York: Alfred A. Knopf.

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**Loss of a Child** Davis, P. (1988), Climb Toward Understanding, New York: Lyle Stewart.  
 Knapp, R. (1983), Beyond Endurance: When a Child Dies, New York: Schoeken Press.  
 McCracken, Anne and Semel, Mary (1998), A Broken Heart Still Beats: When Your Child Dies, Minneapolis: Hazelden Information Education.  
 Schiff, H. (1988), The Bereaved Parent, New York: Penguin Books.

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**Loss of a Parent** Edelman, H. (1994), Motherless Daughters: The Legacy of Loss, New York: Dell Publishing.  
 Kennedy, A. (1991), Losing a Parent: Passage to a New Way of Living, New York: Avon Books.  
 LeShan, E. (1978), Learning to Say Goodbye: When a Parent Dies, New York: Avon Books.  
 Myers, E. (1988), When Parents Die: A Guide for Adults, New York: Penguin Books.

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**Loss from AIDS** Dilly, J. W., Pies, S., & Helquist, M. (1990), Face to Face: Guide to AIDS Counseling, Berkeley: AIDS Health Project.  
 Froman P. (1992), After You Say Goodbye: When Someone You Love Dies of AIDS, San Francisco: Chronicle Books.

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**Suicide** Lukas, C., Seiden, H. (1990), Silent Grief: Living in the Wake of Suicide, New York: Bantam Books.