



Connecting Humans
Mobile Chaplaincy



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Connecting Humans
Mobile Chaplaincy

Connecting Humans Mobile Chaplain
(CHMC) Presents



THE preparation guide

Steps for End of Life and
Beyond



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Our Mission

At **Connecting Humans Mobile Chaplaincy (CHMC)**, our heart lies in offering compassionate, accessible, and deeply meaningful spiritual support to individuals and families during their most challenging moments. Our mission is clear and deeply felt: to be there for you, wherever you are, whenever you need us.

CHMC Premium Services

- ❖ **Chaplain Support**
 - Virtual and in-person for flexible, compassionate guidance.
- ❖ **Self-Directed Grief Programs**
 - Personalized for various grief stages and types.
- ❖ **Bereavement Resources**
 - Organized by grief category for targeted support.
- ❖ **Support Groups**
 - Community healing through virtual and live events.
- ❖ **Grief Professional Directory**
 - Access to essential local support networks.
- ❖ **Educational Content**
 - Blogs, podcasts, insights, guided meditations and sleepscapes for learning and relaxation.

Connect With Us Today

Take the first step toward healing. Scan the QR code below to learn more about CHMC and discover how we can help you manage your grief with confidence and support.

CHMC Contact Information

- Phone: (813) 365 - 3730
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- Website: www.chaplainnetwork.com
- Socials: @CHMCConnect



About Connecting Humans Mobile Chaplaincy

Uniting Hearts, Virtual Support, In-Person Care

Our Story: A Journey of Compassion and Connection



Our journey is driven by a vision to provide spiritual and emotional guidance directly to those who need it. We believe in the power of accessibility; that genuine support knows no barriers and should meet you exactly where you are, both physically and emotionally. Born from this belief, Connecting Humans Mobile Chaplaincy has become a beacon of hope and guidance in the Tampa metropolitan area.

With a dedicated team of highly respected chaplains, each having completed rigorous training, we are proud to provide research and evidence-based support tailored to each survivor's unique journey. At the heart of Connecting Humans Mobile Chaplaincy is our commitment to creating personalized solutions that truly meet our clients' needs.

Whether you're looking for comfort at home in the Tampa Metro area or prefer the flexibility of virtual support, we're here to provide the care you need in the way that feels most comfortable for you. Our in-person and virtual options are designed to bridge the gap between heartache and healing, offering a hand to hold and a shoulder to lean on every step of the way.

Join us at **Connecting Humans Mobile Chaplaincy (CHMC)**, where every connection is a step toward healing, and each story shared touches a heart. Together, we walk the path of healing, fueled by compassion, driven by connection, and committed to your spiritual and emotional well-being. - Sam Williams | President/CEO

CHOOSING: TRADITIONAL FUNERAL | DIRECT CREMATION | GREEN BURIAL . 12

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injuries that occur under unusual or suspicious circumstances, to perform post-mortem examinations, and in some jurisdictions to initiate inquests.³⁴

- **Next of Kin** - One or more persons in the nearest degree of relationship to another person.³⁵
- **Palliative Medicine** - Palliative care is an approach that improves the quality of life of patients (adults and children) and their families who are facing problems associated with life-threatening illness. It prevents and relieves suffering through the early identification, correct assessment and treatment of pain and other problems, whether physical, psychosocial or spiritual.³⁶
- **“Pressers” (Vasopressors)** - A vasopressor is a drug that healthcare providers use to make blood vessels constrict or become narrow in people with low blood pressure. Often, these are people in shock who are unable to get enough blood to their vital organs. Without oxygen-rich blood, your organs can’t function, which can be fatal. If IV fluids don’t bring your blood pressure up to a normal level, providers can put vasopressors in your IV to help bring your blood pressure up. Types of common pressors include: Vasopressin (Pitressin® or Vasostrict®), Phenylephrine (Biorphen® or Vazculep®), Epinephrine, Norepinephrine, Dopamine, Angiotensin-II, Terlipressin.³⁷

³⁴ Lewis and Clark County: Glossary of Terms. (n.d.). Wwww.lccountymt.gov. Retrieved March 26, 2023, from

<https://www.lccountymt.gov/sheriff/coroner/glossary-of-terms.html#:~:text=Medical%20examiner%20%2D%20is%20a%20medically>

³⁵ Merriam-Webster. (n.d.). Next of kin. In Merriam-Webster.com dictionary. Retrieved March 17, 2023, from <https://www.merriam-webster.com/dictionary/next%20of%20kin>

³⁶ World Health Organization: WHO. (2020, August 5). Palliative care. <https://www.who.int/news-room/fact-sheets/detail/palliative-care>

³⁷ Vasopressors: Types, Purpose and Side Effects. (n.d.). Cleveland Clinic. <https://my.clevelandclinic.org/health/treatments/23208-vasopressors>

executed an advance directive, or designated a surrogate to execute an advance directive, or the designated or alternate surrogate is no longer available to make health care decisions, health care decisions may be made for the patient by any of the following individuals, in the following order of priority, if no individual in a prior class is reasonably available, willing, or competent to act: 1:Judicially appointed guardian, 2: Pt Spouse, 3: Adult Child, 4: Parent, 5: Adult Sibling, 6: Adult Relative, 7: Close Friend of Pt, 8: a Clinical Social Worker.³⁰

- **Healthcare Surrogate** - Your health care surrogate is a person you authorize via a Designation of Health Care Surrogate form to make medical decisions for you when you are unable to make your own decisions.³¹
- **Hospice** - A program designed to provide palliative care and emotional support to the terminally ill in a home or homelike setting so that quality of life is maintained and family members may be active participants in care.³²
- **Intubation** - Intubation is a process where a healthcare provider inserts a tube through a person's mouth or nose, then down into their trachea (airway/windpipe). The tube keeps the trachea open so that air can get through. The tube can connect to a machine that delivers air or oxygen. Intubation is also called tracheal intubation or endotracheal intubation.³³
- **Medical Examiner** - Is a medically qualified forensic pathologist and government official whose duty is to investigate deaths and

³⁰ Chapter 765 Section 401 - 2022 Florida Statutes. (n.d.).

<https://m.flsenate.gov/Statutes/765.401>

³¹ Health Care Surrogate. (2014, January 10). UF Health, University of Florida Health. <https://ufhealth.org/advance-directives/health-care-surrogate#:~:text=Your%20health%20care%20surrogate%20is>

³² Merriam-Webster. (n.d.). Hospice. In Merriam-Webster.com dictionary. Retrieved March 17, 2023, from <https://www.merriam-webster.com/dictionary/hospice>

³³ "Intubation: Purpose, Procedure and Potential Risks." Cleveland Clinic, 24 Sept. 2021, my.clevelandclinic.org/health/articles/22160-intubation.

Beginning the Journey

Feeling unprepared for a major life change, such as losing a loved one, can make the experience harder. This booklet is designed to help guide you through the difficult journey before, during, and after the loss. Throughout, you'll find checklists and resources to support you during this tough time.

Heart Check

"The journey of a thousand miles begins with one step." – Lao Tsu

During tough times, a flood of emotions might happen all at once. Not acknowledging or dealing with these feelings can make tough situations worse, leading to more difficult experiences for you, the survivor. So, it's important to regularly check in on how you're feeling. (See Emotional Processing in Glossary of Terms, Pg. 49)

"The End of One Journey... The Start of Another..."

While your loved one has finished their journey on this earth, your new path is just starting. Moving forward may look very different from your previous routines. Each step might feel tiring at times. Take moments to check in with yourself using emotional processing tools to assess different aspects of your being: Emotional, Spiritual, Psychological, and Physical. (See helpful tools, Pg. 15-27). If you find you need more self-care, follow the steps to find the peace you need to continue. During this grief journey, remember to sit, rest, drink water, eat, and heal.

In the Time We Still Have

When Your Loved One Can Share Their Wishes

Questions to Ask Your Loved One:

- Have you completed an Advance Directive that designates your healthcare surrogates?
- Have you created an Advance Directive or Living Will to specify what medical treatments you want or do not want?
- After passing, do you prefer to be cremated or buried?
- If cremation is chosen, how should we disperse the ashes?
- Is there anything specific you'd like us to speak, play, or display at the memorial?
- How do you feel when you're asked these questions?

When You Speak on Their Behalf

The caregiver, healthcare decision maker, proxy, or surrogate acts as the patient's voice. When making decisions, strive to represent what your loved one would want in each situation.

Checklist:

- ☐ Take a moment to breathe and check in with how you're feeling emotionally and physically.
- ☐ Gather keepsakes and memories from time spent with loved ones.
- ☐ Identify funeral providers within the Tampa Metro area (*See Local Providers, Pg. 37-47*)
- ☐ Make sure loved ones are there: Invite family and close friends to join you during this time. Offer support and comfort to each other.
- ☐ Seek spiritual or religious support by reaching out to a chaplain, spiritual leader, or representative from your loved one's faith community to offer comfort and guidance.
- ☐ Respect your loved one's end-of-life wishes: If they have previously shared their preferences or have an advance directive, honor their decisions and make sure healthcare providers know about them.

- **ECMO (Extracorporeal Membrane Oxygenation)** - Treatment providing respiratory and circulatory support for a patient that involves pumping blood from the body and through a membrane oxygenator to exchange carbon dioxide for oxygen and a heat exchanger to cool or warm the blood before returning it to the body.²⁷
- **Emotional Processing** - Emotional processing refers to the ability to evaluate one's own and others' feelings, using information from current cues and prior knowledge about social relationships and contexts. Relevant emotional information includes visual cues, such as facial expressions, body posture, and gestures, and auditory cues such as vocal expressions (e.g., sighs and exclamations), prosody, and tone of voice. Emotional information may also be present in written text and spoken conversation. Being able to process emotional information is a developmental skill that increases in competence and complexity as children learn to identify people's feelings in social situations, attribute reasons for the emotions, and regulate their own behaviors and emotional responses to achieve social goals.²⁸
- **Extubation** - Extubation is removing an endotracheal tube (ETT), which is the last step in liberating a patient from the mechanical ventilator. Other terms related to extubation are 'weaning' and 'liberation.'²⁹
- **Healthcare Proxy** – Per FL Statute 765 Section 401: If an incapacitated or developmentally disabled patient has not

²⁷ Merriam-Webster. (n.d.). Extracorporeal membrane oxygenation. In Merriam-Webster.com medical dictionary. Retrieved March 17, 2023, from <https://www.merriam-webster.com/medical/extracorporeal%20membrane%20oxygenation>

²⁸ Teh, Elizabeth J. "Emotional Processing in ASD." SpringerLink, Springer New York, 1 Jan. 1970, link.springer.com/referenceworkentry/10.1007/978-1-4614-6435-8_102316-1.

²⁹ Saeed, F., & Lasrado, S. (2020). Extubation. PubMed; StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK539804/>

Glossary of Terms

- **Advance Directive** - A legal document (such as a living will) signed by a competent person to provide guidance for medical and health-care decisions (such as the termination of life support or organ donation) in the event the person becomes incompetent to make such decisions.²⁴
- **Capacity (Mental Capacity)** - Capacity means the ability to use and understand information to make a decision, and communicate any decision made. A person lacks capacity if their mind is impaired or disturbed in some way, which means they're unable to make a decision at that time. Examples of how a person's brain or mind may be impaired include: mental health conditions, severe learning disabilities, brain damage, physical or mental conditions that cause confusion, drowsiness or a loss of consciousness.²⁵
- **Comfort Measures Only** - Comfort Measures Only (CMO) is a care plan that includes physician orders that address patient's potential bodily symptoms of discomfort that may be implemented when curative treatment has been stopped and death is expected.²⁶

²⁴ Merriam-Webster. (n.d.). Advance directive. In Merriam-Webster.com dictionary. Retrieved March 17, 2023, from <https://www.merriam-webster.com/dictionary/advance%20directive>

²⁵ NHS. (n.d.). Assessing capacity -Consent to treatment. NHS choices. Retrieved March 26, 2023, from <https://www.nhs.uk/conditions/consent-to-treatment/capacity/>

²⁶Dickerson, S. S., Khalsa, S. G., McBroom, K., White, D., & Meeker, M. A. (2022). The meaning of comfort measures only order sets for hospital-based palliative care providers. International journal of qualitative studies on health and well-being, 17(1), 2015058. <https://doi.org/10.1080/17482631.2021.2015058>

- ☐ Ensure your loved one's comfort and pain relief by collaborating with the healthcare team. Advocate for suitable medications or interventions to provide relief.
- ☐ Gather important documents like medical records, insurance papers, and legal files. These will help with administrative tasks after your loved one's passing.
- ☐ Notify close contacts: Contact immediate family, close friends, and employers to inform them of the situation. If necessary, delegate this responsibility to someone else.
- ☐ Make sure to check if your loved one has already arranged a funeral or memorial service. If not, start organizing one that respects their wishes or cultural and religious traditions.
- ☐ Foster emotional well-being: Promote open dialogue and offer emotional support to your loved one and other family members. Consider consulting grief counselors or therapists if necessary.
- ☐ Prioritize your well-being: During this difficult period, focus on self-care. Take regular breaks, eat nutritious meals, and rely on your support network. Considering counseling or joining support groups could also be beneficial. (See local support groups, Pg. 34)
- ☐ Consider the loved one's post-death preferences: talk about their wishes for organ donation, autopsy, and burial or cremation. Make arrangements if needed.
- ☐ Say your goodbyes: Cherish moments with your loved one by sharing love, gratitude, and addressing any unresolved issues. This can provide closure and bring peace to both of you.

The First Hours: When the Moment Comes

What happens/ What to do

Checklist

- ☐ Contact immediate family and support network.
- ☐ Contact the funeral provider, inform them of your loved one's location, and give the funeral details to the organization caring for your loved one.
- ☐ Locate documentation: Will, Insurance Policy Paperwork
 - * If a loved one has completed military service, there might be additional benefits available through VA programs. The CHMC Professional Crisis Assistance Chaplain has resources available.
- ☐ Obtain multiple copies of the death certificate from the funeral home for legal and financial needs.
- ☐ Gather important belongings or keepsakes for safekeeping.
- ☐ Make plans to handle loved ones' responsibilities and ensure pets are properly cared for.
- ☐ Work notifications to loved ones' workplaces
- ☐ Primary Care Physician Notification, _____, (____) _____
- ☐ Write an Obituary – take your time and include meaningful experiences that showcase who your loved one is to you.
- ☐ ☑ Hold a Funeral or Memorial service. Funeral providers often offer beautiful, home-like settings to honor your loved one.
- ☐ Check in with yourself emotionally. Practice self-care activities to support your grieving process (*See individual/group self-care practices, Pg.17. See reflection journaling, Pg. 19-27*)

Local Hospices		
Provider Name	Services Offered	Counties Covered
<u>Accent Care Hospice</u> 1408 N Westshore Blvd #260, Tampa, FL 33607 (855) 216-7197	❖ Inpatient Care ❖ Open Access ❖ Around Clock Care ❖ Nutritional support ❖ Music Therapy ❖ Namaste Care ❖ We Honor Veterans ❖ Bereavement Support ❖ Psychosocial Support	Hillsborough, Broward, Pasco, Pinellas, Miami-Dade, Monroe
<u>Empath Health Hospice</u> 5771 Roosevelt Blvd, Clearwater FL 33760 3935 W. Pinellas and Hillsborough (727) 467-7423 Collier, Lee, Glades, Hendry, DeSoto, Charlotte, Sarasota and Manatee P. (855) 843-	❖ We Honor Veterans ❖ Counseling/Training ❖ Grief Support Groups ❖ Memorial Services ❖ Aroma Therapy ❖ Music Therapy ❖ Integrative Medicine ❖ Palliative Arts	W Pinellas and Hillsborough Collier, Lee, Glades, Hendry, DeSoto, Charlotte, Sarasota and Manatee
<u>LifePath Hospice</u> 12470 Telecom Dr, 301 Temple Terrace, FL 33673 Hillsborough County (813) 877-2200	❖ Pediatric Program ❖ Open Access ❖ Valor Program ❖ Grief Support Group	Hillsborough County

		which provides a one-year period of pre-approval for individuals who are terminally ill or receiving hospice or palliative care in eligible states. Unlike organ donation, which provides transplants directly to patients, whole-body donation through Science Care supports medical training, research, and education—helping improve and save countless lives for generations to come.
<u>Sunshine Donation Services</u> 9070 Kimberly Blvd Boca Raton, FL 33434 https://sunshinecremation.com/ (561) 717-2876	Sunshine offers a No Cost Cremation Program as well as a \$1795 “Immediate Need Cremation Package”	Sunshine Donation provides a no-cost cremation option that includes removal from the place of passing, transportation to their facility, and cremation at no charge. Families may also request to have the ashes returned afterward. As part of a licensed funeral establishment, Sunshine Donation can arrange funeral or memorial services prior to the transfer for donation.

Acts of Remembrance & Tribute

Scattering Cremains | Turning Cremains Into Diamonds¹ | Visit Final Resting Place | Memorial Releasing of Biodegradable Balloons/Butterflies/Doves/Lantern (some place some of the cremains inside lantern) | Enjoy their favorite foods, music, shows | Plant a tree/shrub in memory of loved one | Donate to loved ones favorite charity or charity that is designed to support people like your loved one | Write a Letter to your loved one | Tribute Video with precious memories | Memory Time Capsule | Visiting Favorite Locations | Viking Sendoff² | Pacific Islander Funeral | Irish Wake | Treasure Hunt Remembrance Service³ | Golf Themed (For the golfer)⁴ | Beach Lover Memorial⁵ | Bio Urn Memorial Tree⁶ | Burning Man Festival Memorial (For the Free Spirit)⁷ | Roadside Memorial⁸ | Graveside Memorial Bench⁹ | Creating Quilt/Pillow from Clothing | Create Scholarship name in Honor of Loved One | Necklace Pendant with cremains inside

¹ Turning Ashes To Diamonds: Learn About The Process + FAQs (2020). (n.d.). <https://www.eterneva.com/resources/ashes-to-diamonds>

² Viking Style Send-off. (n.d.). Creative Funeral Ideas. <https://www.creative-funeral-ideas.com/viking-style-funeral.html>

³ Treasure Hunt Remembrance. (n.d.). Creative Funeral Ideas. <https://www.creative-funeral-ideas.com/treasure-hunt-remembrance.html>

⁴ Funeral For The Golfer. (n.d.). Creative Funeral Ideas. <https://www.creative-funeral-ideas.com/funeral-for-the-golfer.html>

⁵ Remembering The Beach Lover. (n.d.). Creative Funeral Ideas. <https://www.creative-funeral-ideas.com/remembering-the-beach-lover.html>

⁶ The Urn - Bios Urn. (2021, January 28). Bios Urn. <https://urnabios.com/urn/>

⁷ Burning Man Style Funeral. (n.d.). Creative Funeral Ideas. <https://www.creative-funeral-ideas.com/Burning-Man-Style-Funeral.html>

⁸ Painter, S. (2020, August 25). Roadside Memorial Facts and Ideas. LoveToKnow. <https://dying.lovetoknow.com/about-obituaries-memorials/roadside-memorial-facts-ideas>

⁹ Graveside Memorial Benches - Cemetery Granite Benches. (n.d.). Memorial Planning. <https://www.memorialplanning.com/funeral-products/memorial-benches>

One Month into the Journey

What happens/ What to do

Checklist

- ☐ Notify creditors, utility providers, Social Security, Veterans Administration, and Department of Motor Vehicles of the loved one's death.
- ☐ Obtain death certificates: Request multiple copies of the death certificate from the funeral home, as you may need them for insurance claims, closing accounts, and other purposes.
- ☐ File a life insurance claim to receive the disbursement.
 - You will need a death certificate from the funeral provider to process claims.
- ☐ Send copies of the Death Certificate received from the funeral provider to credit agencies to prevent identity theft.
- ☐ Send thank-you notes: Write notes to those who sent flowers, donated to charity, or helped during the funeral.
- ☐ Notify financial institutions: Inform banks, credit card companies, and other financial institutions of the death and close any joint accounts.
- ☐ Review wills and trusts: Inspect the wills and trusts of the deceased to decide the next steps for any assets or property left behind.
- ☐ Address outstanding bills: Notify utility companies, phone providers, and other service providers about the death, and settle any unpaid bills.
- ☐ Contact government agencies: Inform government agencies, such as the Social Security Administration, about the death and any benefits that may be available.
- ☐ Seek grief support: Reach out to family, friends, or a professional counselor to help you cope with your loss. (See Support Resources, Pg. 53-54)

Free Cremation Resources		
Crematorium	Requirements	Details of Service
United Tissue Network 12061 31 st Ct N Unit A St Petersburg, FL 33716 http://www.unitedtissue.org/ (877) 738-6111 United Tissue Network is a nonprofit 501c3, AATB accredited, whole-body donation company.	*Whole-body donation contributes to the advancement of medical technology, training and education. All donations are conducted and protected under the Uniform Anatomical Gift Act	UTN takes care of the costs connected to transferring your loved one from the place of passing to one of their facilities, arranging for cremation, and providing two official copies of the death certificate. The ashes are typically available within four to six weeks and are returned to the family through a licensed crematory. Families are welcome to pick up the cremated remains in person at the local office, or, if that is not possible, UTN can send them by certified mail to a chosen funeral home or residence within the United States. International shipping is not available.
Science Care 21410 N 19 th Ave Ste 126 Phoenix, AZ 85027 https://www.sciencecare.com/ (800) 417-3747 Science Care is a body donation to science program that offers no-cost cremation.	Science Care is a no cost option that includes transportation from the location of passing, cremation, the return of cremated remains not matched with a current Science Care program, and filing of the death certificate.	Once enrolled, Science Care offers a cost-free program that covers transportation at the time of passing, professional cremation, filing of the death certificate, and the return of ashes to the family. While participation in their program is not guaranteed, those who register gain priority review through the HOPE® Program,

<p><u>Tulip Cremation</u></p> <p>4615 N Nebraska Ave. Tampa, FL 33602 https://www.tulipcremation.com/cremation/tampa-fl.html P. (844) 942-4909</p>	<p><u>About:</u> “Tulip Cremation opened its doors in 2017 to offer dignified, direct cremation services at transparent, affordable pricing. As the nation's leading online direct cremation provider, Tulip enables families to make all arrangements remotely—by phone or online—from the comfort of their own home. Their 24/7 care team manages every detail, including transportation, documentation, cremation, and the safe return of the ashes. Additional services include a free obituary platform and options for personalized urns and memorial pieces, designed to ease the planning process with compassion and clarity. For assistance, call (844) 942-4909.</p>	<p><u>Cremation Service Includes</u></p> <ul style="list-style-type: none"> ❖ Transport of your loved one into our care ❖ Filing all paperwork ❖ Performing the cremation ❖ Safely returning the ashes home to you
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6 Months into the Journey

What happens/ What to do

Checklist

- ☐ Continue the grieving process: Grieving is a personal journey, and it may take longer than six months to find closure. Be gentle with yourself and consider seeking support from family, friends, or a therapist if needed.
- ☐ Review finances: Assess the deceased's financial situation to verify all debts and bills are paid, and ensure remaining assets are properly distributed according to the will or trust.
- ☐ Create Advance Directives: Apply the insights you've gained to clarify your end-of-life preferences. Likely, you have a clear idea of what you want and don't want in your final moments. Take this opportunity to draft and sign advance directives, such as a Living Will or appoint a Health Care Surrogate, to ensure your wishes are understood and respected.
- ☐ Seek legal counsel: If you are the estate's executor, consult a lawyer to ensure you have completed all your duties and resolve any remaining legal issues.
- ☐ Plan for anniversaries: Determine how to mark the first anniversary of your loved one's death, and think about ways to keep honoring their memory in the years ahead.

1 Year into the Journey

What happens/ What to do

Checklist

- ☐ Proceed with your grieving journey: Grief is a personal experience, so it's vital to allow yourself ample time and space to mourn your loved one. Don't hesitate to seek support from friends, family, or a therapist if needed.
- ☐ Review legal matters: Confirm that all legal issues concerning the estate are addressed, including unpaid debts or taxes. Examine the will or trust to ensure correct asset distribution.
- ☐ Review your financial and legal documents, like your will, trust, and life insurance policies, to ensure they are up-to-date and accurately reflect any changes in your life.
- ☐ Think about establishing a memorial or tribute: You might create a lasting tribute like a scholarship fund, a memorial bench or plaque, or make a charitable donation in their name to commemorate this anniversary. Use this occasion to reflect, remember, and build enduring family traditions.
- ☐ Prioritize self-care: Grief can impact your physical and emotional health, so it's essential to focus on activities that support well-being. Try to include exercise, meditation, or quality time with loved ones each day, especially during anniversaries and holidays.

	a basic plastic urn—all backed by transparent, affordable pricing. For assistance, call (727) 525-9219.	
<u>Florida Mortuary</u> 4601 N. Nebraska Ave. Tampa, Florida, 33603 https://floridamortuary.com P. (813) 279-8088	<u>About:</u> Florida Mortuary Funeral & Cremation Services, located at 4601 North Nebraska Avenue in Tampa, Florida, has been serving families with care and compassion since 1987. They provide affordable options for both cremation and traditional burial, as well as personalized funeral and life celebration services to honor loved ones in meaningful ways. With modern facilities, 24/7 availability, and convenient online arrangement tools, their team is committed to guiding families with dignity, respect, and support. For assistance, call (813) 279-8088.	<u>Cremation Service Includes</u> <ul style="list-style-type: none">❖ Direct Cremation❖ Cremation with Memorial Service❖ Traditional Cremation

	Available around the clock, they guide families with empathy and professionalism during difficult times. For inquiries, call (813) 957-2669.	Service with Burial
<u>Compassionate Cremations & Memorials</u> 14506 N Florida Ave Tampa, FL 33613 https://www.compassionatecremationsflorida.com P. (813) 946-8820	<u>About:</u> Compassionate Cremations & Memorials, located at 14506 N Florida Avenue in Tampa, Florida, is a family-owned funeral home serving the Greater Tampa Bay area—including Hillsborough, Pasco, Pinellas, Polk, Manatee, and Hernando counties. They offer direct cremation, memorial services, full funeral services, and burial options, providing intimate spaces for farewells, including a chapel and private viewing rooms. Accessible 24/7 and attentive to personalization, they guide families with genuine compassion through life's most difficult moments. For assistance, call (813) 946-- 8820.	<u>Cremation Service Includes</u> <ul style="list-style-type: none"> ❖ Simple Cremation ❖ Cremation Memorial ❖ Funeral Service with Cremation ❖ Direct Burial ❖ Graveside Service ❖ Funeral Service with Burial
<u>Florida Direct Cremation</u> 3121 44th Ave N, St. Petersburg, FL 33714 https://floridirectcremation.com/ P. (727) 525-9219	<u>About:</u> Florida Direct Cremation, located at 3121 44th Ave N in St. Petersburg, Florida, is a family-operated crematorium serving the Greater Tampa Bay area, including Pinellas, Hillsborough, Hernando, Manatee, Sarasota, and Pasco counties. Operating both its business office and crematory under one roof ensures streamlined, respectful handling of loved ones. Their experienced team focuses on straightforward, dignified cremation services, including transportation, legal documentation, cremation containers, and	<u>Cremation Service Includes</u> <ul style="list-style-type: none"> ❖ Transport ❖ Filing death certificate and documents ❖ Cremation container ❖ Plastic Urn

Choosing: Traditional Funeral | Direct Cremation | Green Burial

Traditional Funeral

This type of funeral, often referred to by funeral providers as a "traditional" funeral, usually includes a viewing or visitation and formal funeral service, use of a hearse to transport the body to the funeral site and cemetery, and burial, entombment, or cremation of the remains.¹⁰ (See *Traditional Funeral Providers*, Pg.37-45)

Direct Cremation

The body is cremated shortly after death, without embalming. The cremated remains are placed in an urn or other container. No viewing or visitation is involved. The remains can be kept in the home, buried, or placed in a crypt or niche in a cemetery, or buried or scattered in a favorite spot. Direct cremation usually costs less than the "traditional" full-service funeral. Costs include the funeral home's basic services fee, as well as transportation and care of the body.¹¹ Many crematoriums have basic packages and will work with families to accommodate special circumstances. If reaching out to local funeral homes do not produce acceptable results financially, contact Hillsborough County Medical Examiner Family Services Unit at **(813) 914-4591** Monday-Friday 7A.M.-3P.M. to discuss your options. (See *Direct Cremation Providers*, Pg. 42-45; See *Free Cremation Resources*, Pg. 46-47)

Green Burial

Green Burial, also called Natural Burial is comprised of 4 elements:

- ❖ The body isn't cremated or embalmed
- ❖ Biodegradable caskets, shrouds, and urns are used
- ❖ The body is not placed in a concrete vault
- ❖ May support land conservation and sustainable practices.¹²

¹⁰ Types of Funerals. (2012, July 27). Consumer Advice.

<https://consumer.ftc.gov/articles/types-funerals#:~:text=Direct%20Cremation->
¹¹ Medical Examiner faqs. Hillsborough County - Medical Examiner FAQs. (2023, February 10). Retrieved April 11, 2023, from

<https://www.hillsboroughcounty.org/en/residents/public-safety/medical-examiner/medical-examiner-faqs>

¹² Tan, S. (2021, September 3). What Are Green Burials? WebMD.

<https://www.webmd.com/a-to-z-guides/features/what-are-green-burials#091e9c5e82234700-1-2>

Local Green Burial

The median cost of conventional funerals with burial in 2019 was \$7,640. Add a vault, and that goes up to \$9,135. Cremations are cheaper, with the median cost about \$5,150. A casket is often the most expensive item in funeral costs. The average cost of a casket is about \$2,000. But caskets made of bronze, copper, or mahogany can sell for as much as \$10,000. Green burials may be less expensive. The price varies by region and type of green burial site. Green cemetery plots may cost more because they tend to be larger than those in a conventional cemetery. The cost ranges from \$1,000 to \$4,000. If you provide your own shroud or coffin, the funeral costs will be even lower.¹³



**Prairie Creek
Conservation
Cemetery**

Prairie Creek Conservation Cemetery
7204 SE COUNTY ROAD 234, GAINESVILLE, FL, 32641

(352) 336-5910 | (352)317-7307

INFO@PRAIRIECREEKCONSERVATIONCEMETERY.ORG

¹³ Tan, S. (2021, September 3). What Are Green Burials? WebMD.
<https://www.webmd.com/a-to-z-guides/features/what-are-green-burials#091e9c5e82234700-1-2>

<i>Direct Crematoriums</i>		
<u>Crematorium</u>	<u>About</u> <i>Please see website for pricing*</i>	<u>Services Offered</u>
<u>Abbey Affordable</u> 12541 Ulmerton Road in Largo, Florida 33774 https://abbeyaffordable.com P. 727-517-2340	<u>About:</u> Abbey Affordable Cremation & Funeral Services, Inc. is a family-owned, full-service funeral home based in Largo, Florida, proudly serving Pinellas County since 1999 with “Affordable Services with Dignity.” The firm specializes in low-cost cremation and burial services, offering urns, caskets, grave markers, transportation, and outer containers. Owned and operated by Donald P. Koma, Donna J. Koma, and licensed funeral director Justine Koma—with a combined 50+ years of experience—Abbey Affordable is located at 12541 Ulmerton Road, Largo, FL 33774, and can be reached at 727-517-2340 (also toll-free at 877-517-2340).	<u>Cremation Services Include</u> <ul style="list-style-type: none"> ❖ Cremation with Viewing ❖ Burial Services ❖ Transfer/Transport Services ❖ Supplemental Services ❖ Care of the Deceased
<u>Cremations of Greater Tampa Bay</u> 110 N Macdill Ave, Tampa, FL 33609 https://cremationstampa.com/ P. (813) 957-2669	<u>About:</u> Cremations of Greater Tampa Bay, Inc. is a family-owned and operated cremation provider located at 110 N. Macdill Avenue in Tampa, Florida. Serving the Tampa Bay region since 2012, their compassionate team offers affordable cremation options—direct cremation, cremation with memorial service, or viewing/visitation followed by cremation, in a respectful and supportive manner.	<u>Cremation Service Includes</u> <ul style="list-style-type: none"> ❖ All Inclusive Direct Cremation ❖ Cremation Memorial Service ❖ Viewing/Visitation Service with Cremation ❖ Viewing/Visitation

Local Funeral Homes/Crematoriums – Brandon/Lakeland

*List of local Funeral Homes/Crematoriums in Brandon/Lakeland Area. If funeral home has cremation capability it is marked with **

Brandon Cremation & Funeral Services * 106 Rolling Hills Blvd Valrico, FL 33594 P. (813) 654-4400 www.brandonfunerals.com	David Russell Funeral Home 2005 Bartow Rd, Lakeland, FL 33801 P. (863) 616-1131 www.davidrussellfuneralhome.com	Haught Funeral Home 708 W Dr Martin Luther King Jr Blvd, Plant City, FL 33563 P. (813) 717-9300 www.haught.care
Heath Funeral Chapel 328 S Ingraham Ave, Lakeland, FL 33801 P. (863) 682-0111 www.heathfuneralchapel.com	Hillsboro Memorial Funeral 2323 W Brandon, Brandon, FL 33511 P. (813) 689-8121 www.dignitymemorial.com	Hopewell Funeral Home 6005 S County Rd 39, Plant City, FL 33567 P. (813) 737-3128 www.hopewellfuneral.com
Lakeland Funeral Home 2125 Bartow Rd Lakeland, FL 33801 P. (863) 686-2125 www.lakelandfuneralhome.com	Richard Funeral Services Inc 233 N 9th St Haines City, FL 33844 P. (863) 353-1511 www.richardfuneralservices.com	Southern Funeral Care 10510 Riverview Dr, Riverview, FL 33578 (813) 671-3121 www.southernfuneralcare.com
Spangler Cremation Service 215 Imperial Blvd Ste A-3 Lakeland, FL 33803 P.(863) 644-0140 www.spangler-services.com	Stowers Funeral Home 401 W Brandon Blvd, Brandon, FL 33511 P. (813) 689-1211 www.dignitymemorial.com	Wells Memorial & Event Center 1903 W Reynolds St, Plant City, FL 33563 P. (813) 752-1111 www.dignitymemorial.com

About: Prairie Creek Conservation Cemetery is a nonprofit, state-licensed community burial ground located within a protected natural preserve outside Gainesville. It holds the highest certification from the Green Burial Council and partners with Alachua Conservation Trust to protect the site through a permanent conservation easement with Alachua County. Covering 93 acres of meadows and woodlands, this cemetery offers natural burials—without embalming, vaults, or synthetic materials—allowing people to return naturally to the earth in a pristine environment full of native plants and wildlife.

The following services are needed for a burial at PCCC:

- Completion of state-mandated paperwork
- Body preparation (shrouding/casketing/etc.)
- Refrigeration (unless burial is done within 24 hours of death)
- Transportation of the body

Local Funeral Homes That Work Closely with Green Burial Provider, Prairie Creek Conservation Cemetery:

Segal Funeral Home ➤ Tampa, FL (813) 874-3330	Baldwin Brothers Funeral Home ➤ Orlando & Central, FL (877) 410-2424
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Processing the Journey

Overview/How To Use

Reflection/Journaling

Below are short reflection readings and journaling prompts. Use each journaling session as an opportunity to work through the difficult emotions you've been experiencing lately. If you need more space, take extra paper to complete your thoughts until you feel ready to stop. (Pg.19-27)

Self-Care Bank

Attached to each day there will be a Self-Care Bank listing numbers 1-5 (see example to the right). Use this section to write the self-care activities you plan on completing that day. Pay special attention to your emotional state before and after completing your self-care. Identify which activities help raise your "personal wellness". Everyone is different; find the most helpful self-care practices and create a lasting routine that works for you. (Pg.17)

Self-Care Bank (Ex.)

- | | |
|---|-------------|
| 1 | Walk |
| 2 | Journal |
| 3 | Watch Movie |
| 4 | Counseling |
| 5 | Stretch |

Feelings Wheel

Use the CHMC Feelings Wheel to help identify a specific emotion during your processing. This tool can be helpful in several ways; one is by starting in the middle to determine a general feeling and then finding a more specific emotion word on the outside. You can also identify more complex emotions and simplify them by beginning on the outer edge and moving inward. (Pg.18)

Healing Practices & Personal Tools

"Personal Wellness" (PW) Level Check (0-100)

Used to measure how fulfilled you are in life right now.

Local Funeral Homes/Crematoriums – St Petersburg

List of local Funeral Homes/Crematoriums in St Petersburg/Clearwater Area. If funeral home has cremation capability it is marked with *

Abbey Affordable Cremation 12541 Ulmerton Rd, Largo, FL 33774 P. (727) 517-2340 www.abbeyaffordable.com	Anderson McQueen Funeral Home 2201 Dr M.L.K. Jr St N, St. Petersburg, FL 33704 (727) 202-2120 https://andersonmcqueen.com/	Beach Memorial Chapel 301 Corey Ave, St Pete Beach, FL 33706 (727) 360-5577 www.dignitymemorial.com
Brett Funeral Home and Cremation Services 4810 Central Ave, St. Petersburg, FL 33711 (727) 321-3321 http://www.brettfuneralhome.net/	Brewer & Sons Funeral Home 2966 Belcher Rd, Dunedin, FL 34698 P. (727) 314-4991 www.brewerfuneral.com	Curlew Hills Memory Gardens 1750 Curlew Rd, Palm Harbor, FL 34683 (727) 789-2000 https://www.curlewhills.com/
David C Gross Funeral Homes 6366 Central Ave, St. Petersburg, FL 33707 (727) 201-5095 https://davidcgross.com/	Memorial Park Funeral Home and Cemetery 5750 49th St N, St. Petersburg, FL 33709 (727) 369-8228 https://www.memorialparkfuneralhome.com/	Moss Feaster Funeral Home * 693 S Belcher Rd, Clearwater, FL 33764 P. (727) 287-6509 www.mossfeaster.com
Sanchez Rehoboth Mortuary and Cremation Services, LLC 6501 25 Way S, St. Petersburg, FL 33712 (727) 317-0035 http://www.sanchezmortuary.com/	Smiths Funeral Home Inc 1534 18th Ave S, St. Petersburg, FL 33705 (727) 894-2266 https://www.smithfhinc.com/	Slyvan Abbey Funeral 2853 Sunset Point Rd, Clearwater, FL 33759 (727) 796-1992 www.dignitymemorial.com

Local Funeral Homes/Crematoriums –Bradenton

List of local Funeral Homes/Crematoriums in Bradenton/Sarasota Area. If funeral home has cremation capability it is marked with *

Baldwin Brothers Funeral/Cremation 3825 FL-64, Bradenton, FL 34208 (941)222-1300 www.baldwincremation.com/bradenton-funeral-home-cremations/	Brown & Sons Funeral Home and Crematory 604 43rd St W, Bradenton, FL 34209 (941) 758-7788 www.brownandsonsfuneral.com/	Covell Funeral Home and Cremation 4232 26th St W Bradenton, FL 34205 P. (941) 739-5500 (under Covell) www.legacy.com
Gendron Funeral and Cremation 135 N Lime Ave Sarasota, FL 34237 P (941) 365-1767 www.gendronfuneralhome.com	Good Earth Crematory 501 17th Ave W, Bradenton, FL 34205 (941) 748-7756 http://www.goodearthcrematory.com/	Groover Funeral Home 1400 36th Ave E, Ellenton, FL 34222 (941) 722-6602 www.dignitymemorial.com
Maloney Funeral Home 2401 Cattlemen Rd Sarasota, FL 34232 P. (941) 759-3133 www.mfhcares.com	Robert Toale and Sons Funeral Home 1221 53rd Ave E, Bradenton, FL 34203 (941) 755-2688 www.dignitymemorial.com	Shannon Funeral Home 1015 14th St W, Bradenton, FL 34205 (941) 746-2111 www.shannonfuneralhomes.com/
Sun City Center Funeral Home 1851 Rickenbacker Dr, Sun City Center, FL 33573 (813) 279-8330 https://www.suncitycenterfuneralhome.com/	Westside Funeral Home 204 7th St W Palmetto, FL 34221 P. (941) 722-4960 www.westsidefh.com/	Your Traditions Cremation & Funeral Chapel 2118 Constitution Blvd Sarasota, FL 34231 P. (941) 921-4247 www.yourtraditionsfuneralhome.com

- On a scale of 0 to 100, where 100 is feeling your best overall (mentally, spiritually, physically, emotionally), what number best reflects how you currently feel?
- What self-care tools can you use to reach and maintain 100? (Pg. 17)

Anxiety Level Assessment (0-100)

Used to identify your current level of anxiety, whether experiencing or remembering. (“Anxiety” – Using a definition of “fear of the future in relation to grief” as opposed to a medical diagnosis by a practitioner)

- With 100 being the highest possible level of anxiety, what number, 0-100, reflects your current level of anxiety?

Core Emotion Level Check (1-10)

Joy| Sadness| Anger

Used to measure your current levels of core emotions—Joy, Sadness, and Anger—on a scale from 1 to 10.

- With 10 being high and 1 being low, what number reflects your current level of Joy, Sadness, and Anger?

Creating Your Rhythm

Use a blank calendar to track your levels. When you notice changes in your PW - Personal Wellness - level, see if they relate to your anxiety or core emotions levels (often, a decrease in PW - Personal Wellness - is due to increased anxiety, sadness, or anger). If so, use the calendar to identify any events that occurred during that time, which might have caused the change. If you observe a decrease in PW - Personal Wellness - or an increase in anxiety, identify emotion-processing self-care tools and start practicing them. Check your levels immediately before and after using the tool. Record any changes on the calendar. If a self-care tool does not produce the desired change, adjust it or remove it from your emotion-processing toolkit and find another consistent, healthy self-care tool to help you. (Pg.17)

Emotion Tracker Ex.

PW: 70

Anxiety: 50

Core Emotions:

Joy: 6

Sadness: 4

Anger: 3

Your Healing Toolkit	
<i>Activities you connect with and enter into daily self-care bank</i>	
Individual	Group
<ul style="list-style-type: none"> ▪ Sleeping ▪ Eating ▪ Meditation ▪ Prayer ▪ Breathing Practices ▪ Read Book ▪ Watch Movie ▪ Take Walk ▪ Journal ▪ Cook/Order Fav. Meal ▪ Exercise ▪ Spend time in Nature ▪ Take bath/shower ▪ Turn off phone ▪ Practice Yoga ▪ Sleep w Weighted Blanket ▪ Learn something new ▪ Color/Draw ▪ Listen to podcast/book ▪ Drink Water ▪ Write letter to loved one ▪ Start skincare routine ▪ Stargaze ▪ Stretch ▪ Create Bucket List ▪ Start Gratitude Journaling ▪ De-clutter ▪ Seek counseling/therapy ▪ Play a game you enjoy 	<ul style="list-style-type: none"> ▪ Share Memories ▪ Encourage sharing/tears ▪ Have memorial/family meeting ▪ Group meditation/mindfulness ▪ Art therapy Session ▪ Journaling/Creative Writing ▪ Group book club/movie night ▪ Music Therapy ▪ Group nature activities (gardening/bird watching) ▪ Group discussion circle ▪ Group game night ▪ Group outing to spa or wellness center for relaxation ▪ Group craft/DIY projects ▪ Volunteer work with a local charity or organization ▪ Group sessions with grief counselor ▪ Yoga/Gentle Stretching classes

Gudes Funeral Home 4050 E Hillsborough Ave Tampa, FL (813) 626-5000 https://www.gudesfuneralhomes.com/	Harmon Funeral Home 5002 N 40 th Street Tampa, FL 33610 P. (813) 626-8600 www.harmon-funeralhome.com	Jackson Funeral Home 4605 N 34th St Tampa, FL 33612 P. (813) 933-4950 www.jacksonfuneralhometampa.com
MacDonald Funeral Home 10520 N Florida Ave Tampa, FL 33612 P. (813) 933-4950 www.macdonaldfuneral.com	Ray Williams Funeral Home 301 N Howard Ave Tampa, FL 33606 P. (813) 253-3419 www.raywilliamsfuneralhome.com	ScrivensJohnson Mortuary 8410 Temple Terrace Highway, Tampa, FL 33637 P. (813) 980-1911 www.scrivensjohnsonmortuary.com
Segal Funeral Home 3909 Henderson Blvd Tampa, FL 33629 P. (813) 874-3330 www.segalfuneralhome.com	Stone's Memorial Funeral Home 5016 N 22nd St Tampa, FL 33610 P. (813) 237-1134 www.stonesmemorialfuneralparlor.com	Swilley Funeral Home 1602 W Waters Ave Tampa, FL 33604 P. (813) 932-6157 www.swilleyfuneralhome.com
Tampa Garden of Memories 4207 E Lake Ave Tampa, FL 33610 (813) 626 3161 https://www.dignitymemorial.com	Trinity Memorial Gardens 12609 Memorial Dr. Trinity, FL 34655 P. (727) 203-4055 www.trinitymemorial.com	Wilson Funeral Home 3000 N 29th St Tampa, FL 33605 P. (813) 248-6125 www.wilson-funeralhome.com

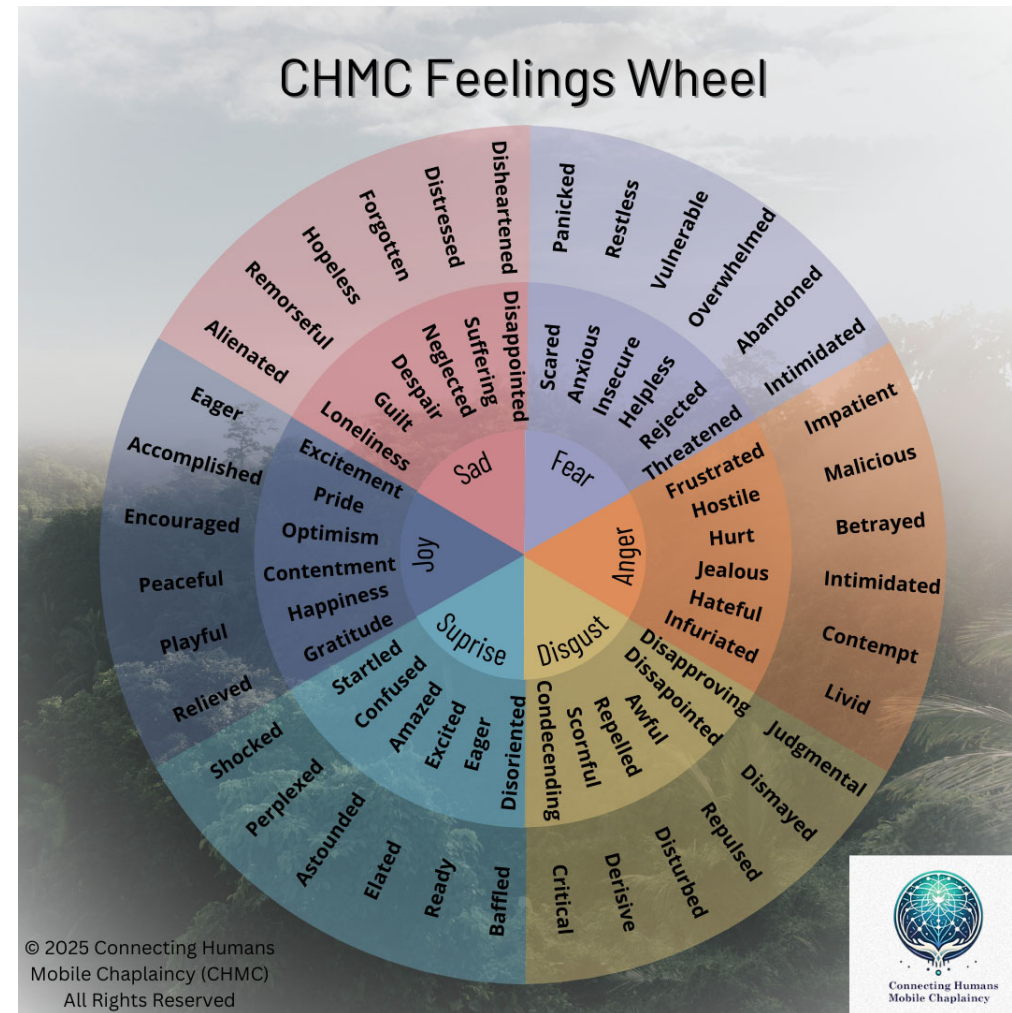
Local Funeral Homes/Crematoriums - Tampa Metro

List of local Funeral Homes/Crematoriums in Tampa Metro Area. If funeral home has cremation capability it is marked with *

Adams and Jennings Funeral Home 6900 N Nebraska Ave Tampa, FL 33604 (813) 237-3345 https://www.adams-jennings.com/	Aden Funeral Home 8037 Dr M L King Blvd Tampa, FL (813) 630-1800 https://www.sereneoasisfunerals.com/	Aikens Funeral Home 2708 E Dr Martin Luther King Blvd Tampa, FL (813) 232-8725 https://www.aikensfuneralhome.com/
Blount & Curry Funeral Home(S Macdill) 605 S Macdill Ave Tampa, FL 33609 (813) 876-2421 https://www.dignitymemorial.com	Blount & Curry Funeral Home(Silvermill) 6802 Silvermill Dr Tampa, FL 33635 (813) 844-4444 https://www.dignitymemorial.com/	Blount & Curry Funeral Home(Carrollwood) 3207 W Bears Ave Tampa, FL 33618 (813) 968-2231 https://www.dignitymemorial.com
Blount & Curry Funeral Home (E Lake) 4207 E Lake Ave Tampa, FL 33610 P. (813) 626-3161 www.dignitymemorial.com/	Boza & Roel Funeral Home 4730 N Armenia Ave Tampa, FL (813) 835-4991 https://www.bozaroel.com/	Brewer & Sons Funeral Homes (Tampa Chapel) 3328 S Dale Mabry Hwy Tampa, FL 33629 (813) 835-4991 https://www.brewerfuneral.com/contact/tampa-chapel
Cremations of Greater Tampa Bay 110 N MacDill Ave Tampa, FL 33609 P. (813) 957-2669 www.cremationstampa.com	Florida Mortuary 4601 N Nebraska Ave Tampa, FL 33603 813 237 29003 https://floridamortuary.com/	Gonzalez Funeral Home 7209 N Dale Mabry Tampa, FL 33614 (813) 931-1833 https://www.dignitymemorial.com/

CHMC Feelings Wheel

Identifying emotions - The center of the circle is more general, while outside the circle is more specific.



Pages for Your Journey



Reflections on Dealing with Grief and Loss
For Electronic Version and “How To” See QR Code



- Burial at Sea Program¹⁹
- Survivors Pension²⁰
- VA Life Insurance²¹

Local VA Cemeteries

- Bay Pines National Cemetery
 - 10000 Bay Pines Blvd St. Petersburg, FL 33744-0477
 - (727) 319-6479
- Florida National Cemetery
 - 6502 SW 102nd Ave Bushnell, FL 33513-8914
 - (352) 793-7740
- Sarasota National Cemetery
 - 9810 State Rd 72 Sarasota, FL 34241-9574
 - (941) 922-7200

Local VA Benefits Office (Burial Claim Help)

- St Petersburg VA Regional Benefit Office
 - 9500 Bay Pines Blvd. St. Petersburg, FL 33744
 - (800) 827-1000

Local VA Assistance (Support and Bereavement Counseling)

- Tampa Vet Center (Gold Star Family Grief Counseling)²²
 - 9206 King Palm Drive Tampa, FL 33619
 - (813) 372-0400
- Supportive Services For Veterans Families (SSVF)²³
 - 14155 58th St N Ste 211, Clearwater, FL 33760
 - (727) 210-4211

¹⁹ Burial at sea. (2021, April 30). Veterans Affairs. <https://www.va.gov/burials-memorials/eligibility/burial-at-sea/>

²⁰ VA Survivors Pension. (2020, July 30). Veterans Affairs. <https://www.va.gov/pension/survivors-pension/>

²¹ VA life insurance | Veterans Affairs. (2022, May 5). Veterans Affairs. <https://www.va.gov/life-insurance/>

²² “Tampa Vet Center.” Veterans Affairs, www.va.gov/tampa-vet-center/.

²³ “Home.” 211 Tampa Bay Cares, 211tampabay.org/. Accessed 31 Jan. 2024.

Veteran VA Benefits



As we offer these resources to our veterans and their families, we sincerely thank you for your service and sacrifice. Your bravery and dedication have not only protected our freedoms but have also motivated a nation. May this page serve as a modest symbol of our appreciation, guiding you toward the support and recognition you truly deserve.

Burial allowance amounts for a non-service-connected death

Maximum burial allowance if the Veteran died on or after January 5, 2023: \$893 for burial and \$893 for a plot.

Headstone or marker allowance amounts

* Headstone or marker allowance amounts depend on when the Veteran died.

Maximum headstone or marker allowance: If the Veteran died on or after October 1, 2021, up to \$807 may be provided as a burial allowance and \$807 for a plot if the death was not service-related but the veteran was hospitalized by the VA at the time of death.

Helpful Links

- Office of Survivors Assistance¹⁵
- VA Burial Benefits and Memorial Items¹⁶
- Pre-need eligibility for burial in VA Cemetery¹⁷
- Schedule a Burial¹⁸

¹⁵ FAQs - Office of Survivors Assistance. (n.d.). [www.va.gov](https://www.va.gov/survivors/faqs.asp).
<https://www.va.gov/survivors/faqs.asp>

¹⁶ VA Burial Benefits and Memorial Items. (2018). VA.gov.
<https://www.va.gov/burials-memorials/>

¹⁷ Pre-need eligibility for burial in a VA cemetery. (2022, November 16). Veterans Affairs. <https://www.va.gov/burials-memorials/pre-need-eligibility/>

¹⁸ Schedule a burial for a Veteran or family member. (2022, November 7). Veterans Affairs. <https://www.va.gov/burials-memorials/schedule-a-burial/>

The Moment After (Day One)

What it feels like

Reflection:

Right now, in the earliest moments of grief, you might:

Weep, shout, vent, wail, rock back and forth, clap, laugh, sing, become nauseous, be filled with rage, be unable to control your thoughts and feelings, or, go numb, silent, cold, be fatigued, be unable to cry, be unable to think clearly, hide, curl up, go blank.

Both of these expressions—extreme emotion and shutting down—are valid. Everyone, every body, goes through grief differently. The romanticized depictions of grief as somber and saintly often emerge from our discomfort with what is seen as “abnormal.” But grief doesn’t look Hollywood; there is no “right” way to react to devastation. The way we grieve varies just as much as our individual needs.

Your body will experience everything that it needs to in your loss. I hope no one will shame you or berate you for it. May you find physical safety and non-judgmental presence from your community as your body reacts to this hard and heavy new reality.

-J.S. Park, *Professional Crisis Support Chaplain*

Focus Questions:

- Where do you feel grief in your body?
- What helpful things have others said to you in your grief?
- What unhelpful things have others said to you in your grief?

Journaling Your Experience

Emotion Tracker

PW: ____

Anxiety: ____

Core Emotions:

Joy: ____

Sadness: ____

Anger: ____

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.

1. _____
2. _____
3. _____
4. _____
5. _____

Do not stand at my grave and weep;
I am not there. I do not sleep.
I am a thousand winds that blow.
I am the diamond glints on snow.
I am the sunlight on ripened grain.
I am the gentle autumn rain.
When you awaken in the morning's hush
I am the swift uplifting rush
Of quiet birds in circled flight.
I am the soft stars that shine at night.
Do not stand at my grave and cry;
I am not there.
I did not die.
-Clare Harner

Remember Me:
To the living, I am gone.
To the sorrowful, I will never return.
To the angry, I was cheated,
But to the happy, I am at peace,
And to the faithful, I have never left.
I cannot be seen, but I can be heard.
So as you stand upon a shore, gazing at a beautiful sea - remember me.
As you look in awe at a mighty forest and its grand majesty - remember me.
As you look upon a flower and admire its simplicity - remember me.
Remember me in your heart, your thoughts, your memories of the times we
loved, the times we cried, the times we fought, the times we laughed.
For if you always think of me, I will never be gone.
-Margaret Mead

Accent Care Bereavement Group – Tampa | Pinellas Counties
(813) 607-2630 – Call for more information

Circle of Love Center - 4200 W Cypress St Ste 100 Tampa FL 33607
(813) 357-5610

Empath Grief Care – Pinellas | Hillsborough Counties
(727) 523-3451 | En Espanol (727) 523-3451

Tidewell Grief Care – Sarasota | Manatee | Charlotte | DeSoto Counties
(941) 845-3061 | En Espanol (941) 894-1704

Judaism

Phases of Bereavement

“A Time to Mourn, A Time to Comfort” (*Jewish Lights Publishing, 1993*).

Phase	Time	Major Practices
Phase One: Aninut	<i>Time:</i> From the moment of death until the conclusion of the funeral.	Making funeral arrangements, preparing for the funeral, no mourning, no prayer services, no “official” condolence calls.
Phase Two: Aveilut (for Seven Relatives)	<i>Time:</i> Seven days of shiva beginning at the conclusion of the funeral through the next six days, unless cancelled by a festival. The first three days are for intense mourning, followed by four days of mourning and reflection.	“Sit” at home, say Kaddish [prayer recited by mourners in praise of God] at prayer services conducted in the home, receive consolers, no work or shaving.
Phase Three: Sheloshim - 30 Days	<i>Time:</i> From the end of shiva through 30 days from the day of burial.	Return to work, say Kaddish at prayer services in the synagogue, no entertainment, men do not shave.
Phase Four: Shanah–11 Months (for Parents)	<i>Time:</i> From the day of burial through 11 months.	Saying Kaddish at prayer services in the synagogue, some restrictions on behavior until a full year has passed, unveiling of gravestone.
Phase Five: Yahrzeit	<i>Time:</i> Anniversary of the day of death.	Say Kaddish at prayer services in the synagogue, light a memorial candle, give tzedakah
Phase Six: Yizkor	<i>Time:</i> Yom Kippur, Shemini Atzeret, last day of Passover, second day of Shavuot.	Recite special memorial services in the synagogue, light memorial candle give tzedakah

Local Jewish Synagogues

Congregation Rodeph Sholom (Conservative)

2713 Bayshore Blvd, Tampa, FL 33629 | (813) 837-1911

Congregation Schaarai Zedek (Reformed)

3303 W Swann Ave, Tampa, FL 33609 | (813) 876-2377

Power of Presence (Day Two)

Where you can be

Reflection:

The ability to be fully in tune to the present moment is a hidden superpower of every human. In our minds, we often jump to the past and to possible futures at will to explore as one might with a hobby. While exploring future possibilities and past routes can be uplifting, there are times where fear of future unknowns or focusing on past regrets create a negative anxiety filled experience. When you feel yourself becoming emotionally overwhelmed with the past or future anchor yourself to the present through your 5 senses; Taste, Touch, Sight, Hearing, and Smell. Taste each ingredient in your food, feel the air inflate your lungs and exit your nose, notice the temperature and texture of your seat.. Remember you are not in the past or future; you are right here in the present.

Humans are able to handle many challenging situations by using a step-by-step approach. Trust yourself. Trust all will be handled in time. Be present and feel everything deeply so that later you will recall every detail. While capable of traveling to the future and the past, it is your right to be in the present.

– Sam Williams, M.Div., *CHMC President/CEO*

Focus Questions:

- Can you feel when you start to become overwhelmed? What happens to your body physically? (Biting nails, Sweating, Etc.)
- Which senses help you to anchor you to the present the best?

Journaling Your Experience

Emotion Tracker

PW: ____

Anxiety: ____

Core Emotions:

Joy: ____

Sadness: ____

Anger: ____

"While capable of traveling to the future and the past, it is your right to be in the present."

1. _____
2. _____
3. _____
4. _____
5. _____

Islam

Wisdom & Scripture on Death and Dying

“Belief in the soul and the afterlife gives a context to our current existence. Those who focus only on this immediate life miss out on the bigger picture. Indeed, they become heedless of their purpose in life. God reminds humanity, ‘The life of this world is merely an amusement and a diversion; the true life is in the Hereafter, if only they knew.’ (Quran 29:64)” – *Why Islam: Life After Death (Pamphlet)*

“Muslims seek salvation in the hereafter by living a God-conscious and virtuous life in this world. The fear of accountability in the hereafter, along with the hope in the promise of God’s ultimate justice, motivates them to orient their present lives around the comprehensive worship of God, the true purpose of human existence. In this way, they endeavor in this temporary life for eternal Joy. [To the righteous it will be said], ‘O reassured soul, return to your Lord, well-pleased and pleasing [to Him], and enter among My [righteous] servants, and enter My Paradise’ (Quran 89:27-30)” – *Why Islam: Life After Death (Pamphlet)*

“When a person dies, all his deeds come to an end except 3, Sadaqah Jariyah, a righteous child who will pray, beneficial knowledge...May Allah bless us with the death only when all our sins are forgiven and when He is pleased with us. Amen.”- Islamic Society of Tampa Bay Area Funeral Janaza Services Booklet

Local Masjids

Alqassam Masjid

5910 E 130th Ave, Tampa, FL 33617 | (813) 985-9433

Islamic Society of Tampa Bay

7326 E Sligh Ave, Tampa, FL 33610 | (813) 628-0007

Masjid Al-Ansar

4334 W Waters Ave, Tampa, FL 33614 | (727) 383-1715

Masjid Omar Al Mokhtar

1307 W North B St, Tampa, FL 33606 | (813) 217-5531

Hindu

Hindu Death Rituals

A variety of Hindu and Indian death rituals honor the deceased and support the reincarnation process. The family gathers to practice various rituals, such as:

Washing: The washing of the body includes special ingredients, such as milk, honey, ghee, and yogurt.

Essential Oils: The person's head may be anointed with essential oils: sandalwood for men and turmeric for women.

Dressing: Traditional Indian death rituals include a simple white sheet to dress the person who has died. More modern practices allow for contemporary, stylish clothing.

Flowers and Rice: Funeral attendees may place a garland of flowers and rice balls (known as *pinda*) around the loved ones. Leaves, such as basil, may also be used to adorn the body.

Lamp: Some traditional practices involve placing a lamp near the head of the person who has died.

Water: Sprinkling water on the body is a symbol of cleansing.¹⁴

Local Hindu Temples

Hindu Sanatan Mandir Tampa

311 E Palm Ave, Tampa, FL 33602 | (813) 221-4482

Hindu Temple of Florida

5509 Lynn Rd, Tampa, FL 33624 | (813) 962-6890

Shree Mariamman Devi Temple Inc.

6311 Palm River Rd, Tampa, FL 33619 | (813) 494-2317

Shree Raam Mandir

7411 E Comanche Ave, Tampa, FL 33610 | (813) 334-0443

¹⁴ "Understanding Hindu Death Rituals and Customs." *End-of-Life and Funeral Planning Resources*, www.myfarewelling.com/article/hindu-funeral. Accessed 3 Jan. 2024.

Just Breathe (Day Three)

How to press pause

Reflection:

Stop for a moment...Close your eyes, take a deep breath. Just like that, breathe in, hold and slowly breathe out. Repeat, breathe in through your nose, hold and slowly release that breath back out. Breathing in what seeks to hold you safely in this moment, releasing that which no longer serves you.

As you navigate this ongoing journey, remember to take pause and find that which centers you. When the ground beneath you feels as though it may give way and the world around you seem to be in a constant swirl, find that memory or that moment that helps you to discover your own stillness in what may appear to be chaos. There you will find your peace. Be gentle with yourself in these moments as you offer those around you grace, be sure to reserve some for yourself and don't forget to breathe.

In the days ahead when family and friends return home and the days turn into months, the months into years, know that grief may show up in unexpected forms and often during unexpected times. Take pause, recognize and honor these emotions and feelings knowing that often times out of pain, suffering, struggle or grief, a strength emerges that you did not know you had. Learn to give language to these feelings, thoughts and emotions. This may help you as you navigate through this healing journey.

Your journey is your own, greet each moment, each day and realize that it is ok to not be ok. There will be days when you must remind yourself just how to put one foot before the other and other days where you feel you have found a new normal. Hold fast to each of them and don't forget to breathe.

— LaShawn Smith, *Professional Crisis Support Chaplain*

Focus Questions:

- Are you breathing? What does breathing mean for you?

Emotion Tracker

PW: ____

Anxiety: ____

Core Emotions:

Joy: ____

Sadness: ____

Anger: ____

- What area in your life are you needing to honor and recognize?

Journaling Your Experience

[illegible]

*May sustaining grace surround you
as you allow these words to
permeate your soul while learning
to embrace this space where joy
and sorrow coexist.*

Self-Care Bank

1. _____
2. _____
3. _____
4. _____
5. _____

Christian – Protestant

Prayers For Difficult Times

Death of Child – *“Blessed are they that mourn for they shall be comforted.”* Matthew 5:4 NIV

Prayer – “I know that those around me are grieving for my child as well, God. And yet my own grief is unique, for the bond I shared with my child was all my own. Thank You for understanding when no one else does.”

Death of Parent – *“I will not leave you as orphans; I will come to you.”*

John 14:18 NIV

Prayer – “I wasn’t prepared for how much this would hurt, Jesus. Please walk with me through this grief. Let me allow this grief to teach me what You would have me learn.”

Death of Spouse – *“Be merciful to me, LORD, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief. Psalm 31:9*

NIV

Prayer— “Thank You, Lord, for my spouse’s life. I am so glad You brought this person into my life. Without this partner, I would not be who I am today. Please continue to bless me through the memories I treasure of our time together.”

Local Christian Churches

Crossover Church

1235 E Fowler Ave, Tampa, FL 33612 | (813) 971-8887

Hyde Park Presbyterian Church

1309 W Swann Ave, Tampa, FL 33606 | (813) 253-0069

Hyde Park United Methodist

500 W Platt St, Tampa, FL 33606 | (813) 253-5388

New Mt Zion Missionary Baptist Church

2511 E Columbus Dr, Tampa, FL 33605 | (813) 248-8101

Saint John the Baptist Greek Orthodox Church

2418 W Swann Ave, Tampa, FL 33609 | (813) 876-8830

Tampa First Seventh-day Adventist Church

822 W Linebaugh Ave, Tampa, FL 33612 | (813) 933-7505

Christian - Catholicism

Catholic Funeral Rites

“At the death of a Christian, whose life of faith was begun in the waters of baptism and strengthened at the eucharistic table, the Church intercedes on behalf of the deceased because of its confident belief that death is not the end nor does it break the bonds forged in life. The Church also ministers to the sorrowing and consoles them in the funeral rites with the comforting word of God and the sacrament of the Eucharist. Christians celebrate the funeral rites to offer worship, praise, and thanksgiving to God for the gift of a life which has now been returned to God, the author of life and the hope of the just. The Mass, the memorial of Christ's death and resurrection, is the principal celebration of the Christian funeral. The Church through its funeral rites commends the dead to God's merciful love and pleads for the forgiveness of their sins. At the funeral rites, especially at the celebration of the eucharistic sacrifice, the Christian community affirms and expresses the union of the Church on earth with the Church in heaven in the one great communion of saints. Though separated from the living, the dead are still at one with the community of believers on earth and benefit from their prayers and intercession. At the rite of final commendation and farewell, the community acknowledges the reality of separation and commends the deceased to God. - **United States Conference of Catholic Bishops, Order of Christian Funerals, no 4-6**

Local Catholic Parishes

Christ the King Catholic Church

821 S Dale Mabry Hwy, Tampa, FL 33609 | (813) 8786-5841

Sacred Heart Catholic Church

509 N Florida Ave, Tampa, FL 33602 | (813) 229-1595

St Lawrence Catholic Church

5225 N Himes Ave, Tampa, FL 33614 | (813) 875-4040

St Peter Claver Catholic Church

1203 N Nebraska Ave, Tampa, FL 33602 | (813) 223-7098

Memory Eternal (Day Four)

Who will share stories

Reflection:

This phrase, “Memory Eternal”, is uttered from the faithful of the Christian Orthodox Church. When someone goes into eternal rest (dies), the term is asking that the departed remain in God’s memory to save them and also us, who are alive who are left to mourn and attend to one another’s grief. Furthermore this simple phrase is for loved ones to keep the memory of the one that has passed “living eternal”.

We do this by talking about our loved ones, remembering them throughout our day, remembering who they were and what they said, reminiscing on their humor, and their wishes; these are all tasks that we who are left living do. When we include our loved one’s legacy within our daily lives we keep their memory eternal here on earth. In the Orthodox Church prayers are offered for the departed on their anniversary of their departure from this world as a reminder to keep in mind our lives and how we live them here.. Memory Eternal.

- Levon Asdourian, *Professional Crisis Support Chaplain*

Focus Questions:

- What rituals can you incorporate into your life to keep your loved one’s memory eternal?

Journaling Your Experience

Emotion Tracker

PW: ____

Anxiety: ____

Core Emotions:

Joy: ____

Sadness: ____

Anger: ____

“When we include our loved one’s legacy within our daily lives we keep their memory eternal in both heaven and earth...Memory Eternal”

1. _____
2. _____
3. _____
4. _____
5. _____

Spiritual Pathways of Healing

Buddhism

Wisdom On Death/Bereavement

“This body is not me; I am not caught in this body, I am life without boundaries, I have never been born and I have never died. Over there the wide ocean and the sky with many galaxies All manifests from the basis of consciousness. Since beginningless time I have always been free. Birth and death are only a door through which we go in and out. Birth and death are only a game of hide-and-seek. So smile to me and take my hand and wave good-bye. Tomorrow we shall meet again or even before. We shall always be meeting again at the true source, Always meeting again on the myriad paths of life.”

- Thích Nhất Hạnh, *No Death, No Fear: Comforting Wisdom for Life*

"This world is shrouded in darkness. Here, only a few can see their way free. These few birds escape from the net, and fly away to the heavens."

- The Dhammapada, 13:8, Translated by Dharma Publishing

"We are but guests visiting this world, though most do not know this. Those who see the real situation, no longer feel inclined to quarrel." | *"There are those who do not realize that one day we all must die. But those who do realize this settle their quarrels."*

**-The Dhammapada, 1:6, Translated by Dharma Publishing | Translated
by Acharya Buddhārakkhita**

Local Buddhist Temples

Florida Buddhist Vihara

2208 Maydell Dr, Tampa, FL 33619 | (813) 621-1337

Mongkolratanaram

5306 Palm River Rd, Tampa, FL 33619 | (813) 621-1669

Tu Viện Quan Âm

8505 Bowles Rd, Tampa, FL 33637 | (813) 212-7888