

Stamford Health

Bereavement Resources



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STAMFORD HEALTH MESSAGE

At the Stamford Health, we extend support at this difficult time.

This is dedicated to anyone who is touched by grief and loss. We hope this guide assures you that you are not alone, and we continue to hold you in our thoughts and prayers.

QUIET PLACES FOR PEACEFUL REFLECTION

The Atrium

The sun-filled atrium at the Bennett Cancer Center is a peaceful and beautiful indoor space for families to use at any time. The sounds of soothing music and a waterfall help provide a relaxing environment. It is located on the ground level and is always available.



The Chapel

We invite you to think of the Chapel in the main hospital as a safe, neutral space. The Chapel provides an integrated area of restful repose and prayer for all people — regardless of origin, faith, or tradition. It is open all day, every day. The Chapel contains resources that may be of help to you and your family, as well as a wall on which you may leave prayer requests and express concerns of the heart.





IMPORTANT STEPS FOLLOWING A DEATH

People to contact

It's important to share your needs and wishes. Relatives and friends may be very helpful during this difficult time. Also consider the following:

- Contact other family members and close friends.
- Contact your church, synagogue, or house of worship.
- Discuss the choice of funeral homes with close family members if you have not done this already. When a decision has been made, contact the funeral home.
- Ask a friend or neighbor to answer the phone if you think there will be many calls.
- Ask a close friend to help you make some of the calls if you need to notify many people.
- Arrange to have a relative, friend, or neighbor in the home of the deceased during memorial/funeral.
- Notify the employer of the deceased (whether active or retired).
- Notify employers of close family members, and the schools of children.
- Contact an attorney as he/she will be able to assist you with any legal issues.

Finding documents

Sometimes events catch us off guard. If you do not have specific instructions regarding funeral wishes, it is important to review available papers. Here are some things to look for:

- Will and/or Living Trust document.
- Insurance policies.
- Checking and savings account records.
- Loan documents.
- Credit and charge account statements.
- Marriage and birth certificates.
- Military discharge records.
- Immigration papers.

Collecting important information

Some of the following information and documentation will be needed by the funeral home and may also be useful in organizing a service and writing an obituary. It might be helpful if you are accompanied by a family member or close friend when you visit the funeral home.

- Name of the deceased (full name, maiden name, nickname, or other names the deceased might have used).
- Bring a photo, if desired.
- Social security number.
- Date and place of birth.
- Occupation, employer.
- Father's name, mother's maiden name.
- If a veteran, proof of military service.
- List of relatives and relationships.
- Account of church or synagogue, faith community, professional organizations, clubs, and other organizations in which the deceased was a member.
- If/where you want to place the obituary notice.
- If you wish to ask for memorial donations made to charity or charities, the name(s) and address(es) of those organizations.
- Whether you prefer a memorial service, religious service, cremation, or burial.
- List of individuals who might be pallbearers.
- Clothing your loved one might be buried in.
- Cemetery (if appropriate).

Following the death of a loved one, you might be left with the responsibility of settling the estate. How you do this will depend on several things, such as the size of the estate, and whether a will was prepared designating distribution of assets.

It has been said that the difference between an estate and legacy is the difference between what is in one's bank account and what endures in the heart of the bereaved. An estate is about money, property, insurance, and possessions, whereas a legacy is about memories, hopes and aspirations. When settling an estate, family has an opportunity to tell stories connecting the past with the future. It is a time to sort out "things" but also to sort out feelings and dreams.

If you are concerned about the legitimacy of a will, the probating of it, or administering a Living Trust on behalf of under-aged beneficiaries or other considerations related to a sizable estate, you should consult with an estate attorney.

OBTAINING DEATH CERTIFICATES

The funeral home provides death certificates and information regarding how many copies are needed, based on banking, insurance, Social Security, and other needs. In order to transfer accounts, titles, and similar items, you will likely need six or more certified death certificates.

- Inquire about the death certificates.
- Contact the deceased's attorney if they have one.
- Notify creditors, credit card companies, and other entities with whom the deceased had accounts, as well as a life insurance company, if appropriate.

Death certificates may also be obtained directly from the Department of Health by taking or mailing a copy of the doctor's signed death certificate to the Department of Health's Office of Vital Records. Each certified death certificate has original markings such as a raised, imprinted seal. Copies are not accepted for most legal transactions, such as the transfer of property.

CT Department of Public Health

State Vital Records Office

410 Capitol Avenue, 1st Floor

Hartford, CT 06106

<https://portal.ct.gov/DPH/Vital-Records/Death-Certificates>

Customer Service Window – Hours of Operation

8:00 a.m. – 4:00 p.m. | Monday – Friday

Telephone Customer Service

Phone 860.509.7700

Online Service Information / Request – Connecticut Vital Records

<https://www.vitalchek.com>

WHO TO NOTIFY?

Following a death, the mail delivery person keeps delivering mail and the phone keeps ringing. The bill-paying cycles do not stop. Whom should you notify of your loss? You must notify anyone with whom the deceased had a legal or financial arrangement. This includes, but is not limited to, the following people or organizations:

- Lenders (e.g., title holders for car and home).
- Borrowers (if the deceased is owed money, it is important to sustain their income).
- Banks, credit unions.
- Issuers of credit cards.
- Insurance companies.
- Social Security Administration.
- Department of Motor Vehicles.
- Veterans Administration.

DEALING WITH FINANCIAL INSTITUTIONS

To transfer funds from the deceased's account(s), financial institutions will usually ask for:

- A certified copy of the Death Certificate.
- Your identification.
- A copy of the will and/or authorization papers, such as an Affidavit of Right issued in a probate process.

TRANSFERABLE BENEFITS AND LIFE INSURANCE COMPANIES

Call the deceased's employer and ask about:

- Unpaid salary, bonuses, accrued vacation time, 401(k), or pension. Is the surviving spouse entitled to a lump sum or annuity? If so, what conditions apply?
- Eligibility of health insurance benefits.

Are the deceased's health insurance benefits convertible to you? If so, it might be wise to accept. It is sometimes difficult to obtain medical coverage, particularly if there is an adverse medical history. If your spouse's healthcare coverage is transferable, inquire about a time restraint on electing coverage.

It is also important to inquire about how available healthcare coverage might work with Medicare benefits now and in the future. Information regarding this and other issues is available by calling the Medicare hotline:

Medicare Information | 800.633.4227

Collecting from life insurance companies

You must notify any insurance company of the policyholder's death in order to collect any funds. They will provide you with a claim form which you must file with proof that you are the designated beneficiary on the policy. You will need a copy of the policy, proof of your identity, and a certified copy of the policy holder's death certificate.

Be aware that insurance companies have a contractual relationship that requires them to disburse funds only to designated beneficiaries. This policy allows for a relatively quick disbursement of money at a time when it is often greatly needed. This is typically independent of handling the Will and Probate, unless specifically noted in the insurance contract.

If advance planning has not included appropriate updating of beneficiaries, death can trigger some painfully complex challenges. For example, if a widower has remarried without changing his beneficiaries, a new spouse may not have access to funds which the deceased might have wanted her to receive. The same is true if divorce has occurred.



WRITING OBITUARIES

There are resources available online to assist with writing obituaries and planning funerals and other services. Examples include:

Elegant Memorials

www.elegantmemorials.com

Obituary Guide

www.obituaryguide.com

Remembrance Process

www.remembranceprocess.com

Funeral homes and clergy can also assist with writing obituaries.

GUARD YOUR CREDIT AND IDENTITY

Be aware that scam-artists and companies sometimes prey on the newly bereaved. They may send authentic-looking bogus bills to extort money or to obtain identity information. Carefully verify the source of all questionable requests for money or information. If the deceased's name is on any credit cards or charge agreements, you may want to consult with an attorney as to your responsibility.

For credit cards, it's advisable to call the card issuer or credit holder to discuss responsibility for any outstanding balances.

OBTAINING VETERANS BENEFITS FOR BURIAL

There may be financial assistance for a burial plot, gravestone, and a flag if your loved one served in the Armed Forces and is not buried in a National Cemetery. To learn what benefits are available, contact the regional office of the Department of Veterans Affairs. Your funeral director is often able to facilitate these benefits.

Benefits Information and Assistance

800. 827. 1000

Veterans Administration Regional Office,
Seattle, WA

National Cemetery Administration
Presidential Memorial Certificates

www.cem.va.gov/pmc.asp

A Presidential Memorial Certificate (PMC) is an engraved paper certificate, signed by the current President, to honor the memory of honorably discharged deceased Veterans.

HANDLING GRIEF

You may find yourself feeling and/or experiencing:

Shock and numbness
Emptiness and sadness
Anger and resentment
Fear and insecurity
Guilt and regret

Fatigue and exhaustion
Low energy
Depressed immune system
Tightness/heaviness in your chest
Tension
Restlessness and irritability

Things to consider:

TIME

Take time alone and with others whom you trust and who will listen when you need to talk. Recognizing and understanding the feelings that go along with loss is an ongoing process and unique to everyone. Share your stories, this not only helps the grieving process but also helps shape the nature and content of memorial services.

REST, RELAXATION, EXERCISE, NOURISHMENT AND DIVERSION

You may need extra amounts of things you needed before. Hot baths, afternoon naps, solitude, or socialization. Healing is personal, do what connects you to the people and things you love.

SECURITY/STABILITY

Reduce the stress in your life. Allow yourself to be close to those you trust. Getting back into a routine helps. Do things at your own pace. Self-care is essential for healing.

SUPPORT

You may gain strength from those who have experienced a similar loss. They may be able to offer hope that grief lessens over time. Try to allow yourself to accept expressions of caring from others even if they are uneasy and awkward. Helping a friend or relative also suffering the same loss may bring a feeling of closeness to that person.

Bennett Cancer Center support services are available to your family during and after your loss. Please contact Travata Stewart, LCSW, at 203.276.6143.

FAITH

Approach your spiritual or faith leader for support and consolation at this time. Chaplains at Stamford Hospital are available to provide support during and after your loss. Please contact the Pastoral Care Department at 203.276.7584.

BEREAVEMENT RESOURCES AND SUPPORT GROUPS

There are a wide range of resources available for families at the hospital, in the surrounding area, and online.

AT THE HOSPITAL

Bennett Cancer Center

The Bennett Cancer Center offers individual and group counseling services to families after a loved one's death.

Contact Travata Stewart, LCSW, Manager Cancer Support Services at tstewart@stamhealth.org or 203.276.6143.

Spiritual Health & Well-Being Department

Chaplains are available for individual and group bereavement support, and the Spiritual Care Office library has resources on grief and loss.

Contact Rev. ReBecca Sala, Manager of Spiritual Health & Well-Being at rsala@stamhealth.org or 203.276.7445.

SURROUNDING AREA

Family Centers

www.familycenters.org

A nonprofit organization serving adults and children facing life-threatening illness and loss, it offers individual counseling and support groups for persons dealing with bereavement issues. Family Centers has merged with the Center for Hope in Darien and the Den for Grieving Children in Greenwich. Initial consultation is free, and scholarships are available. Spanish-speaking counselors are available for select programs.

60 Palmers Hill Road | Stamford, CT 06902 | 203.324.3167

40 Arch Street | Greenwich, CT 06830 | 203.629.2822

590 Post Road | Darien, CT 06820 | 203.655.0547

The Compassionate Friends

www.compassionatefriends.org

The Compassionate Friends is a nationwide, self-help organization for parents who have experienced the death of a child, from any cause, at any age. The Stamford Chapter meets the second Monday of each month at 7:30pm in Conference Room C of the Tully Health Center. Literature in Spanish can be ordered on request.

32 Strawberry Hill Court | Stamford CT, 06902 | 203.329.0020

Greenwich Center for Hope & Renewal

www.hopeandrenewal.org

The Greenwich Center for Hope & Renewal is a faith-based professional counseling and resource center. Support groups are held in person and virtually. It offers an 8-week course using The Grief Recovery Method®. Contact Nancy Sadock, LMFT at nsadock@aol.com.

Grief Support Recovery Group | 237 Taconic Road | Greenwich, CT 06831
203.249.8454

Ann's Place

www.annsplace.org

Ann's Place offers support groups to provide a safe and confidential place for those affected by cancer. Experienced professionals facilitate these groups which meet once or twice a month. Transitions is a bereavement support group for individuals who have lost a loved one to cancer. The group meets in the evening of the 1st and 3rd Thursday of every month. Contact Pete Carney, LCSW, Director, Clinical Services at pete@annsplace.org,

Transitions Bereavement Group | 80 Sawmill Road | Danbury, CT 06810
203.790.6568

The Bereavement Center of Westchester

www.bcwtreehouse.org

The Bereavement Center of Westchester offers many types of adult grief support groups. All groups are led by experienced professionals. Visit their website or contact them to learn more about their different bereavement groups.

670 White Plains Road | Scarsdale, NY 10583 | 914.787.6158

ONLINE RESOURCES

Cancer Care

www.cancercare.org/support_groups

Bereaved Parents of the USA

www.bereavedparentsusa.org

Compassionate Friends

www.compassionatefriends.org

Grief Resources

www.grief.com

www.good-grief.org

LOCAL FUNERAL HOMES – LOWER FAIRFIELD COUNTY

Most funeral homes offer cremation services. Cremation-only homes on page 17. If you're planning to transport your loved one across interstate lines, the funeral homes will assist your family.

STAMFORD

Bosak Funeral Home & Cremation Services

453 Shippan Avenue
Stamford, CT 06902
203.325.9300
www.bosakfuneralhome.com

Bouton & Reynolds Funeral Home

2900 Summer Street
Stamford, CT 06905
203.327.9800
<https://www.dignitymemorial.com>

Downer Funeral Home Inc.

31 Stillwater Avenue
Stamford, CT 06902
203.323.2666
www.downerfuneral.com/index.htm

Leo P. Gallagher & Sons Funeral Home

2900 Summer Street
Stamford, CT 06905
(203) 327-1313
www.dignitymemorial.com/leo-p-gallagher-son-funeral-home-stamford/

(Knowledge of Jewish burial practices)

Nicholas F. Cогnetta Funeral Home

104 Myrtle Avenue
Stamford, CT 06902
203.348.4949
www.cognetta.com
(Knowledge of Jewish burial practices)
(Offers Hindu and Hispanic services)

Lacerenza Funeral Home

8 Schuyler Avenue
Stamford, CT 06902
203.324.0158
www.lacerenzafuneralhome.com

NEW CANAAN

Hoyt Funeral Home

199 Main Street
New Canaan, CT 06840
203.966.0700
www.hoytfuneralhome.com

BRIDGEPORT

Baker-Isaac Funeral Services
985 Stratford Avenue
Bridgeport, CT 06607
203.333.0468
www.bakerfuneralservices.com

NORWALK

Baker-Isaac Funeral Services

84 S. Main Street
Norwalk, CT 06854
203.857.4155
www.bakerfuneralservices.com

Collins Funeral Home

92 East Avenue
Norwalk, CT 06851
203.866.0747
www.collins-funeral.com

Hoyt-Cognetta Funeral Home & Crematory

5 East Wall Street
Norwalk, CT 06851
203.847.7291
www.norwalkfh.com
(Knowledge of Jewish burial practices)

Magner Funeral Home

12 Mott Avenue
Norwalk, CT 06850
203.866.5553
www.magnerfuneralhome.com

GREENWICH

Castiglione Funeral Home, Inc.

544 Old Post Road #3
Greenwich, CT 06830
203.869.0894
www.castiglione fh.com

Knapp Funeral Home

267 Greenwich Avenue
Greenwich, CT 06830
203.869.0315
www.greenwichfuneralhome.com

Leo P. Gallagher & Son Funeral Home

31 Arch St.
Greenwich, CT 06830
203.869.1513
www.dignitymemorial.com/leo-p-gallagher-son-funeral-home-greenwich/

Coxe & Graziano Funeral Home

134 Hamilton Avenue Avenue
Greenwich, CT 06830
(203) 869-5968
<https://www.coxeandgraziano.com>

DARIEN

Edward Lawrence Funeral Home

2119 Post Road
Darien, CT 06820
203.655.6127
www.lawrencefuneralhome.com

WESTPORT

Harding Funeral Home
210 Post Road East
Westport, CT 06880
203.227.3458
www.hardingfuneral.com

FAIRFIELD

Abraham L. Green & Son Funeral Home

88 Beach Road
Fairfield, CT 06824
203.255.8993
www.greensfuneralhome.com
(Jewish and interfaith burial practices)

Dougielo Fairfield Funeral Home

36 S Pine Creek Road
Fairfield CT, 06824
203.255.8993

Lesko & Polke Funeral Home

1209 Post Road
Fairfield, CT 06824
203.256.8988
www.leskopolkefuneralhome.com

Shaughnessey-Banks Funeral Home

50 Reef Road
Fairfield, CT 06824
203.255.1031
www.shaughnesseybanksfuneralhome.com

Spear Miller Funeral Home

39 South Benson Road
Fairfield, CT 06824
203.259.0824
www.spearfuneralhome.com

FUNERAL HOMES FOR HISPANIC SERVICES**Nicholas F. Cagnetta Funeral Home & Crematory**

104 Myrtle Avenue
Stamford, CT 06902
203.348.4949
www.cagnetta.com

Funeraria Luz de Paz / Rodríguez Funeral Services

426 E. Washington Avenue
Bridgeport, CT 06608
203.330.8081
www.luzdepaz.com

Parente Lauro Funeral Home

559 Washington Avenue
Bridgeport, CT 06604
203.579.1494
www.parentelauro.com

La Rosas Funeral Home

761 4th Avenue (between 25th & 26th St.)
Brooklyn, NY 11232
718.768.3704
www.lasrosasfh.com

FUNERAL HOMES FOR HINDU SERVICES**Nicholas F. Cagnetta Funeral Home & Crematory**

104 Myrtle Avenue
Stamford, CT 06902
203.348.4949
www.cagnetta.com

BUDDHIST TEMPLE IN CONNECTICUT**Rattanaram Temple**

Cambodian Buddhist Society of CT State, Inc.
145 Boggs Hill Road
Newtown, CT 06740
203.270.1404
www.rattanaram.wordpress.com

JEWISH NOT-FOR-PROFIT FUNERAL HOME**Plaza Jewish Community Chapel**

630 Amsterdam Avenue
New York, NY 10024
212.769.4400
www.plazajewishcommunitychapel.org

LOCAL CREMATION SERVICES

STAMFORD

Mountain Oak Cremation

8 Schuyler Avenue
Stamford, CT 06902
203.595.5835
www.mocsct.com

Nutmeg State Cremation Society

104 Myrtle Avenue
Stamford, CT 06902
www.nutmegcremation.com
203.348.0043
Located in Nicholas F. Cagnetta Funeral Home

Trinity Cremation

453 Shippan Avenue
Stamford, CT 06902
203.324.7444
www.trinitycremationservices.com

FAIRFIELD

Daystar Cremation Services

39 South Benson Road
Fairfield, CT 06824
203.259.6270
www.daystarcremation.com

NEW BRITAIN

Luddy Cremation Care

205 S Main Street
New Britain, CT 06051
860.357.4622
<https://luddycremationcare.com>

WATERBURY

Department of Social Services

Medicaid payment cremation services
249 Thomaston Avenue
Waterbury, CT 06702
800.626.6632
www.portal.ct.gov/DSS

LOCAL CEMETERIES

STAMFORD

Fairfield Memorial Park

230 Oaklawn Avenue
Stamford, CT 06905
203.325.1315

Long Ridge Union Cemetery

156 Erskine Road
Stamford, CT 06903
203.322.1479

Queen of Peace Cemetery

124 Rock Rimmon Road
Stamford, CT 06903
203.322.0455

NORWALK

Norwalk Union Cemetery Association

664 Sport Hill Rd.
Easton, CT 06612
203.854.6602

*(Cemetery is at the corner of Ward Street and
Union Avenue, Norwalk CT)*

Riverside Cemetery

81 Riverside Avenue
Norwalk, CT 06850
203.847.7422

DARIEN

Spring Grove Cemetery

41 Hecker Avenue
Darien CT 06820
203.655.0682

NEW CANAAN

Lakeview Cemetery

252 Main Street
New Canaan, CT 06840
203.966.1861

BRIDGEPORT

Mountain Grove Cemetery

2675 North Avenue
Bridgeport, CT 06604
203.373.5969

WESTPORT

Assumption – Greens Farm Cemetery

Greens Farms Road
Westport, CT 06880
203.838.4271

RECOMMENDED READING

Reading about loss can sometimes help you better understand your feelings and learn coping strategies. Suggested reading includes:

PREPARING FOR DEATH / TERMINAL ILLNESS

Final Journeys; A Practical Guide

by Maggie Callahan

One You Love is Dying: 12 Thoughts to Guide You on the Journey

by James E. Miller

Living with Life-Threatening Illness: A Guide for Individuals, Families and Caregivers

by Kenneth J. Doka

BEREAVEMENT BIBLIOGRAPHY FOR ADULTS

Healing After Loss: Meditation for Working Through Grief

by Martha Whitmore Hickman

How to Go on When Someone You Love Dies

by Therese A. Rando

The Orphaned Adult – Understanding and Coping with Grief and Change After the Death of Our Parents

by Alexander Levy

On Death and Dying

by Elisabeth Kubler-Ross

Getting to the Other Side of Grief: Overcoming the Loss of a Spouse

by Susan Zonnebelt-Smeenge

Swallowed by a Snake: The Gift of the Masculine Side of Healing

by Thomas Golden

FOR CHILDREN / TEENS

The Fall of Freddie The Leaf

by Leo Buscaglia

Everything You Need to Know About Grieving

by Karen Speis

Everything You Need to Know When a Parent Dies

by Fred Bratman

Badger's Parting Gifts

by Susan Varley

FOR PARENTS

Preparing the Children: Information and Ideas for Families Facing Terminal Illness & Death

by Kathy Nussabaum

Talking about Death: A Dialogue Between Parent and Child

by Earl Grollman

FAMILY / FRIENDS OF THE BEREAVED

How Can I Help? /What Will Help Me? 12 things to do when someone you know suffers a loss

by James E. Miller

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Bennett Medical Center Campus
One Hospital Plaza
PO Box 9317
Stamford, CT 06904

StamfordHealth.org

