

Because We Care ...

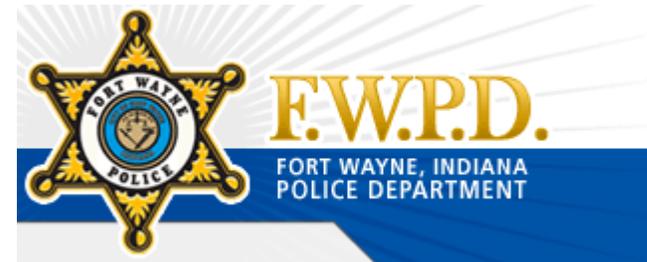
This booklet is
A gift for you
From the Fort Wayne
Police Department



We extend our heartfelt
sympathy and condolence
at your time of loss.

We hope this information
will help to ease your burden.

With sincere sympathy,
FWPD Chaplain Corps
Richard Hartman, Lead Chaplain



Fort Wayne
Indiana
Police Department

Resources for Recovery

General Grief Support

Center for Loss

Dr. Alan D. Wolfelt

(970) 226-6050

<http://www.centerforloss.com/>

Hospice Foundation of America

<http://www.hospicefoundation.org/griefandLoss>

Grief Net

<http://rivendell.org>

Loss of a Child

Compassionate Friends

<http://www.compassionatefriends.org>

877-969-0010 (toll-free)

630-990-0010

For Children

Erin's House

<http://www.erinshouse.org>

260-423-2466 — Office

5670 YMCA Park Drive West

Fort Wayne, IN 46835

"What Do I Do Now?"

Basic information for survivors

1. Some things you may need to do in the next few hours:

- Notify Family and Friends
- Contact a Funeral Home (page 4 has a local list)
- Phone the Allen County Coroner's Office at 449-7389 with the name of the funeral home you wish to use
- Phone Victim's Assistance at 427-1205

2. Location of belongings: _____

3. Location of the Remains of the Deceased

4. Do not go to the Coroner's Office. (see next page)

You may obtain copies of the death certificate from the funeral home.

5. You may obtain a copy of a police report from the Fort Wayne Police Department, 1 E. Main Street, 427-1222.

[Note that it takes varying amounts of time to obtain death certificates, medical records and autopsy and police reports. Ask officials when you can expect them.]

Police report number, if any: _____

Name of contact person _____

Fort Wayne Police Department 427-1230

Coroner's Office Information

The following information is provided to assist you in making necessary arrangements for the deceased. The exact order of events may vary in certain cases.

1. The deceased has been taken to the Northeast Indiana Forensic Center in Fort Wayne for examination to determine the cause of death of your loved one.
2. Call the funeral home of your choice to inform them of the death and your desire to use their services. After you choose a funeral home contact the Coroner's Office (Phone 449-7389) and let them know which funeral home you have chosen.
3. If you have a question, you may phone the Allen County Coroner's Office at 449-7389, between 8:00 A.M. and 4:00 P.M. Monday – Friday.

Do not go to the Coroner's office.

4. The Coroner will normally take 24 to 48 hours before releasing the decedent to the funeral home.
5. Your funeral director will transport the body when the examination has been completed.
6. Your funeral director will make an appointment with you to come into his office to make funeral arrangements.

Surviving a Suicide Loss

Suicide occurs when someone's pain and despair overwhelms their sense of hope and impairs their connection to the world. Experiencing a suicide death is traumatic and life-changing.



The grief process is complicated by the stigma and shame attached to suicide. Your family, friends, neighbors and colleagues may not know what to say and you may be tempted to avoid talking about the death.

Unfortunately the silence can lead to isolation which can worsen your grief process and increase your own suicide risk. It is essential to remember that you are not alone. There are other people who have lost loved ones to suicide.

You may connect to them through national and local grief resources that can help you cope after your loss.

Local

Suicide Aftercare Council
800-273-TALK
www.supportaftersuicide.org

We The Living
260-450-1702
www.wethelivingfw.org

Visiting Nurse
260-435-3222
www.vnfw.org/content/grief-support-services

Mental Health America in Allen County
Free Books & Advocacy
260-422-6441
www.mentalhealthallencounty.org

National

suicidology.org
afsp.org
survivorsofsuicide.com

The National Suicide
Prevention Lifeline:
800-273-8255 (TALK)

A Plan for Intentional Mourning

1. Set aside a time each day to mourn privately. Use photos, letters, mementos, or any definite reminder as aids in prompting memories.
2. Review the relationship chronologically from the earliest details to the most recent. Think about only part of the relationship at a time and try to remember every detail.
3. Allow yourself to experience any feelings that come. Let tears come.
4. Write your feelings in your journal. Record your memories. After each entry, read the entry aloud to yourself. (See “Suggestions for Journaling” Handout)
5. Write a short farewell to doing what you reviewed. Read this farewell aloud to yourself. If this is too painful, tell yourself you'll do it in the near future. Pace yourself when it comes to farewells. You'll know when you are ready for this.
6. Have a few friends that you talk with about your loss. Set ground rules with them so you don't wear out your welcome. Thank them. Do a few things with them when you don't talk about your loss.
7. After reviewing the entire relationship, spend some of your private sessions thinking and writing about the secondary losses. Some call these emotional losses or psychological losses.
8. Gradually develop new friends to replace those who slipped away after your loss. Don't waste any energy blaming those who disappear. This is common. You need a support system. It is the elixir of life for you right now. Initiate the introductions. Take charge of broadening your support base.
9. Spend some time each day being thankful for the blessings that are yours. Yes, you suffered a real loss. We can all agree on that. On the other hand, there are things for which you can be thankful. Celebrate those blessings.
10. As you notice the pain subsiding in your daily sessions, you can take a vacation from the daily sessions occasionally. Eventually you may want to reduce these sessions to once a week, but only when you can rehearse the memories without intense pain.

Fort Wayne Funeral Homes

The following are listed for your convenience. The City of Fort Wayne and the Fort Wayne Police Department do not suggest any particular provider.

Advantage Funeral & Cremation Services (phone 490-4060)
2403 E. Wallen Road, 46825

C. M. Sloan & Sons (phone 422-4232)
1327 North Wells Street, 46808

Carmichael Funeral Service (phone 422-5359)
831 E Jefferson Blvd, 46803

Covington Memorial Gardens & Funeral Home (phone 432-2508)
8408 Covington Road, 46804

Ellis Funeral Home (phone 422-6958)
1021 E. Lewis Street, 46803

Elzey-Patterson-Rodak Home for Funerals (phone 747-3186)
6810 Old Trail Road, 46809

Hockemeyer & Miller Funeral Home (phone 485-8500)
6131 St. Joe Road, 46835

Klaehn Fahl & Melton Funeral Homes (phone 424-1525)
420 W. Wayne Street, 46802
6424 Winchester Road, 46819

McComb, D.O. & Sons Funeral Homes (phone 426-9494)
1140 Lake Avenue, 46805 6301 Fairfield Avenue. 46807
4017 Maplecrest Road, 46815 1320 East Dupont Road, 46825
8325 Covington Road, 46804 Mungovan & Sons Memorial Chapel
2307 W. Main Street, 46808 2114 S Calhoun Street, 46802

Midwest Funeral Home and Cremation Society (phone 496-9600)
4602 Newaygo Road, 46808

Nelson Memorial Gardens, Inc. (phone 422-5577)
1338 Eliza Street, 46803

Tom Mungovan Funeral Home (phone 744-4124)
2221 S. Calhoun Street., 46802

Making Funeral Arrangements

The following items will assist you in making funeral arrangements. If some items are not available, your Funeral Director may be able to help you in obtaining them.

Social Security Number – Benefits that are available will be explained by your Funeral Director. You will need the Social Security number of the deceased to assist you in making a claim.

Veteran's Benefits – In order to apply for these benefits you will need Veterans Administration identification, such as discharge papers, military service number or identification card.

Vital Records – An important part of the arrangement process is the recording of vital personal data that will form the official record of death. Listed below are some items that are commonly helpful.

- ✓ Deceased's place of birth
- ✓ Deceased's date of birth
- ✓ Mother's given and maiden name and place of birth
- ✓ Father's name and place of birth

Insurance Policies – If the deceased person made pre-arrangements, purchased one or more burial policies, and/or had life insurance policies you should take them to the meeting with the Funeral Director.

Newspaper Notices – The Funeral Director should notify local papers as well as papers in other cities. It may be helpful to list the survivors on a piece of paper. The newspapers are interested in the activities of individuals. A list of clubs, organizations, church membership, etc., will be helpful.

Clothing – Families often ask about clothing. It is the policy of most funeral homes to completely dress all bodies, including undergarments. The type of clothing is usually optional and often reflects the individual's taste.

Photograph – A photograph of the deceased can be of help to the funeral director. The same photo may be used for the obituary. Be aware that many newspapers charge to print photos.

Sample Letters

To Deceased's Employer

Dear _____,

This letter is to inform you that my (husband, wife, etc.) died on (month, day, year).

I would appreciate information on fringe benefits, such as group life insurance coverage, pension funds, accrued vacation or sick pay, disability pay, terminal pay allowance, gratuity payments, unpaid commissions, credit union balance, service recognition awards, etc.

Please send a list of documents you require and any necessary forms to be completed.

Sincerely,

(Your signature)

(Your full name - typed)

(Your address – typed)

(Your telephone number – typed)

To Creditors

Dear _____,

This letter is to inform you that my (husband, wife, etc.) died on (month, day, year).

I wish to inquire whether (his/her) loan was covered by a credit life insurance plan offered by your organization.

Please send a list of documents and/or information necessary to file a claim. I will appreciate a response at your first convenience.

Sincerely,

(Your signature)

(Your full name - typed)

(Your address – typed)

(Your telephone number – typed)

Lifestyle Tips For People in Grief

- ✓ Discipline yourself to eat regularly, even if you feel as if you cannot eat as much as usual.
- ✓ Eat a balanced diet.
- ✓ Avoid sweets and fatty foods.
- ✓ Drink 8 - 10 glasses of water per day.
- ✓ Schedule 20 to 30 minutes of vigorous exercise daily. CONSULT YOUR PHYSICIAN ABOUT APPROPRIATE EXERCISE FOR YOUR AGE AND CONDITION.
- ✓ Concentrate on deep breathing in the open air.
- ✓ Concentrate on keeping good posture.
- ✓ Try to catch a nap during the day.
- ✓ Avoid alcoholic beverages altogether. Alcohol is a depressant.
- ✓ Avoid caffeine - hot or cold. This stimulates then lets you down.
- ✓ Avoid solitary TV watching.
- ✓ Keep regular hours.
- ✓ Keep a balance between work, relationship and aloneness.

How Do I Choose A Funeral Home?

Reputation – Many families prefer to use a funeral home they are familiar with. Perhaps you have visited a funeral home and felt comfortable with the surroundings or staff.

Location – Is it important that the funeral home is close to your home or other family members?

Price – Federal law requires that all price information concerning funeral goods and services be available by phone. You may also obtain price information in written form upon request.

A Word of Caution

Secure Your Home

It is common for friends and neighbors to ask what they can do for you in a time of need. Perhaps asking someone to “house sit” or keep an eye on your property during the hours of the funeral ceremonies would be a good suggestion.

Beware of Fraud

Every year, survivors become vulnerable to those who prey on the suffering of others. The most vulnerable are individuals who are not accustomed to handling their own financial affairs.

There are people who will search the obituary pages of newspapers to find unsuspecting targets. Some of the fraud schemes involve someone promising to deliver a product or service. Others offer to inspect your home and then invent a problem that needs immediate and costly repair.

A good rule of thumb is to never do business with anyone before checking his or her reputation with the local Better Business Bureau.

Some Important Details

- ◆ **Contact the bank** - especially if there are joint accounts.
- ◆ **Obtain death certificates** - these are available from the funeral home. They are often necessary for insurance and many other legal purposes. A minimum of six certified copies is often suggested.
- ◆ **Check current bills** - utilities, phone, loans, credit cards, etc.
- ◆ **Locate titles of ownership** – auto, property, etc.
- ◆ **You may want to contact an attorney** – settling an estate can be a complex affair, especially if there is no will.
- ◆ **Check employee benefits** – notify employer of the death to secure any available death benefits.
- ◆ **Civil Service** – government employees may be eligible for benefits.
- ◆ **Contact Social Security** – secure death benefits.
- ◆ **Check memberships** – some groups offer group life insurance.
- ◆ **Gather insurance policies** – remember to check credit cards and loans for credit life policies.
- ◆ **Automobile Insurance** – if the death is the result of an automobile crash, it may be possible to file a claim for incurred medical fees, vehicle damage or other benefits.
- ◆ **Veterans benefits** – Veterans Administration Regional Office
Phone: 260-460-1456 Or 877-927-8387

Special Cleaning Resources

When your car, home or business is the scene of trauma, there are precautions that must be taken.

First, call your insurance company. If it happened at home, your homeowners or renters insurance *may* cover the expense of clean-up. The same might be true of your auto insurance if it occurred in a vehicle. Your insurer may have preferred providers.

Ask if there are specific procedures you must follow. Contact your landlord or property manager and inform them of the situation.

Do not agree to clean up blood and body fluids yourself. This can be very dangerous. Proper training, specialized equipment, and certain immunizations are essential to safe restoration.

The following are listed for your convenience. The City of Fort Wayne and the Fort Wayne Police Department do not suggest any particular provider.

Local

Clean Xtreme
800-493-9569
cleanx-treme.com

Crime Scene Sweepers
260-479-9031
crimesweepers@gmail.com

Talon Restoration
260-748-4545
talonrestoration.com

National

Aftermath
800-366-9923
aftermath.com

Action Bio-Care
877-ABC-NOW7
ActionBioCare.com

Bio-Tec
888-246-9111
usacsc.com

Keep all receipts for expenses. If necessary, contact your local victim assistance office to see how to go about filing a criminal injuries compensation claim if the incident was the result of a crime. Unfortunately, you may be required to bear some or all of the costs yourself.