When you need to share a comforting thought, let us help you select an appropriate flower design for the family and for the service.
Welcome to The Wallingford & Yalesville Funeral Homes Funeral Planning and Bereavement Guide

Thank you for taking the time to read our funeral planning guide. It has been designed as a useful tool to help you plan for the periods, tasks and obstacles that arise before, during and after a funeral. We hope that you find this book to be an informative asset while navigating the difficult time of the death of a loved one and for pre-planning your own services to make sure your final wishes can be easily achieved by your survivors.

Many questions will arise when planning a funeral. This book will help you to give time and thought to come up with the best answers to make sure services are not rushed, but dignified. It will also educate you in the many different options that are available to celebrate a loved one's life in the most fitting ways possible.

Our family takes pride in what we do to serve our local community in their time of need. David T. Warren and his staff have over 100 years of combined licensed experience to help guide you through very difficult times. Please call us at any time with any questions. We are available 24 hours a day. We can be reached by phone: 203-269-7777 or by email: wallingfordfuneralhome@yahoo.com

Our website is also a place with additional valuable information and can be viewed at: www.wallingfordfh.com

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Our History

The Wallingford and Yalesville Funeral Homes have been privileged to serve families in the Wallingford - Meriden area and surrounding towns for over 80 years. Our founder, the late Thomas E. Fitzgerald, was a respected and generous businessman in the Town of Wallingford for many years. He established our original funeral home, which was located at 43 Church Street in 1934.

Following his death in 1960, his nephew David T. Warren, a native of Wallingford, took over the business and has continued the same tradition of serving families of all faiths, and ethnic backgrounds for over 50 years. David is a graduate of Holy Trinity School, the College Preparatory School of Fairfield University, and the American Academy of Funeral Service in New York City. He has dedicated his life to serving countless families. He lives in Wallingford with his sister, Carol Warren MacDonald. Under his leadership, Thomas E. Fitzgerald Funeral Homes, Inc. has expanded twice. The first expansion was The Yalesville Funeral Home, which opened in 1972, and is conveniently located at 386 Main Street, in the Yalesville section of Wallingford in close proximity to churches, cemeteries and major highways. It is handicap accessible and tastefully decorated. Working alongside him for 40 years was his dear friend and colleague, Peter A. Wasilewski. Peter passed away in 2012.

In January of 1997, our newest facility opened, The Wallingford Funeral Home, located at 809 North Main Street, Ext., Wallingford. It is a spacious, elegant home that is handicap accessible, all one level and has an abundance of parking. It is centrally located in the Town of Wallingford.
Our Staff

DAVID WARREN MACDONALD
Licensed Funeral Director

Dave is a lifelong Wallingford resident and the nephew of David T. Warren. He attended Holy Trinity School and graduated from Xavier High School, class of '97. He began his career in funeral service in his teens by working with his uncle David at the funeral homes.

In 1999 he graduated from New England Institute at Mount Ida College. Whilst there he was inducted into the Phi Theta Kappa National Honor Society and worked at J.S. Waterman and Son's Funeral Home. After graduating with a degree in funeral service and obtaining his Connecticut funeral director's license he continued his studies at Quinnipiac University where he graduated in 2001 with a B.S. degree in Management. He is a parishioner of Most Holy Trinity Church, a First Degree Knight in the Knights of Columbus, Pinta Council #5, a member of the Wallingford Benevolent and Protective Order of Elks, Lodge No. 1365, the Wallingford Country Club, and a member of both the Connecticut Funeral Director's Association where he currently serves on the Executive Board and the National Funeral Director's Association. He recently became a Certified Crematory Operator. He is married to Jennifer and they have two sons, Jagger and Carson.

FRANK TOTINO
Licensed Funeral Director

Born and raised in Wallingford, Frank graduated from Holy Trinity School in Wallingford and Xavier High School, class of '97. Frank graduated from Briarwood college in 2003 and joined the staff of The Wallingford and The Yalesville Funeral Homes. Frank is a member of the Order of the Sons of Italy in America, the Connecticut Funeral Director's Association and the National Funeral Director's Association.
Jerry lived in Wallingford before his family moved to Cape Cod at an early age. He graduated from New England Institute where he was awarded a National Funeral Service Scholarship, and earned his degree in Mortuary Science. He returned to Wallingford and joined the staff in 2014 after serving as a licensed funeral director and Managing Partner on Cape Cod and in New Jersey for over 25 years. He is a parishioner of Our Lady of Fatima Church, is an active Rotarian and past president of the North Branford Rotary Club, a member of the Benevolent and Protective Order of Elks and is a Past Exalted Ruler of Orleans-Eastham lodge #2572.

Jerry is a licensed funeral director in Connecticut, Massachusetts, and is a member of each respective State's Funeral Director's Association, and the National Funeral Director's Association. In his spare time he enjoys mountain climbing and camping with his family. He is married to Jessie Poulin Tilton, a longtime Wallingford resident, and they have four children, Christina, Jonathan, Zachary, and Rachael.

Paul M. Skora joined our staff in March of 2011. He is a graduate of Simmons Institute of Funeral Service in Syracuse, NY. While studying Mortuary science he was the Vice President of Sigma Phi Sigma Honor Society and was the recipient of the Mu Sigma Alpha Award from NACMS and the Mark B. Wightman Scholarship. After graduating he did his apprenticeship in upstate New York earning his New York funeral director's license. Paul moved to our area, married Cara Soboslai Skora and obtained his Connecticut funeral director's license.
In this difficult time, let the Fairfield Inn Wallingford take the burden out of providing accommodations to those gathering to celebrate your loved one. We are there to comfort you, your family, your friends during your time of need.

Our guests appreciate all of the amenities we offer including:

• NEWLY RENOVATED HOTEL
• Discounted Rate (Bereavement)
• Choice of 2 Queen Beds or a King Bed with Sleeper Sofa
• All rooms equipped with Fridge and Microwave
• FULL Breakfast Buffet included
• Coffee and Tea available 24 hours a day
• On-Site 24 hr Market
• Complimentary Hotel Shuttle (if needed)
• Outdoor Seasonal Pool
• Caring and Compassionate Hotel Associates

In order to take advantage of the discounted rate, please contact the Fairfield Inn Wallingford directly at 203-284-0001 and ask for the bereavement rate.
Meriden Monument Company will listen to your needs and work with you to create a beautiful yet affordable memorial that will stand the test of time.

Please call to schedule an appointment

In-home care for Wallingford, CT and the surrounding areas.
Since 2008, Carol Carbutti and our team at Comfort Keepers have helped seniors and other adults in Wallingford and the surrounding Connecticut communities with compassionate, professional, in-home care. If the time is right to seek in-home elderly care for someone in your family, we’re ready to help you explore options.
Importance of a Funeral

“Saying Goodbye for Now” Pastor Doug Valentine

One of the recent trends in our society is to skip having a service upon the death of a loved one. Wanting to leave the photos and emotions untouched for now is understandable - as is wanting to skip the decisions and any family dynamics. But skipping the service can lead to more grief both more intense and longer lasting. Consider how a service can ease your grief and help you move forward.

There’s great value (yes, even for those who don't believe in God) in putting every earthly life and every earthly death in perspective. Having a service affirms the value and impact of your loved one’s life on your own. You not only share memories, express emotions and find support, you open the way to healing for both you and your loved ones. At a service, many hear new or forgotten stories of their loved one, resolve unanswered questions, find hope, release guilt, get to gratefulness, receive peace, say ‘Goodbye for now', transition better back into ‘regular’ life, and develop a plan for those days to come when the grief hits you hardest.

If all the above isn’t reason enough to have a funeral, memorial or some kind of informal service, the great majority of us don’t want to ‘grieve as those with no faith’. It soothes our soul to hear again our faith, be reminded that God is in control, and that God will be working even this loss for our good. It helps to hear again that God has given each of us faith, the size of a mustard or poppy seed, and that’s all we need to move ‘emotional mountains’. It’s calming to have the heavenly perspective added to our own earthly one, and to know by our own faith we will be with our loved one again. It’s comforting to hear again the scriptural promises that they’re resting in the everlasting arms of our God, they’ve been reunited with all those who’ve gone before in faith, they’ve been shown the heavenly home prepared especially for them - where there is no more death, no more dying, no more darkness, no more sadness or suffering, no more pain, no more fear, no more tears, no more lack of anything good, because all the old ways we are yet living and breathing in: are no more!

Choose to lessen grief for yourself, your family and loved ones. Reach out to your pastor, or ask your funeral director to speak with me or another clergy member available to help you say ‘Goodbye for now’.
What is Pre-Planning?
How do I do it?

Pre-planning is simply the process of drawing up plans for a funeral before they are needed.

It involves gathering a variety of family information and making decisions about the type of service you want (e.g. where the funeral itself should take place, and who might participate). Working together with a funeral director or pre-planning counsellor, you can organize and record all of your requests.

Our staff can lead you through the process by providing advice and guidance along the way. They will ensure that you have all the information you need about our products and services allowing you to make informed decisions.

You may choose to pay for the arrangements in advance, or your plans can simply be held on file at the Funeral Home to be carried out when they are needed and invoiced to the estate or family at that time. Our staff will explain your options when you meet them.

Why Pre-Plan?

While everyone who makes the decision to pre-plan has their own reasons for doing so, we are often told that the greatest motivator is the desire to protect their family by ensuring that they won't face the difficult task of making arrangements at a time of loss.

We advocate pre-planning because our experience has shown us that not only is planning ahead virtually stress-free, but people have the time and information they need to make carefully considered, pressure-free decisions that are the right choices for themselves and their families.

"Is this what she would have wanted?" is an all too common question when families plan a funeral during a time of loss. Making your wishes clear may prove to be a very real gift to your loved ones.

What about Pre-Payment?

For many people funeral pre-planning has also become an extension of the estate planning process. It is simply one more thing they choose to take care of as they plan for retirement and the next stage in their lives.

There are, of course, financial considerations as well. Choosing to pre-fund funeral arrangements is another way in which people act to protect their families and pre-paying can mean locking in the cost of the arrangements at current prices.

Whatever their reasons most people who pre-plan are glad they did.
Should I Pre-Pay?

Once again, each person’s individual circumstances and other factors will influence this decision, but there are a number of advantages to pre-payment that you should consider:

Guaranteed cost
When you fully fund pre-planned arrangements we guarantee the cost of the designated services and merchandise at today’s prices, and you and your family will be protected from the effects of inflation on funeral costs over time. There are related services, such as newspaper notices, for which we cannot guarantee costs because they are not provided by us directly.

Our staff is skilled at helping you to estimate these expenditures and to make allowances for them in your funding arrangements.

Family security
With funding in place and your costs guaranteed, there will be no charge to your family or your estate for the plans you’ve made at the time they are carried out. People tell us they like knowing that their families won’t face both a loss and an unexpected financial burden at the same time.

Estate planning
People often choose to pre-plan and pre-pay in the years leading up to their retirement. Typically it is at this point in our lives that we are in our prime earning years and have the most expendable income. For many this is both the easiest time to manage the expense and, by locking in the cost, an opportunity to remove an unpredictable future expense from their financial planning.

Budgeting
Our pre-planning program offers a payment plan option that allows you to pay the cost over a period of time, and in some cases you can still take advantage of the cost guarantees discussed above. See our Payment Options section for details.

Pre-Payment Options

Those who choose to pay for funeral arrangements in advance generally have a choice with regard to how and when they pay.

Following the laws set forth by the State of Connecticut we recommend putting any pre-paid funds into a state approved irrevocable trust and/or burial space revocable trust for the protection it offers.

You have the choice of making a single full payment or making regular partial payments over an agreed period of time. Additional funds can always be added if you choose to change your wishes.

With full payment you are eligible for our locked in price guarantee meaning the services you have arranged are paid in full regardless of any increase in our prices between the time of arrangement and the time the funeral plan is carried out.

Your funeral director can tell you more about how these options work and may be able to offer you additional choices and benefits depending upon the arrangements you make.

Medicaid and Title 19

In today’s society, primarily because of the high cost of medical expenses, many people end up having to go on Medicaid when their assets become depleted. When applying for Medicaid the State of Connecticut looks back five years into the financial transactions of the individual. Many people are not aware that during this period you are allowed by law to fully fund your funeral expenses without affecting your eligibility for Medicaid as long as it is done lawfully by setting up state approved irrevocable and revocable trust accounts with a funeral home.

Our directors can navigate you through this difficult and stressful process in order to help you preserve available assets without compromising your eligibility.

Currently in Connecticut you may have an Irrevocable Trust funded up to $8000, a Revocable Burial Space Trust pre-funded in an unlimited amount to go towards specific burial and cemetery items, and a life insurance policy with up to a $1500 face value.
Pre-Planning/Planning Ahead

How to Pre-Plan your Funeral

Pre-planning your funeral will make certain that your choices are respected and carried out, without leaving your family to wonder what your wishes might have been. You also have the option of paying for your funeral in advance. This locks in the cost of the funeral at today’s prices.

When you’re ready to make a plan, call us and we will have one of our pre-planning counsellors call you to set up an appointment.

There are many different ways to begin the planning ahead conversation. You know your family, and how they might best respond to the topic. For some families, it might be a casual conversation over dinner or family gathering. For other families, a formal meeting might be better suited.

Regardless of your approach, the conversation is much easier to have when death is not imminent. Bringing up the subject with loved ones earlier in life when they are younger, and most likely healthier, makes the topic easier to discuss and keeps the focus on the celebration of life rather than an impending loss.

Here are some tips that may help you start the advance planning conversation with your loved ones:

• Set a time to have the conversation. Schedule it as an appointment with your loved ones, whether you want to share your plans with them or ask them to make their plans to share with you.

• Tell your parent or loved one that you want to ensure their final arrangements are done according to their wishes, and you need their help to make that happen.

• Ease into the conversation. Questions such as “Have you ever thought about where you would like to be buried?” or “What type of funeral would you like to have?” may open the discussion to more details about your loved one’s wishes.

• Take advantage of funeral-related opportunities. Attending the funeral of a friend, family member or colleague can give you the opportunity to talk about what you liked or didn’t like about the service.

• Tell your children or loved ones that because you care for them so much, you don’t want to burden them with difficult decisions when you’re gone. Tell them you’ve made your own final arrangements, and give them a written record of what they are.
Funeral Service Options
A formal or informal ceremony or ritual prior to burial, a funeral service often provides a sense of closure to family and friends. Although your faith or culture may dictate some elements of a funeral service, you may want to personalize other elements of the service. At a funeral service, the casket or urn is usually present, though you may choose to have the casket open or closed.

Visitation or Viewings
Held the night before, or immediately prior to the funeral service, the visitation - also called a viewing - provides a way for friends and acquaintances to pay respects and offer condolences to your family. As with the funeral service, you may want to decide if you want an open or closed casket should one be present.

Memorial or Tribute Service
At a memorial or tribute service, a casket or urn is usually not present. Otherwise similar to a funeral or visitation, a memorial service gives family and friends a time to come together in your memory and celebrate your life.

Funeral Arrangements
Whether you're planning for yourself or for a loved one, the funeral service is one of the most important elements of a person's final arrangements. With the opportunity for great personalization, the funeral service can truly reflect the uniqueness of the life it honours.

Regardless of whether you or your loved one have opted for burial or for cremation, the funeral or memorial service fills an important role. It can:

- Honour, recognise and celebrate the life of the deceased
- Allow friends and family to say their last goodbyes
- Provide closure after the loss of a loved one
- Allow friends to console the family of the loved one

So what is a funeral? In general terms, a funeral is a gathering of family and friends after the death of a loved one that allows them the opportunity to mourn, support each other and pay tribute to the life of the deceased. It often consists of one or more of the following components:

Burial Plans
When considering final arrangements for yourself or a loved one, one of the first decisions you might make is whether you prefer burial or cremation. This decision often influences other important considerations, such as elements of the funeral service and type of cemetery property.
Regardless of the service or services you choose to include in your funeral plan, you can personalize them in almost any way imaginable. For example, consider the following questions:

- Where should the funeral be held? At your place of worship? At the Funeral Home?
- Who should officiate the service?
- Will your service adhere to the traditions of your faith or culture?
- Do you want a eulogy, and who should deliver it?
- Would you like an open or closed casket?
- What music should be played?
- What readings would you like to have read?
- Is there a special poem you’d like shared with the guests?
- Are there any special photographs or other memorabilia you would like displayed?
- Should the decor reflect a particular hobby or interest of yours, such as fishing, gardening or music?
- Is there a particular emblem or engraving you want on your headstone or marker?
- Should there be refreshments served or a more elaborate party held after the service?

Graveside Service

As its name implies, a graveside service may be held at the grave site just prior to burial of a casket or urn, and usually consists of final remarks, prayers or memories. The service may occur after or in place of a funeral service.

Cemetery Property

In addition to funeral services and the choice of burial or cremation, cemetery property, or “interment rights,” is another consideration when you’re making final arrangements, either for yourself in advance, or for a loved one.

A common misconception that people often have when they purchase the right of interment in a cemetery is that they have purchased the land itself, when in fact what they have really purchased is the right to be interred (also referred to as buried, entombed, interment or placed) on or in that particular piece of property.
Cremation

Many people overlook the importance of cemetery property for those who choose cremation, but permanent placement, or “final disposition,” of the ashes or “cremated remains” is an important part of final arrangements. Just consider:

- A permanent site gives loved ones a physical place for visitation and reflection.
- The ceremony accompanying the placement of an urn in a cremation niche or a cremation garden in a cemetery provides family and friends with closure after the loss of a loved one.
- When ashes of a loved one are kept with relatives, they can easily become misplaced or discarded through the years.
- A permanent placement provides future generations with a location to visit when researching heritage.

Some common methods of final disposition of cremated remains are:

- Columbarium: Often located within a mausoleum or chapel and constructed of numerous niches designed to hold urns.
- Cremation Garden: a dedicated section of a cemetery designed for the burial, scattering or other permanent placement of ashes.
- Memorial Benches: benches that either simply memorialise a loved one scattered or buried in a cremation garden, or actually contain the remains within.

Burial

Most people are familiar with the concept of burial, or "interment," but may not be aware of the variety of options that are often available. Many cemeteries offer one or more of the following:

- Ground Burial: burial of the casket below ground. A "vault" or "outer burial container" is required at many cemeteries.
- Mausoleum, or Community Mausoleum: a large building that provides above-ground entombments.
- Private Family Mausoleum: a small structure that provides above-ground entombment of, on average, two to twelve descendants.
- Companion Crypt: permits two interments or entombments side-by-side.
- Private Family Estate: a small section of a cemetery, usually bordered by gates, shrubbery, or other dividers, that allows for ground burial of several members of the same family.
Monuments

Some cemeteries allow upright headstones, called "Monuments," to be used with ground burials. Headstones that are flat against the ground are called "markers." In some cemeteries, or sections of cemeteries, only flat markers are used to preserve the natural appearance of the landscape.

Veteran’s Benefits

We take pride in giving back to veterans that have made sacrifices for all of us. We will assist in arranging for burial space in state and national veterans' cemeteries and secure and arrange for the burial flag and military honors for funeral ceremonies provided by government groups and local groups like the Antique Veterans.

Connecticut has a State Veterans’ Cemetery located in Middletown, CT, where honorably discharged veterans and their spouses are entitled to a free grave, opening and headstone. We are happy to assist families who choose this as their final resting place.

Veterans' survivors may be entitled to certain death benefits which vary from case to case. We are lucky that Wallingford and Meriden residents have access to a Veteran’s Service Center located in the Wallingford Town Hall. It is this office's goal to help veterans and their survivors obtain all possible benefits available to them. One common thing they do is assist families of veterans order a government issued foot stone that is installed at the cemetery with no expense to the family.

An appointment can be made by calling 203 294 2165

Other Veteran’s Benefits can be found online at: www.va.gov
What To Do First - A Checklist

When a death occurs there are so many things to consider and decisions to make. These lists can help you navigate through them.

Notify these people as soon as possible

- The deceased's doctor who may provide a medical certificate of death or request an autopsy to determine the cause of death.
- The Funeral Home to arrange for the transfer of the deceased (usually this can be done within 1-2 hours although it may take longer to obtain a release from the hospital) and set an appointment with you to make further arrangements.

Relatives, estate trustee(s) and friends

- Employers (the employer of the deceased and of relatives who will need time off)
- Insurance agents (life, health and accident)
- Religious, fraternal, civic and veterans organizations and unions, if applicable
- Lawyer and accountant

Secure the vital statistics of the deceased

- Full legal name - other names must be identified by "Also Known As" (AKA)
- Home address and telephone number
- Name of business or employer's name, address and telephone number
- Industry and occupation
- Military service serial number
- Date and place of birth
- Citizenship
- Father's name and birthplace
- Mother's name, maiden name and birthplace
- Locate the Will
Discuss with Funeral Home

- Clothing that the deceased will be buried or cremated in
- Whether your loved one is to be buried, cremated or entombed
- The Funeral Director will ask if you have made any arrangements with a cemetery. If you have not done this, you will need to visit the cemetery
- Service details - would you like a visitation period, formal service, a reception?
- Whether a member of the clergy will be engaged for the service
- Pallbearers, music, pictures, flowers, scripture or other readings
- If you would like a charity to receive donations in memory of your loved one

If Cremation:

- Would you like to use our chapel for a short service prior to the cremation?
- What type of urn would you prefer (Metal, Wood, Marble, Ceramic, etc.)?
- What type of final resting place would you prefer for your loved one (choice of burial, above ground niches or scattering of cremated remains)?
- Would you like other members of the family to be with your loved one in the future? This determines the size of the resting place

Decisions to be made regarding burial of urn:

- What type of memorial do you prefer (bronze or granite marker set flush with the ground or an upright memorial)?
- Would you like to protect your loved one's urn with a vault?

Decisions to be made regarding above ground niches:

- Would you like the niche to be inside a building or outside?
- What type of material would you like the niche to be constructed from? Granite or Bronze are choices for outdoor niches and Marble or Glass are choices for indoor.

Decisions to be made regarding scattering:

- Would you like to be present for the scattering?
- Would you like a memorial to be placed in the area?

You will need to pay for:

- Funeral arrangements, including clergy, florist and transportation
- Cemetery and memorial services
- Current and urgent bills (e.g. mortgage, rent, taxes, telephone, etc.)
Documents To Collect
(Required to establish rights for insurance, pensions, survivor benefits, ownership, etc.)

- Will
- Legal proof of age or birth certificate
- Social Security Number
- Marriage license
- Citizenship papers
- Insurance policies
- Bank books
- Deeds
- Car ownership papers
- Income tax returns, receipts or cancelled checks
- Military discharge papers

Tips For Writing A Death Notice With The Guidance Of Your Funeral Director

An obituary will be posted in the "Current Services" section of our website. You may also choose to have it printed in the newspaper.

When you have the arrangement conference, your funeral director will be glad to assist you in composing the death notice and will make arrangements with the newspaper for you.

The following information is customarily included in a Death Notice:

- Full name of the deceased (nickname could be included)
- City or town of residence
- List of immediate family members of the deceased, specifying if they are alive or dead
- Locations and times for the visitation and funeral service
- Any memorable way of honoring the deceased, as by mentioning personal achievements, hobbies and interests, military service etc.
Practical Information For Your Family

In addition to pre-planning your funeral, completing a Personal Information Form and giving a copy to your estate trustee, spouse and children will give you the peace of mind of knowing they will have all the information they need to properly handle your wishes and the details of your estate. Don’t put this form in your safety deposit box as these often remain sealed until after the funeral.

About Cremation

Cremation is an alternative to earth burial or mausoleum entombment; it does not limit the funeral in any way. Should you choose cremation, you will still have the same memorial options as someone who has chosen an earth burial. Cremation can take place before or after the funeral service. In this section, we’ve answered the most common questions we are asked about cremation. If you require further information, please contact us at any time, by telephone or email.

What Is Cremation?

Cremation is a process of reducing the body to bone fragments by applying intense heat for a period of two to three hours. The cremated remains, which are commonly referred to as "ashes," are removed from the cremation chamber. They are then processed into finer fragments and placed in a temporary container or an urn. The ashes weigh typically between three and six pounds. An urn may be selected for the final disposition of the cremated remains.

Where And When Does Cremation Take Place?

Our funeral home is partnered with Walnut Grove Crematory located within Walnut Grove Cemetery in Meriden. It is a picturesque and peaceful setting. Tours are always available if a family requests. In the State of Connecticut a cremation cannot take place until 48 hours has passed from the time of death.

Do We Need To Buy A Casket?

Law requires that as a minimum, the deceased must be placed into a rigid combustible container. Many options of caskets and containers are available to you.
Can We Place Personal Mementos In The Casket Prior To Cremation?

Many personal items may be placed in the casket, however, some items may need to be removed prior to the cremation process. All items left in the casket will be destroyed during the cremation. Your funeral director can advise you on what items may stay and what items must be removed from the casket.

Do We Need To Have A Funeral If We Select Cremation?

Cremation does not limit the type of funeral service that may be chosen. The same options that apply to earth burial are available with cremation. Some of these choices include casket type, location of the service and visitation, music selection, open casket and the display of personal mementos. Some families elect to have a complete service at the Funeral Home or place of worship. Others choose to do things very simply and privately.

Is Embalming Required?

Embalmimg is not required by law; however, in some circumstances the funeral home may require it. For example: if you prefer an open casket with a visitation prior to the service, embalming would be required by the funeral home.

What Is An Urn?

An urn is a container designed to hold the cremated remains permanently. It may be constructed from a variety of materials such as wood, bronze, copper, steel, pewter, granite, marble, clay pottery or fine porcelain. We have a large selection of urns available designed to reflect the lifestyle of an individual. Urns may also be personalized by engraving. Urns come in a variety of sizes that allow more than one member of the family to have a portion of the cremated remains.

Options for Cremated Remains:

Burial

The cremated remains may be buried in an existing cemetery plot or a new plot may be purchased. Some local cemeteries allow urns to be buried on top of previous casket burials in plots owned by the family.

Inurnment

The urn may be placed in a niche in an above ground structure called a columbarium. Locally, St. John Cemetery and In Memoriam Cemetery have this available.
Scattering

Some cemeteries have scattering areas on their property. Cremated remains may be scattered on private or public property if authorization is obtained. Properties may be bought and sold so it is important to remember that once the scattering takes place, the cremated remains are irretrievable. Scattering on either public or private property may offend some people and there may be laws prohibiting such action.

Shipping

You may wish for the cremated remains to be shipped domestically or to another country. We can look after these arrangements for you. You may also be permitted to take the cremated remains yourself to another country. Check with us first and we can assist you in obtaining any additional documentation that may be required. If being shipped domestically, cremated remains must be shipped only by the U.S. Postal Service Priority Express.

Keeping

Many people prefer to have the urn at home with them.

Is Cremation Cheaper Than Burial?

Typically, it is less expensive than earth burial. Depending on which cemetery is selected, the cremation cost may be less expensive than the purchase of a cemetery plot.

Helping a Friend or Neighbor Cope With Loss

Before the Funeral

1. Offer to notify his/her family and friends about funeral arrangements
2. House-sit to prevent burglaries during the funeral and visitations
3. Help answering the phone and greeting visitors
4. Keep a record of everyone who calls, visits or has been contacted
5. Help co-ordinate the food and drink supply
6. Offer to pick up friends and family at the airport, and to arrange accommodation
7. Offer to provide transportation for out-of-town visitors
8. Help keep the house clean and the dishes washed

After the Funeral

1. Prepare or provide dinner on a day that is mutually acceptable
2. Do Step 1 every week for two to three months
3. Offer to help with the garden such as watering, mowing or pruning
4. Feed and exercise the pets, if any
5. Write notes offering encouragement and support
6. Offer to drive or accompany him/her to the cemetery regularly
7. Offer to house sit so he/she can get away or visit family out of town
8. Make a weekly run to the supermarket, laundry, or cleaners
9. Help with the Thank You notes and/or other correspondence
10. Anticipate difficult periods such as anniversaries, birthdays, holidays, and the day of death
11. Always mention the deceased by name and encourage reminiscing

Above all, just listening, your concern and presence will help.
To my Family and Loved Ones:

I wished to spare you as much anxiety, doubt and confusion as possible at the time of my death, so in this booklet I have suggested some arrangements in advance.

This booklet includes vital statistics, funeral service guidelines and cemetery requests, which are all important to share with the funeral director while assisting you to plan the details of my service.

The booklet also includes more personal material for eulogies, obituaries and other remembrances.

Please accept these arrangements in the spirit they are given; with love, hoping to give you comfort and help you to remember the times we shared.

Signature: ___________________________ Date: ___________________________

Witness: ___________________________ Date: ___________________________

Person to be notified first upon my death:

Name: __________________________________________________________

Address: _________________________________________________________

Telephone: ________________________________________________________

Relationship: _____________________________________________________

Notes:

_________________________________________________________________

_________________________________________________________________
Vital Information about me:

Name: ____________________________________________

Address: __________________________________________

City: _____________________________________________

County: ___________________________________________ Zip Code: _____________________________

Social Security Number: ______________________________

Date of Birth: ___________________________ Gender: ____________________________

Place of Birth: __________________________________

Occupation: ______________________________________

Employer: _______________________________________

Business/Industry: _________________________________

Military Service: __________________________________

Marital Status: ____________________________________

Maiden Name: _____________________________________

Name of Spouse: __________________________________

Father's Name: ____________________________________

His place of birth: __________________________________

Mother's Name: ____________________________________

Her place of birth: __________________________________

My preference for the location of the Service or Celebration of Life:

☐ Wallingford Funeral Home    ☐ Yalesville Funeral Home

☐ Place of Worship

Address of Place of Worship: ________________________________

☐ Other

Address of other location: __________________________________
My Preferences for the Service:

Clergy or Officiant: _______________________________ or □ Funeral Home to Recommend

Name: ____________________________________________

Contact Information: ____________________________________

Notes: ________________________________________________________

Personal Items

Eyeglasses: □ Remove □ Leave On

Jewelry: □ Remove □ Leave On

Pallbearers (Six are required)

1. ______________________________  4. ______________________________
2. ______________________________  5. ______________________________
3. ______________________________  6. ______________________________

Musical Tributes: ______________________________

Soloist: ________________________________________

Organist /Pianist: ________________________________________

Congregational Hymns: ________________________________________

___________________________________________________________

Favorite Genre or Artist: _______________________________

Community Organizations or Clubs that may participate: _______________________________

___________________________________________________________
Cemetery Instructions:
The following are my wishes regarding my final resting place.

Name of Cemetery: ________________________________

Address: ______________________________________

City: __________________________________________

County/State: __________________________________

Property, crypt or niche owned?
If yes, specify location written on cemetery purchase agreement

Final resting place:  

☐ Earth burial  ☐ Mausoleum  

☐ Interment following cremation  

☐ Other

Marker or Monument: ________________________________________________

Purchased:  

☐ Yes  ☐ No

Monument company name: ____________________________________________

If no, inscription instructions: _______________________________________

Reception location:  

☐ Restaurant

☐ Place of Worship

☐ Other

☐ Reception to follow Cemetery

☐ Reception to follow Service

Notes:

__________________________________________

__________________________________________

__________________________________________
Information for newspaper announcements - a guideline:

Place of Death: __________________________________________

Date of Death: __________________________________________

Spouse, widow or widower of: ________________________________

Married for number of years: ________________________________

Children, their spouses and their places of residence:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Grandchildren, their spouses and their places of residence:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Siblings, their spouses and their places of residence:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Education: ________________________________________________

Clubs and Lodges: __________________________________________

Military Service: ___________________________________________

Special interests, hobbies and pets, etc.: ________________________

Memorial donations: _________________________________________
My personal life review for the funeral and eulogy:

I would like the following religious beliefs expressed: ____________________________________________________________
______________________________________________________________________________________________________

Favorite poem, verse or scripture: ____________________________________________________________
______________________________________________________________________________________________________

Some significant accomplishments in my life: ____________________________________________________________
______________________________________________________________________________________________________

One of my fondest memories: ____________________________________________________________
______________________________________________________________________________________________________

One of the greatest inspirations in my life: ____________________________________________________________
______________________________________________________________________________________________________

If I could live my life over again, I would change: ____________________________________________________________
______________________________________________________________________________________________________

Favorite places: ____________________________________________________________
______________________________________________________________________________________________________

Favorite color, flower, food, etc.: ____________________________________________________________
______________________________________________________________________________________________________

I want my family to remember me for: ____________________________________________________________
______________________________________________________________________________________________________

A message to my family and friends: ____________________________________________________________
______________________________________________________________________________________________________

Special notes: ____________________________________________________________
______________________________________________________________________________________________________
Farrell & Grochowski
Attorneys at Law

Ann M. Farrell  |  Christine Farrell Grochowski  |  Gerald E. Farrell Sr.

Wills and Trusts  •  Living Wills  •  Powers of Attorney
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Real Estate  •  Social Security Disability  •  Immigration

(203) 269-7756  •  www.wallingfordlawyers.com
375 Center St. Wallingford, CT 06492
Estate Administration
When a loved one dies, handling their estate and filing the appropriate paperwork with the probate court and the IRS can be overwhelming. Farrell & Grochowski has over fifty years of experience in estate administration.

Estate Planning
The death of a family member will often prompt loved ones to look at their own situation, and to make sure that their affairs are in order, so that their family members will be able to handle the legal aspects of their death with as little stress as possible. For many people, four documents can address the legal issues that they may face as they age.

Power of Attorney
For most people, a durable power of attorney is necessary. It allows you to appoint a person to make decisions regarding your finances as well as your proper medical care. It makes it clear who you trust to be in charge of you if you are either incapacitated or if you are out of town and need someone to act on your behalf. If you become incapacitated, and have not executed a Power of Attorney, then your family must apply to the probate court to be your conservator. This process is more costly and time consuming than simply being prepared, and making sure you have a Power of Attorney.

Last Will and Testament
Last Will and Testament and/or Revocable Trust—executing a will or a revocable trust is the only way to ensure that your assets will go to the family members or friends that you desire to have them. If you die without a Will, the laws of intestacy govern who receives your property. For example, if you die without a spouse or children, but one of your parents is still alive, he or she would inherit your property when you might have wanted it to go to your siblings or nieces and nephews. Maybe you have a long-time partner who you are not married to, under the law they would receive nothing. You can rectify that by stating ahead of time who your beneficiaries should be.

Appointment of Health Care Representative
You need to designate someone to make health care decisions for you if you can’t make them for yourself. A health care appointment gives the person the right to have your medical records and discuss your medical situation with your doctor. It also gives them the right to designate which treatments you would want and those you would not want.

Living Will
If you do not want to be kept alive by heroic measures when you are legally brain dead or terminally ill with no hope of recovery, you should execute a living will to make your intentions clear to both your family and your doctors.

Elder Law
Many times, when one family member dies it dramatically impacts their surviving spouse or their disabled child. Perhaps the deceased was the caregiver to a relative who will now need someone else to care for them, either at home or in a skilled nursing facility. Farrell & Grochowski advises families on Title 19 and other state entitlement programs.

Your Attorney Can Help

Don’t leave your family unprepared.
Please call us for an appointment today at 203-269-7756.
We understand how difficult it can be to lose a loved one. Our experienced and caring team will help you select a menu for your event so that you can focus on the more important things.

Our buffet includes salad, sides and two entrees starting at $12.99 per person. Whether you choose to have a fully catered event with staff or prefer a simple drop-off menu, we want to help.

**Celebration of Life Buffet** (15 person minimum)

Mixed Field Green Salad with House Vinaigrette or Classic Caesar Salad with Creamy Caesar Dressing

**Sides (choose two)**

- Vegetable Rice Pilaf
- Spanish Rice
- Herb Roasted Red Bliss Potatoes
- Country Mashed Potatoes
- Pasta Primavera
- Penne a la Vodka
- Ziti with Marinara Sauce
- Glazed Carrots
- Seasonal Vegetables (roasted or steamed)
- Skillet Corn with Peppers

**Entrees (choose two)**

- Chicken Marsala
- Chicken Florentine
- Chicken Cutlet Parmesan
- Chicken Piccata
- Bourbon Chicken
- Eggplant Rollatini
- Lasagna Pinwheels
- Sausage & Peppers
- Pulled Pork with Chipotle BBQ Sauce
- Homestyle Meatloaf with Mushroom Gravy
- Meatballs & Marinara
- Roast Beef with Gravy (additional $1/per person)
- Stuffed Chicken Breast (additional $1/per person)
- Yankee Pot Roast with Brown Gravy (additional $1/per person)

www.bourassacatering.com
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- Public Housing Authorities

“I contacted Loughlin Law to help probate my parents’ will after they passed away. Nobody enjoys dealing with this process, but Jim Loughlin made it manageable. He is a pleasure to work with and brings vast knowledge to the table.”

Loughlin Law
Attorney Jim Loughlin
Loughlin Law - A Professional Corporation
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Tel: 203-265-3030 | fax: 203-284-5002
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Legal Issues

Wills, probate, joint property, estate taxes, selecting estate trustees/attorneys for property and personal care and other issues may appear somewhat intimidating at first. Fortunately, with a little guidance and preparation, dealing with such matters does not have to be so overwhelming.

Administration of a Will

A Will is an instrument by which a person (the “testator”) makes a disposition of his/her property, to be performed or take effect after his or her death.

A well-drafted Will may provide for the welfare of the testator’s family, distribute the testator’s assets in accordance with his/her wishes and secure the efficient management of the testator’s property. Handwritten Wills (“holographic Wills”) can be made by a testator without the services of a lawyer, problems can arise if not done properly and/or in accordance with applicable legislation. A properly drafted Will can be a simple, inexpensive way to address many estate-related matters, and can make matters run much smoother upon death.

While there are many benefits to having a Will in place, there are some things that may not be accomplished in a Will. It is important to keep in mind that some items may not flow through your estate, and thus may not be distributed in accordance with your Will. During the estate planning process it is important to speak with a lawyer experienced in such matters and knowledgeable of your unique situation.

A well designed estate plan can help minimize probate (and other) taxes, and can alert you to any potential statutory claims that may impact your ability to deal with your assets as intended.

A lawyer can discuss any potential claims that a “dependant” may have under Law, and or with respect to any potential claims or entitlements. An awareness of such responsibilities and rights can help prevent unintended consequences or surprises upon death.

In addition to certain statutory claims, there are other legal limitations that must be considered when drafting a Will. Documents such as a marriage or a cohabitation agreement, a separation agreement, or a shareholder’s agreement (with buy/sell provisions, or option agreements) may also affect your Will plan, and thus it is important that such information be shared with your representative(s) when designing an estate plan.
In addition to determining how your estate will be distributed, a lawyer can speak to you about choosing an Estate Trustee, and the considerations involved in selecting an appropriate person (or trust company) to administer your estate. The potential responsibility and work involved in being an Estate Trustee can be significant, and thus appointing someone with the financial acumen and willingness to take on this responsibility is a must. Often times, people assume they must appoint a relative or child to act as an Estate Trustee because it would be "an honor". While it may be considered "an honor" for some, the primary considerations should be choosing someone with the patience, ability and willingness to carry out this responsibility.

**Powers of Attorney**

A power of attorney is an instrument by which a person authorizes another person (the "Attorney") to act on his or her behalf. It is quite common for people to execute a power of attorney for personal care and a power of attorney for property, at the same time of drafting a Will.

In a power of attorney for property, the authority granted to an Attorney may be general in nature and thus may authorize the Attorney to act on the grantor's behalf in conducting his or her financial affairs. Alternatively, the power of attorney may be quite narrow, authorizing the attorney to perform specific acts, such as the sale of specific assets (house, car, etc.), the conduct of banking, or the transfer of securities etc.

Similarly, in a power of attorney for personal care, the authority granted to an attorney is the authority to make, on his or her behalf, decisions concerning the grantor's personal care, such as health care, shelter, nutrition, clothing, hygiene and safety.

While you can appoint more than one attorney, it is important to decide whether they are to act "jointly" or "jointly and severally". Depending upon where your attorney resides, such a distinction may have significant practical considerations.

**Information Gathering**

Upon death, one of the first things to do is to gather as much information as possible. It is important to look for, and gather any Wills, deeds, financial documents, notes and insurance policies, etc., that the deceased may have. As a starting point, the testator should consult the testator's lawyer as it is generally good practice for original Wills to be kept at the lawyer's office. Upon death, you may want to ask the lawyer to provide notarised copies of the deceased's will.

Before estate matters can be pursued (i.e. survivor-ship application transferring a house, or automobile, other legal matters), a copy of the death certificate is also required. Please speak to the Funeral Home about obtaining certified copies of the death certificate (as some agencies will not accept photocopies).

**Probate**

Common questions from a newly entrusted/appointed estate trustee are "Do we have to Probate?" and "What is probate and why do we need it?"

Probate is a rather formal procedure, establishing the validity of a Will, and is the official "proving" of the Will. Probate asks for the court's involvement, and is not cheap or quick. Fortunately, not all Wills need to go through probate; such a determination will be dependent upon a testator's unique situation.
In the event an estate requires probate, taxes will have to be paid.

Whether to spend your time and effort planning to avoid probate depends on a number of factors, most notably your age, your health and your wealth. For some people, a simple Will may be all you need - adopting a complex probate avoidance plan now may mean you will have to re-do it as your life situation changes. Similarly, if you have very little property, the need to avoid probate may not be such an important consideration. Regardless, the more information you share with your advisors/representatives, the more likely you are to have an estate plan that best fits your needs.

This guide is not intended to be a substitute for specific individual tax, legal, or estate settlement advice, as certain of the described considerations will not be the same for every estate. Accordingly, where specific advice is necessary or appropriate, consultation with a competent professional is strongly recommended.

**Question # 1 What is probate?**

Probate is a legal process where your named estate trustee(s) goes before a court and does several things:

- Identifies and catalogues all property owned by the deceased.
- Appraises the property, and pays all debts and taxes.
- Proves that the Will is valid and legal, and distributes the property to the heirs as the Will instructs.

Typically, probate involves paperwork and court appearances by lawyers. The lawyers and court fees are paid from estate property, which would otherwise go to the people who inherit the deceased person’s property.

Probate usually works like this: After your death, the person you named in your will as estate trustee - or, if you die without a Will, the person appointed by a judge - files papers in the local probate court.

The executor proves the validity of your Will and presents the court with lists of your property, your debts, and who is to inherit what you’ve left. Then, relatives and creditors are officially notified of your death.
Question #2 Why is probate necessary?
The primary function of probate is transferring the title of the descendant's property to their heirs and/or beneficiaries. If there is no property to transfer, there is usually no need for probate.

Another function of probate is to provide for the collection of any taxes due by reason of the deceased’s death or on the transfer of their property.

The probate process also provides a mechanism for payment of outstanding debts and taxes of the estate, for setting a deadline for creditors to file claims (thus foreclosing any old or unpaid creditors from haunting heirs or beneficiaries) and for the distribution of the remainder of the estate's property to ones' rightful heirs.

Question #3 How long does probate take?
The duration varies with the size and complexity of the estate, the difficulty in locating any beneficiaries of the Will, if there is one, and under law.

If there is a Will contest, or anyone objects to any actions of the Personal Representative, the process can take a long time. Some matters have taken decades to resolve.

Question #4 What is the probate process of an uncontested Will?
Typically the person named as the deceased's Personal Representative (a more formal term is "Executor" or "Executrix") goes to an attorney experienced in probate matters who then prepares a "Petition" for the court and takes it, along with the Will, and files it with the probate court.

The lawyer for the person seeking to have the Will admitted to probate typically must notify all those who would have legally been entitled to receive property from the deceased if the deceased died without a Will, plus all those named in the Will, and give them an opportunity to file a formal objection to admitting the Will to probate. A hearing on the probate petition is typically scheduled several weeks to months after the matter is filed.

Depending on who the named beneficiaries are, how long before the death the Will was signed, whether the Will was prepared by an attorney, who supervised the "execution" of the Will, and/or whether the Will was executed with certain affidavits, it may be necessary to bring in the persons who witnessed the deceased's signature on the Will.

If no objections are received, and everything seems in order, the court approves the petition, appoints the Personal Representative, orders that taxes and creditors be paid, and requires the Personal Representative to file reports with the court to assure all the deceased's property is accounted for and distributed in accordance with the terms and conditions of the Will.

Question #5 Who is responsible for handling probate?
In most circumstances, the executor named in the will takes this job. If there isn't any Will, or the Will fails to name an executor, the probate court names someone (called an administrator) to handle the process - most often the closest capable relative, or the person who inherits the bulk of the deceased person's assets.

If no formal probate proceeding is necessary, the court does not appoint an estate administrator. Instead, a close relative or friend serves as an informal estate representative. Normally, families and friends choose this person, and it is not uncommon for several people to share the responsibilities of paying debts, filing a final income tax return and distributing property to the people who are supposed to get it.

Question #6 Should I plan to avoid probate?
Probate rarely benefits your beneficiaries, and it always costs them money and time. Probate makes sense only if your estate will have complicated problems, such as many debts that can't easily be paid from the property you leave.

Your property may even fall under probate exemption, but if you're older (say, over 50), in ill health or own a significant amount of property, you'll probably want to do some planning to avoid probate.
What is Grief?

"Grief is reaching out for someone who’s always been there, only to find when you need them the most, one last time, they’re gone."

The death of a loved one is life’s most painful event. People’s reactions to death remain one of society’s least understood and most off-limits topics for discussion. Often grievers are left totally alone in dealing with their pain, loneliness, and isolation.

Grief is a natural emotion that follows death. It hurts. Sadness, denial, guilt, physical discomfort, and sleeplessness are some of the symptoms of grief. It is like an open wound which must be allowed to heal. At times, it seems as if this healing will never happen. While some of life’s spontaneity begins to return, it never seems to get back to the way it was. It is still incomplete. We know, however, that these feelings of being incomplete can disappear.

Healing is a process of allowing ourselves to feel, experience, and accept the pain. In other words, we give ourselves permission to heal. Allowing ourselves to accept these feelings is the beginning of that process. The healing process can take much less time than we have been led to believe. There are two missing parts. One is a safe, loving, professionally guided atmosphere in which to express our feelings; the other is knowing how and what to communicate.

The Grieving Process

When we experience a major loss, grief is the normal and natural way our mind and body react. Everyone grieves differently, but at the same time there are common patterns people tend to share.

For example, someone experiencing grief usually moves through a series of emotional stages, such as shock, numbness, guilt, anger and denial. And physical responses are typical also. They can include: sleeplessness, inability to eat or concentrate, lack of energy, and lack of interest in activities previously enjoyed.
Time always plays an important role in the grieving process. As the days, weeks and months go by, the person who is experiencing loss moves through emotional and physical reactions that normally lead toward acceptance, healing and getting on with life as fully as possible.

Sometimes a person can become overwhelmed or bogged down in the grieving process. Serious losses are never easy to deal with, but someone who is having trouble beginning to actively re-engage in life after a few months should consider getting professional help. For example, if continual depression or physical symptoms such as loss of appetite, inability to sleep, or chronic lack of energy persists, it is probably time to see a doctor.

**Allow Yourself Time to Mourn**

Someone you love has died. You are now faced with the difficult, but important, need to mourn. Mourning is the open expression of your thoughts and feelings regarding the death and the person who has died. It is an essential part of healing. You are beginning a journey that is often frightening, painful, overwhelming and sometimes lonely. This section provides practical suggestions to help you move toward healing in your personal grief experience.

**Realize Your Grief is Unique**

Your grief is unique. No one will grieve in exactly the same way. Your experience will be influenced by a variety of factors: the relationship you had with the person who died, the circumstances surrounding the death, your emotional support system and your cultural and religious background.

As a result of these factors, you will grieve in your own special way. Don’t try to compare your experience with that of other people or to adopt assumptions about just how long your grief should last. Consider taking a "one-day-at-a-time" approach that allows you to grieve at your own pace.

**Talk About Your Grief**

Express your grief openly. By sharing your grief healing occurs. Ignoring your grief won’t make it go away; talking about it often makes you feel better. Allow yourself to speak from your heart, not just your head. Doing so doesn’t mean you are losing control, or going "crazy". It is a normal part of your grief journey. Find caring friends and relatives who will listen without judging. Seek out those persons who will "Walk with, not in front of" or "behind" you in your journey through grief. Avoid people who are critical or who try to steal your grief from you. They may tell you, "keep your chin up" or "carry on" or "be happy." While these comments may be well intended, you do not have to accept them. You have a right to express your grief; no one has the right to take it away.

**Expect to Feel a Multitude of Emotions**

Experiencing a loss affects your head, heart and spirit. So you may experience a variety of emotions as part of your grief work. Confusion, disorganisation, fear, guilt, relief or explosive emotions are just a few of the emotions you may feel. Sometimes these emotions will follow each other within a short period of time, or they may occur simultaneously.

As strange as some of these emotions may seem, they are normal and healthy. Allow yourself to learn from these feelings. And don’t be surprised if out of nowhere you suddenly experience surges of grief, even at the most unexpected times. These grief attacks can be frightening and leave you feeling overwhelmed. They are, however, a natural response to the death of someone loved. Find someone who understands your feelings and will allow you to talk about them.

**Allow for Numbness**

Feeling dazed or numb when someone loved dies is often part of your early grief experience. This numbness serves a valuable purpose: it gives your emotions time to catch up with what your mind has told you. This feeling helps create insulation from the reality of the death until you are more able to tolerate what you don’t want to believe.
Be Tolerant of Your Physical and Emotional Limits

Your feelings of loss and sadness will probably leave you fatigued. Your ability to think clearly and make decisions may be impaired. And your low energy level may naturally slow you down. Respect what your body and mind are telling you. Nurture yourself. Get daily rest. Eat balanced meals. Lighten your schedule as much as possible. Caring for yourself doesn’t mean feeling sorry for yourself; it means you are using survival skills.

Develop a Support System

Reaching out to others and accepting support is often difficult, particularly when you hurt so much. But the most compassionate self-action you can do during this difficult time is to find a support system of caring friends and relatives who will provide the understanding you need. Find those people who encourage you to be yourself and acknowledge your feelings - both happy and sad.

Make Use of Ritual

The funeral ritual does more than acknowledge the death of someone loved. It helps provide you with the support of caring people. Most importantly, the funeral is a way for you to express your grief outside yourself. If you eliminate this ritual, you often set yourself up to repress your feelings and you cheat everyone who cares for a chance to pay tribute to someone who was, and always will be, loved.

Embrace Your Spirituality

If faith is part of your life, express it in ways that seem appropriate to you. Allow yourself to be around people who understand and support your religious beliefs. If you are angry with God because of the death of someone you loved, recognise this feeling as a normal part of your grieving process. Find someone to talk with who won’t be critical of whatever thoughts and feelings you need to explore.

You may hear someone say, "With faith, you don’t need to grieve." Don’t believe it. Having your personal faith does not insulate you from needing to talk out and explore your thoughts and feelings. To deny your grief is to invite problems that build up inside you. Express your faith, but express your grief as well.
Accepting a Loss

For each of us - rich or poor, young or old - there are times in our lives when we must face and deal with personal losses and the pain and sorrow they cause. Examples that come easily to mind are the death of a parent, spouse, child, or other close family member or friend. Many other events and transitions also bring with them sadness and a need to grieve:

- Being told you have a serious, possibly terminal illness.
- Having to give up interests and activities that have been a major part of your life.
- Seeing serious decline in mental or physical health of someone you love.
- Retiring from a career or voluntary activity that has helped shape who you are and what you stand for.
- Losing a significant part of your independence and mobility; even giving up driving a car can be a significant loss for many people.
- Moving out of your home.
- Saying goodbye to a favorite pet.

Losses such as these are simply part of living. Like their counterparts among the joyful occasions in our lifetime - the birth of a child or grandchild, a celebration of marriage, an enduring friendship - they are part of what it means to share in the human experience. And the emotions they create in us are part of living, as well.

"The experience of grief is powerful.

So, too, is your ability to help yourself heal.

In doing the work of grieving,

you are moving toward a renewed sense of meaning and purpose in your life."

Dr. Alan D. Wolfelt,
Center for Loss and Life Transition
Bereavement And Support Services

All grief counsellors need to be qualified, licensed and bonded.

General Information On Grief

www.comfort-for-bereavement.com  
Helpful comforting information on bereavement.

www.griefnet.org  
A collection of resources for those dealing with a loss.

www.grief.net  
Excellent grief handbook and other resources.

www.willowgreen.com  
Willowgreen provides resources in the areas of illness, dying, grief and loss.

Children And Loss

The Cove Center for Grieving Children  
www.covect.org  
A local group located in Meriden that helps children cope with grief.

Dougy Center - www.dougy.org  
This site is run by The Dougy Center for Grieving Children.

National Alliance for Grieving Children  
www.nationalallianceforgrievingchildren.org
Death Of A Child

Grief Support - www.compassionatefriends.org
Grief support after the death of a child.

Parents Grieving Loss
www.erichad.com
Support and care for parents grieving the loss of a child.

Local Grief Support Group

The Connecticut Hospice Bereavement Group
Meetings are held at the 110 Barnes Road, Wallingford, CT 06492. Please call 203-315-7455 for more information regarding times and dates of meetings.

Most Holy Trinity Church - New Day Grief Ministry, call 203-269-8791
Celebrate Life with Fond Memories and Fine Food

We feel it’s important you know that you’re in good hands. That’s why you can rest assured that when we cater your celebration of life event, it’ll be one less worry. We have been nourishing families & friends during difficult times for over 12 years and have built a reputation for professionalism, integrity & the utmost quality in cuisine & service.

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Mark and Donna also have a background in retail management and marketing. Mark has done missionary work in Rome, Albania, Brazil, India and more. In addition to English, Mark speaks Albanian, Italian, and French. When you are ready to buy or sell your home, contact Mark or Donna Poulin, Your local real estate sales professionals.

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