



What we  
have once enjoyed,  
we can never lose.

All that we love  
deeply becomes a  
part of us.

Helen Keller

# Book List

We have found these books to be especially helpful after the sudden death of a loved one.

*A Time to Grieve: Meditation for Healing After the Death of a Loved One*

by Carol Staudacher

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*Chicken Soup for the Grieving Soul*

by Jack Canfield and Mark Victor Hansen

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Brief, easy-to-read stories about life death and overcoming the loss of a loved one, this is a collection of inspirational stories by people who have lost a loved one. Authors share their own experiences of learning to cope, to reach out and to move on.

*Healing a Parent's Grieving Heart: 100 Practical Ideas After Your Child Dies*

by Dr. Alan D. Wolfelt

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Ideas that have helped grieving parents understand and reconcile their grief. Common challenges, such as dealing with marital stress, helping surviving siblings, and dealing with hurtful advice from others are also addressed.

*Healing Your Grieving Heart for Teens: 100 Practical Ideas*

by Dr. Alan D. Wolfelt

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This book explains why grief is especially difficult during the teen years, and offers straightforward, practical advice for healing.

*Healing Your Traumatized Heart:*

*100 Practical Ideas after Someone You Love Dies a Sudden, Violent Death*

by Dr. Alan D. Wolfelt

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For those who grieve after a homicide, suicide or accidental death.

*How To Go On Living When Someone You Love Dies*

by Therese A. Rando, PhD

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Written by a bereavement specialist, this book leads you gently through the painful process of grieving and recognizes that you must find the best way for yourself. Offers comfort and guidance as well as practical steps to get through the grieving process.

*I Wasn't Ready to Say Goodbye*

by Brook Noel and Pamela D. Blair, PhD

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*Life After Loss*

by Bob Deits

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A practical and compassionate guide to renewing your life after experiencing loss. Drawing on numerous first-hand stories and forty years of grief counseling, Bob Deits provides helpful exercises for navigating the journey of grief and loss.

*Living Through Mourning: Finding Comfort and Hope When a Loved One Has Died*

by Harriet Sarnoff Schiff

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Explores the complex feelings people cope with when a loved one dies. Discusses the phases of grief and mourning and the different ways in which we mourn. Practical, helpful and informative.

*On Life After Death*

by Elisabeth Kübler-Ross

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Written by the world's foremost authority on death and dying, this is a book of four essays drawn from her years of working with the dying. Essays are: *Living and Dying*; *There Is No Death*; *Life, Death, and Life After Death*; and *Death of a Parent*.

*Since My Brother Died (Desde Que Muriò Mi Hermano)*

by Marison Muñoz-Kiehne

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*Tear Soup*

by Pat Schweibert and Chuck DeKlyen

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For children and all ages

*The Fall of Freddie the Leaf, a Story of Life for All Ages*

by Leo Buscaglia, PhD

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Wonderful book for explaining the cycles of life to children

*The Worst Loss: How Families Heal From the Death of a Child*

by Barbara D. Rosof

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*Widow to Widow*

by Genevieve David Ginsburg

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# Check List

This is a time when it is difficult to remember things. The following is a list of some of the things that will need to be done, some of which friends or loved ones can help you with:

- Designate one or two family members or friends to be contact person. (To be a liaison between family members and their community of friends and acquaintances.)
- Make a list and multiple copies of phone numbers, e-mail addresses, fax numbers, mailing addresses for immediate family and friends to facilitate communication.
- Decisions about funeral arrangements, burial, cremation.  
(List of funeral homes are included in this packet.)
- Call newspaper(s) for obituary.
- Phone calls to make (it may be helpful to look through address books, business cards, e-mail addresses, Christmas card lists):

- Friends
- Neighbors
- Employers
- Childcare provider
- Gym and clubs (for example, service clubs, athletic)
- Religious affiliations

- Possible appointments to cancel (looking through appointment book or calendar might help):

- Hair and nail salons
- Doctor
- Dentist
- Vet/pet groomer
- Auto repair shop
- Other business professionals

- Food/Household supplies: With so many people visiting, the need for food, paper products, etc. is greatly increased. It is helpful to designate 1-2 people responsible for storage of perishable food brought in by friends.
- Social Security Benefits/Financial obligations: (Information regarding these is included in this packet)

# Notes

## Contact Person(s):

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

## Contacts of immediate family and friends:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Decisions about funeral arrangements: \_\_\_\_\_

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Call newspaper(s) for obituary. \_\_\_\_\_

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\* Death certificates: When making funeral arrangements it is recommended to order multiple certificates. (Cost is \$10.00 each). You will need a death certificate for any loans, credit cards, life insurance, pension or retirement funds, as well as social security.

Maricopa County Medical Examiner: 602-506-3322

## Phone calls to make:

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

Appointments to cancel: \_\_\_\_\_  
\_\_\_\_\_

Contact person(s) for food/household supplies: \_\_\_\_\_  
\_\_\_\_\_

Social Security Benefits: (1-800-772-1213) \_\_\_\_\_

Contact Name \_\_\_\_\_ Phone + ext. \_\_\_\_\_

Contact Name \_\_\_\_\_ Phone + ext. \_\_\_\_\_

Veterans Benefit Information: (1-800-827-1000) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Financial obligations: (Loans, Credit Cards, etc.) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Police or DPS officers: \_\_\_\_\_

Contact Name \_\_\_\_\_ Phone + ext. \_\_\_\_\_

Contact Name \_\_\_\_\_ Phone + ext. \_\_\_\_\_

Notes \_\_\_\_\_  
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# Mortuary Listing – East Valley

Safe Harbor has brochures and price lists for most mortuaries in the Valley.  
Please let us know if we can help you with these.

<b>Mortuary</b>	<b>Address</b>	<b>City</b>	<b>Zip</b>	<b>Phone</b>
Apache Junction Mortuary	398 E. 4 Ave.	Apache Junction		480-982-7721
Arizona Cremation & Funeral Services	1130 S. Horne	Mesa	85204	480-610-9800
Bueler Chandler Mortuary	14 W. Hulet Dr.	Chandler	85225	480-963-6351
Bunkers Desert View Chapel	9702 E. Apache Trail	Mesa	85207	480-986-1616
Bunker Family Funeral Homes Garden Chapel	33 N. Centennial Way	Mesa	85201	480-964-8686
Bunker Family Funeral Homes University Chapel	3529 E. University Dr.	Mesa	85213	480-830-4105
Carr-Tenney Mortuary	2621 S. Rural Rd.	Tempe	85282	480-967-2104
Falconer Funeral Home	251 W. Juniper Ave.	Gilbert	85233	480-892-9411
Family Burial & Cremation Center	237 S. Serrine St.	Mesa	85210	480-464-8728
Hansen Mortuary	108 N. 56th St.	Mesa	85205	480-832-1007
Lakeshore Mortuary	1815 S. Dobson Rd.	Mesa	85202	480-838-5639
Mariposa Gardens	400 S. Power Rd.	Mesa	85206	480-830-4422
Melcher Mortuary & Crematory	6625 E. Main St.	Mesa	85205	480-832-3500
Meldrum Mortuary & Crematory	52 N. MacDonald St.	Mesa	85201	480-834-9255
Sonoran Skies	5650 E. Main St.	Mesa	85205	480-985-4900
Neptune Society	1729 W. Greentree Dr., #103	Tempe	85284	480-785-7000
Tempe Mortuary	405 E. Southern Ave.	Tempe	85282	480-967-1643
Valley of the Sun Mortuary	10940 E. Chandler Heights Rd.	Chandler	85248	480-895-6012
Wyman Cremation & Burial Chapel	115 S. Country Club Dr.	Mesa	85210	480-668-2898

# Mortuary Listing – West Valley

<b>Mortuary</b>	<b>Address</b>	<b>City</b>	<b>Zip</b>	<b>Phone</b>
Abel Funeral Services	1627 N. 51st Ave.	Phoenix	85035	602-442-7747
Adobe Chapel Funeral Home	218 N. Central Ave.	Avondale	85323	623-932-4418
Advantage Funeral & Cremation Services	4141 N. 19th Ave.	Phoenix	85015	602-263-7946
Advantage Funeral & Cremation Services	11211 W. Michigan Ave.	Youngtown	85363	623-979-7111
Advantage Funeral & Cremation Services	6901 W. Indian School Rd.	Phoenix	85033	623-846-1914
Camino Del Sol Funeral Chapel & Cremation Center	13738 W. Camino Del Sol	Sun City West	85375	623-584-6299
Chapel of the Chimes Mortuary	7924 N. 59th Ave.	Glendale	85301	623-247-1111
Crystal Rose Funeral Home	9155 W. Van Buren St.	Tolleson	85353	623-936-3637
Green Acres Glendale Mortuary	5830 W. Missouri Ave.	Glendale	85301	623-939-8321
Greenwood Memory Lawn Cemetery	2300 W. Van Buren St.	Phoenix	85009	602-254-8491
Greenwood Memory Lawn Mortuary	719 N. 27th Ave.	Phoenix	85009	602-272-5639
Greer Wilson Funeral Home	5921 W. Thomas Rd.	Phoenix	85033	623-245-0994
Hansen Arrowhead Funeral Center	21000 N. 75th Ave.	Glendale	85308	623-362-3255
Heritage Funeral Chapel	6830 W. Thunderbird Rd.	Peoria	85381	623-974-3671
Menke Funeral Home	12420 N. 103rd Ave.	Sun City	85351	623-979-6451
Regency Mortuary	9850 W. Thunderbird Rd.	Sun City	85351	623-875-7500
Sunland Memorial Park & Cremation Center	15826 Del Webb Blvd.	Sun City	85351	623-933-0161
West Valley Funeral Chapel	926 S. Litchfield Rd.	Goodyear	85338	623-932-1780
Wickenburg Funeral Home	187 N. Adams St.	Wickenburg	85390	928-684-2081

# Mortuary Listing – Central

<b>Mortuary</b>	<b>Address</b>	<b>City</b>	<b>Zip</b>	<b>Phone</b>
A L Moore-Grimshaw Mortuaries	710 W. Bethany Home Rd.	Phoenix	85013	602-249-2111
Advantage Funeral & Cremation Services	614 E. Townley	Phoenix	85020	602-943-7263
Best Funeral Services	501 E. Dunlap Ave.	Phoenix	85020	602-906-9600
Botimer Funeral Home Inc.	1246 E. Jefferson St.	Phoenix	85034	602-243-3961
Paradise Sunset Chapel	3934 E Indian School Rd.	Phoenix	85018	602-277-2603
Hansen Chapel	8314 N. 7th St.	Phoenix	85020	602-944-1561
La Paz Funeral Home	935 E. Indian School Rd.	Phoenix	85014	602-266-5558
Lowman's Arizona Funeral Home	717 W. Dobbins Rd.	Phoenix	85041	602-276-3601
Mortensen Kings Funeral Center	2225 N. 16th St.	Phoenix	85006	602-271-9799
National Cremation Society	4460 E. Thomas Rd.	Phoenix	85018	602-840-0335
Phoenix Memorial Park & Mortuary	200 W. Beardsley Rd.	Phoenix	85027	623-434-7007
Preston Funeral Home	3800 S. Central Ave.	Phoenix	85040	602-304-0083
Resthaven Park Mortuary	4310 E. Southern Ave.	Phoenix	85042	602-437-0436
Serenity Mortuary Services, Inc.	312 W. Mariposa St.	Phoenix	85016	602-253-6970
Shadow Mountain Mortuary	2350 E. Greenway Rd.	Phoenix	85022	602-971-7350
Sinai Mortuary of Arizona	4538 N. 16th St.	Phoenix	85016	602-248-0030
Universal Memorial Center	1100 E. Jefferson St.	Phoenix	85034	602-252-6011
Whitney & Murphy Arcadia Chapel	4800 E. Indian School Rd.	Phoenix	85018	602-840-5600

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# Legal/Financial

## **Social Security**

It is also important to remember that Social Security Benefits must be applied for – they are not paid automatically. Also, benefits must be applied for within a specific time frame. To facilitate the filing of a claim for benefits, you will need the following documents:

- Death Certificate
- Social Security number of Deceased
- Birth Certificate of Applicant
- Disability Proof for Children over 18
- Birth Certificate of Deceased
- Marriage Certificate
- Birth Certificates of Minor Children

You can contact your local Social Security Office for current information on specific benefits and claims procedures, or call the national toll-free number at: 1-800-772-1213.

## **Probating a Will and Changing Property Titles**

If your loved one had a will, it will need to be probated in the Superior Court of Arizona. Probate is the legal procedure for distribution of estates. If there is no will, the estate will be distributed according to the state laws governing descent and distribution. If the deceased's assets are worth less than \$50,000, then an informal process is available. You may contact the Superior Court Self Service Center at (602) 506-3668 or obtain informal probate forms at: [http://www.superiorcourt.maricopa.gov/ssc/forms/prob\\_group\\_9.asp](http://www.superiorcourt.maricopa.gov/ssc/forms/prob_group_9.asp). If there are assets worth more than \$50,000, you should consider consulting an attorney.

## **Credit Obligations/Life Insurance**

You will want to gather bills together and make sure you are aware of all the credit obligations of the deceased. Some loans and credit card accounts may be covered by credit life insurance, which pays off the account balance in the event of the death of the customer. You will want to contact all financial institutions to get a status. Death certificates are often required. If credit is held jointly you will want to find out what documentation is required to change cards and any loans into the survivor's name alone. You will need to make a claim for the proceeds of any life insurance policies directly with the insurance company. Life insurance policies may or may not be part of the estate. Some policies pay out additional money when the death is the result of an accident, so read the policy and declaration page. Many employers and employer health insurance plans also provide a death benefit when death results from an accident.

# Back of Legal page

## **Potential Liability of Others**

Another person, company, or entity may be responsible or liable for the death of your family member. There are time limits for making claims against those who may be liable. Generally, a claim must be filed in court within two years of the collision, but if the responsible person was on the job for a governmental entity (state, county, city, SRP, etc.) then a Notice of Claim must be filed within 180 days of the collision, or the claim is lost forever. You may also be able to make a claim against the insured's own auto insurance. Reputable and experienced attorneys will investigate possible claims without charge to you unless a recovery is made.

**The information provided above is not legal advice and is provided for general informational purposes only. We recommend that you consult with an attorney to obtain legal advice concerning your rights and obligations.**

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# Resources

Assistance for Independent Living .....	480-966-9704
Catholic Social Service of Arizona .....	602-285-1999
Compassionate Friends-East Valley .....	480-703-2963
Compassionate Friends-West Valley .....	602-843-2552
Compassionate Friends-Central .....	602-841-8649
Chicanos Por La Causa .....	602-257-0700
Christy Center for Loss (non-denominational bereavement support group)	480-775-5202
Empact Suicide Prevention Center .....	480-784-1500 800-784-2433
Friendly House .....	602-257-1870
Hansen Mortuary Grief Support Program .....	602-944-1561
M.I.S.S. Foundation: Children's Grief Programs .....	623-979-1000
Mariposa Gardens Funeral Care Grief Support Groups .....	480-830-4422
Mothers Against Drunk Driving-AZ State Office (9-5 Mon.-Fri.) .....	602-234-1754
National Memorial Cemetery of Arizona (for burial of veterans) .....	602-379-4615
New Song Center for Grieving Children and Those Who Love Them ....	480-951-8985
Phoenix Interfaith Counseling .....	602-992-7521
Crisis Line .....	602-222-9444
Public Fiduciary .....	602-506-8040
(Assisting with County burial for indigent parties who qualify)	
Social Security Administration .....	800-772-1213
Stepping Stones of Hope/Camp Paz, Programs for grieving adults and children .....	602-264-7520
Value Options Behavioral Health Crisis .....	602-222-9444 800-631-1314
Veterans Administration .....	800-827-1000
Widowed With Children .....	602-765-1610

# You May Experience...

## Physical and Emotional Feelings You May Experience in Grief

### Physical:

Tightness in chest  
Irregular heartbeat  
Oversensitivity to noise  
Dry mouth  
Weakness of muscles

Fatigue  
Difficulty sleeping  
Nausea  
Irregular bowels  
Excessive perspiration

Breathlessness  
Tension, headaches  
Change in appetite  
Vulnerable to illness  
Tremors, shaking

### Mental/Emotional:

Sadness  
Guilt  
Numbness  
Confusion  
Loss of control  
Despair  
Shock  
Fear  
Flashbacks  
Sense of presence of the  
loved one who died

Anger  
Anxiety  
Yearning  
Social withdrawal  
Appetite changes  
Shock  
Depression  
Nightmares  
Absent-mindedness  
Preoccupation with  
memories, thoughts

Helplessness  
Hopelessness  
Denial  
Restlessness, overactivity  
Crying, sighing  
Denial  
Suicidal thoughts  
Panic attacks  
Abandonment  
Loss of ability  
for pleasure

# Who And How Do We Serve?

We are a *Safe Harbor* for Maricopa County families of automobile accident victims.

When a death occurs in an automobile accident, Safe Harbor will be there to help families and loved ones in a variety of ways:

- Providing limited financial assistance for funerals.
- Providing phone numbers and contact information for funeral homes and other related funeral arrangements.
- Providing a wide range of resources and support to family and loved ones with the many issues that arise immediately after the accident.

Safe Harbor will be there in the difficult weeks and months after the death, providing support in a variety of ways, to help family members through the grief process.

