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We would like to extend our deepest, heartfelt sympathies to you during this difficult time. End of life decisions and arrangements can be an overwhelming responsibility.

### **Before A Death Occurs**

If the death has not occurred yet is imminent, speak with your loved one about their preference for arrangements after their death. This will ensure that you can honor their final wishes.

You'll also want to start gathering the following items from them:

- ✓ Will and/or trust(s) documentation
- ✓ Health insurance policies (to make claims for the final illness)
- ✓ Life insurance policy
- ✓ Financial/banking statements and account information
- ✓ Pension/retirement benefits accounts
- ✓ Safe deposit box agreements and keys
- ✓ Motor vehicles titles
- ✓ Rental/Lease information
- ✓ Marriage and, birth certificates
- ✓ Divorce documentation
- ✓ Tax returns
- ✓ Records of business or personal assets
- ✓ Records of business ownership or business interest
- ✓ Unpaid bills

### **When A Death Occurs**

After a death occurs, there are many arrangements to be made. This is just a partial list to help you during those first few difficult days.

- ✓ Notify family and friends about the death. Be sure to ask for help with phone calls if you're becoming overwhelmed.
- ✓ Determine if your loved one is entitled to a military honor or some other memorial honor. Contact the appropriate organization.
- ✓ Determine if there is going to be a traditional funeral service, a less formal memorial service or if your loved one indicated they did not want a gathering altogether.
- ✓ Write your loved one's obituary and submit to the local newspaper.
- ✓ Secure the home and/or vehicle of the deceased. Notify trusted neighbors or police (via their non-emergency phone number) it will be vacant.
- ✓ Notify the post office to forward or stop all mail.



In our more than two decades of experience, we at Ashes to Ashes Cremation sympathize and understand losing someone you love or care deeply about is very painful.

You may experience a variety of difficult emotions, and it's sometimes hard to imagine that the anger and sadness you feel will ever fade. It's important to remember that grief is a natural and normal reaction to a significant loss, and that you're not alone. Reach out to your support network through family and friends, and don't be afraid to lean on the people who care about you. While there is no right or wrong way to grieve, there are healthy ways to cope with the pain that, in time, can allow you to heal and resume your regular routines.

**A few things to remember as you begin to recover from a loss:**

- Each of us experiences grief differently, depending on life experiences and coping styles.
- The healing process happens gradually and can't be rushed or ignored.
- It's okay to cry, but it's also okay if you can't. Crying is a normal response to sadness, but it's not the only one.
- There's no set time limit for grieving. Different individuals take different amounts of time to heal.
- Allow yourself to face your feelings and express them. Try talking to a trusted friend or spiritual leader, joining a support group, or writing about your loss in a journal.
- The mind and body are deeply connected. Though it may be hard at first, remember to take care of yourself physically so that you can allow yourself to begin to recover emotionally.
- It's always okay to seek professional help when you need to.

May you find comfort and peace during this difficult time.

Ashes to Ashes Cremation  
"Caring in Your Time of Need"