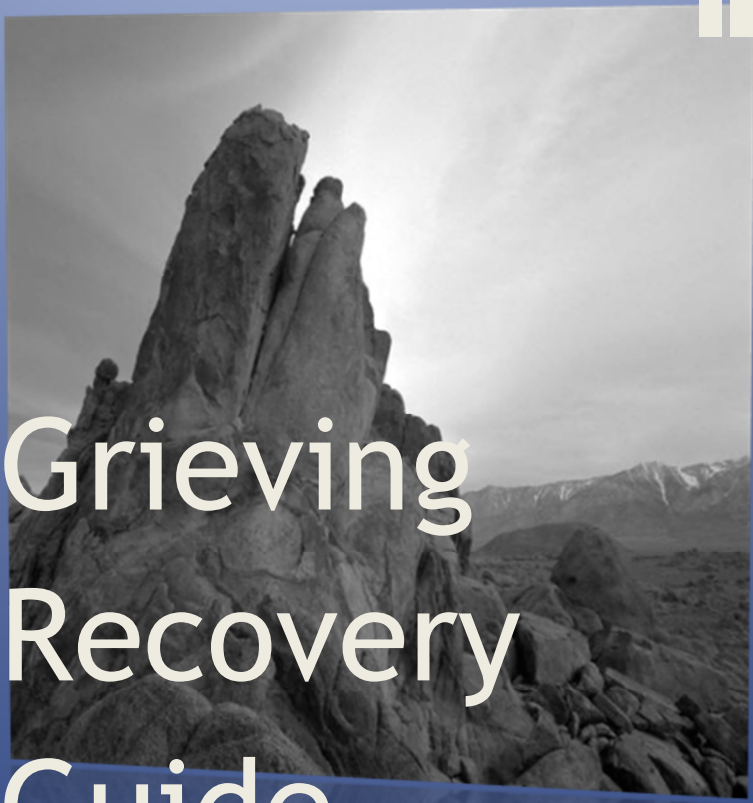

Grieving Recovery Guide

Sauk County

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Facing the death of a loved one can leave you feeling overwhelmed and emotionally stressed. This guide is designed to help you in the days, weeks and months following the death of a loved one. It provides immediate next steps; including funeral planning resources and options, as well as information about support groups and other community resources you may wish to access in the months to come.

This resource guide is divided into three sections: Funeral Planning, Support Groups & Counseling and Practical Information.

We extend to you our deepest sympathies.

The Sauk County Coroner's Office
The Sauk County Health Department

Funeral Planning

Sauk County Funeral Homes

Rago-Baldwin Funeral Home
520 East Street
Baraboo, WI 53913
(608) 356-4656

Redlin Funeral Home
401 Madison Ave
Baraboo, WI 53913
(608) 356-6571

Picha Funeral Home
120 E Adams St.
Lake Delton, WI 53940
(608) 253-7884

Gunderson Funeral Home
157 S. Main St
Lodi, WI 53555
(608) 592-3201

Pflanz Manty Mendrala Funeral Home
430 W. Wisconsin St.
Portage, WI 53901
(608) 742-2126

Farber Funeral Chapel
111 E Main St
Reedsburg, WI 53959
(608) 524-2339

Sauk County Funeral Homes continued…

Hoof Funeral Home
312 N Park Street
Reedsburg, WI 53959
(608) 524-2337

Clary Memorial Funeral Home
26777 Jelland Dr
Richland Center, WI 53581
(608) 647- 6390

Pratt Funeral Home
120 N. Park St.
Richland Center, WI 53581
(608) 647-4808

Hooverson Funeral Home
251 Water Street
Sauk City, WI 53583
(608) 643-6430

Richardson Stafford Funeral Home
780 N Winsted Street
Spring Green, WI 53588
(608) 588-2181

Picha Funeral Home
321 Washington Ave.
Wisconsin Dells, WI 53965
(608) 253 7884

Sauk County Cemeteries

Sauk County has over seventy cemeteries. Visit http://wisconsin.hometownlocator.com/features/cultural,class,cemetery,scfips,55111.cfm for a complete list.

Funeral planning assistance

Contact the National Funeral Directors Association Helpline
Offers help with funeral planning, resource referral and grief support and information
800-228-NFDA (800-228-6332)

Funeral costs

Funeral directors can help guide you through the funeral-planning process. They are legally required to give you summary of their offered services and their costs. Ask questions so that you are clear what services you are purchasing and their costs. Costs can vary greatly between funeral homes. According to the National Funeral Directors Association, in 2012 the average cost for a funeral (not including the cost of a burial vault, required at many cemeteries) was $7,045. The average cost with a burial vault, used to prevent soil settlement at the cemetery and protect the casket was $8,343. If choosing cremation the cost may be significantly lower.

Grave Markers

Grave markers or headstones can be purchased through a cemetery or a private organization. They range in cost widely from a few hundred dollars to many thousands of dollars. Check with your chosen cemetery about any regulations before purchasing a headstone or marker.

Embalming

Embalming is a process which temporarily preserves and seals a body. It is usually used before an open-casket funeral or wake. It involves injecting chemicals into the body's vessels as well as the application of a chemical treatment on the surface of the body, followed by application of makeup and clothing. According to the National Funeral Directors Association, in 2012 the average cost of embalming was around $700. Embalming is not required by law, except in cases of communicable disease. Alternatives to traditional embalming with formaldehyde, a toxic chemical, include refrigeration, cooling with dry ice, or use of less toxic embalming chemicals. If cooling is desired, it often needs to be initiated within 24 hours of death. Talk with your funeral director if you would like to explore these options.

Cremation

What is cremation?

Cremation is an option for families that wish to bury, scatter, store at a cemetery, or personally keep the ashes of a loved one. Cremation involves

Cremation continued…

exposing the body to very intense heat inside of a cremator, a kiln-like industrial furnace, reducing the body to ashes, and drying out the bone fragments. The remaining bone fragments are ground to be uniform with the rest of the ashes, and the cremated remains are placed in an urn or other vessel. Cremation is becoming an increasingly popular option. According to the National Funeral Directors Association, in 2012, 43.2% of U.S. deceased were cremated.

What is required?

A casket is not required for cremation. If a family does not desire a casket, the body will be cremated in a container of wood or cardboard, as indicated by the crematory. The crematory will typically provide this alternative container and its cost will be included in their fee. The deceased may be clothed as desired. If desired, a family can hold a viewing or wake before the cremation.

What can be done with the remains?

In Wisconsin, cremated remains may be buried in a cemetery or urn garden, stored in a columbarium or mausoleum at a cemetery, kept by a family, or scattered on private land. Laws vary from state-to-state about where remains may be scattered or kept. Cremated remains may also be scattered in the ocean, at least three nautical miles from the shore. The EPA requires a notification of burial at sea within thirty days of the burial.

Cremation continued…

For more information on burial at sea, consult http://www.epa.gov/region6/water/ecopro/burial_remainsatsea.html

What is the cost?

Cremation costs about ⅓ of the cost of a traditional burial. As of 2013, cremation costs range from about $1500-$3000, including a basic memorial service. If a memorial service is not desired, families may be able to work with the crematory or funeral home for a significantly lower cost. This is referred to as a "direct cremation".

Green Burials

Green burials honor the idea of returning the body to the earth in its natural state, as well as being conscious of the health of the land itself. In a green burial, a person is buried in a biodegradable, untreated wood or cardboard casket, containing no metal or plastic parts, or they are wrapped in a natural-fiber shroud or blanket. The deceased are not embalmed, and wear clothing constructed from natural fibers. There are not yet any designated green burial cemeteries in Sauk County, though families may be able to use some of these burial practices at a traditional cemetery. For more information on green burials, visit http://www.greenburialcouncil.org/.

Veterans

If you or your loved one is and/or was a veteran you may be eligible for a variety of survivors' benefits. Contact the Veterans Administration for more information.

According to the Veterans Administration, your loved one is also eligible for many Veterans' Burial Benefits. "Burial benefits available include a gravesite in any of our 131 national cemeteries with available space, opening and closing of the grave, perpetual care, a Government headstone or marker, a burial flag, and a Presidential Memorial Certificate, at no cost to the family. Some Veterans may also be eligible for Burial Allowances."

If you are a veteran, your deceased spouse or dependents may be buried in the same plot at a national cemetery at no cost to the family. Funeral home and cremation costs, however, are not paid for by the VA.

Veterans buried in a private cemetery are eligible for a Government headstone, marker or medallion, a burial flag, and a Presidential Memorial Certificate, at no cost to the family. There are not any VA benefits available to spouses and dependents buried in a private cemetery.

Veterans continued…
www.va.gov
www.cem.va.gov
Benefits: 1-800-827-1000

Sauk County Veterans Services

505 Broadway St, Baraboo, WI 53913

Hours: 8:00AM -4:30PM Monday-Friday

608) 355-3260

Support Groups & Counseling

Pregnancy and infant loss Support

Gabriel's Gifts
"An organization dedicated to supporting rural hospitals in and around Sauk County with prenatal and infant bereavement education and resources". This program hosts a closed support group, Bereaved Parents of Sauk County.
http://www.orgsites.com/wi/gabrielsgifts/
Loganville, WI
Phone: 608-495-0352

Pregnancy and infant loss Support

Mikayla's Grace

A Madison-based organization that offers support for bereaved parents and those with children in the NICU. They have an excellent, extensive resource list of Madison-area support groups, memorials, and services for grieving families.
http://www.mikaylasgrace.com/p/resources.html

Enduring Loss Together Support Group

This support group meets at Divine Savior Healthcare. Enduring Loss Together is a bereavement support group for mothers and fathers who have lost a baby.
Joanne Sparks
Phone: 608-745-5114

Children's Health Alliance of Wisconsin-Infant Death Center

Individual assessment via phone to individualize bereavement support for parents, grandparents and siblings who have experience infant/fetal death. The Children's Health Alliance works to provide education and prevention of infant deaths.
Contact (414) 337-4560.
http://www.chawisconsin.org

Pregnancy and infant loss support continued…

Share Pregnancy and Infant Loss Support, Inc.
National organization with resources, online community and event organizing for bereaved parents
National Share Office
402 Jackson Street
Saint Charles, Missouri 63301-3468
Phone: 800-821-6819
Email: info@nationalshare.org
www.nationalshare.org

Support for parents who have lost a child

Resolve Through Sharing Bereavement Service
Mile Bluff Medical Center
1050 Division St
Mauston, WI
Rev. Jeffrey Fairchild
608-847-1285
Free 7 session program of 1 hour grief support meetings. One-on-one grief counseling also available.

The Compassionate Friends
Local chapters host support groups for families that have experienced the death of a child. Also provides access to an online support community and resources.
http://www.compassionatefriends.org

Support for parents who have lost a child continued…

Parents of Murdered Children, Inc.

Support for families and friends of those who have died due to violence. Their mission is to provide emotional support, education, advocacy, prevention and awareness for deaths due to violence. Local groups listed on website.
1-888-818-7662
www.pomc.com

Support for grieving children and teens

Agrace HospiceCare

Offers a family support group, kids' support group and a kids' retreat. Groups are open to all; regardless of if the deceased was an Agrace patient.
http://www.agrace.org/griefgroups
(608) 327-7118

The Dougy Center: The national center for grieving children and families

The center provides great materials under the "resources" tab to better understand and support grieving children of all ages.
http://www.dougy.org

Camp HOPE

Runs three, free, weekend-long camps throughout the year for grieving children and teens. The camp is located northeast of Stevens Point, WI.
http://www.camphopeforkids.org/index.htm

Support for grieving adults

Local Hospitals

Your local hospital may host grief support groups. Contact your local hospital to inquire.

Agrace HospiceCare

Offers a weekly grief support group, a seven-week journey through grief group, and a five-week group for those who have lost a spouse or partner. All groups are open to all; regardless of if the deceased was an Agrace patient. Groups meet in various locations including Madison, Sun Prairie and Baraboo.

http://www.agrace.org/griefgroups

(608) 327-7118

Home Health United Hospice

Offers support groups for any community members, regardless of if their loved one was a patient of HHU. For more information or to register for a session contact Ridley Usherwood, Grief Support Coordinator- 608-415-2825

https://www.homehealthunited.org/hospice/bereavement-grief-support

(877) 356-4514

Local Religious and Spiritual organizations

Many religious or spiritual organizations also offer support groups for grieving families. Inquire at your place of worship for more information.

Support for grieving adults continued…

HOPES

Prevention, resources and support for and by those who have lost someone to suicide.
1902 Tarragon Drive
Madison, WI 53716
Phone: (608) 274-9686

Broken No More

Resources, support and community for those who have lost a loved one to a drug or substance overdose.
42-335 Washington St.
St. F #175
Palm Desert, CA 92211
(714) 865-7879
http://broken-no-more.org/

Therapy and Counseling

Art Therapy

A therapeutic use of art-making that can be a healing process. To find a trained art therapist, visit http://wiarttherapy.org/

Therapy and Counseling continued…

Sauk County Department of Human Services

Baraboo
Sauk County West Square Building
505 Broadway
Baraboo, WI 53913
FAX: (608) 355-4299
General: (608) 355-4200

Reedsburg
425 6th St.
Reedsburg, WI 53959
FAX: (608) 524-7990
TDD: (608) 355-4298

Other Counseling

Talk with your primary care provider about your grieving process. They may be able to refer you to a Clinical Psychologist, Psychiatrist, or Counselor to help your work through your grief. Some of the local clinics specializing in counseling services and mental health are listed below.

Pauquette Center for Psychological Services

www.pauquette.org

Baraboo:
1002 Lincoln Avenue
Baraboo, WI 53913
baraboo@pauquette.org
608-356-9055

Therapy and Counseling continued…

Prairie du Sac:
50 Prairie Avenue
Prairie du Sac, WI 53578
saukprairie@pauquette.org
608-643-3147

Reedsburg:
710 N. Webb Ave., Suite 400
Reedsburg, WI 53959
reedsburg@pauquette.org
608-524-5151

Pathway Clinic
560 4th Street Prairie du Sac, WI. 53578
Phone: 608-643-3663
Fax: 608-643-5014
info@pathwayclinic.com
http://www.pathwayclinic.com/

The Psychology Clinic, Inc.
Prairie Du Sac:
1190 Prairie St.
Prairie du Sac, WI 53578
Phone: 608-370-6551

Baraboo:
701 Ash St.
Baraboo, WI 53913
608-448-2797
http://www.thepsychologyclinicinc.com

Grief and Bereavement

Grief is a process, not an event, of experiencing physiologic, psychologic, behavioral, social, and spiritual reactions to the loss of a child (Hockenberry & Wilson, 2013). Grief is individualized, including a broad range emotions that differ from person to person. Grief is a normal process in response to loss; it is neither orderly nor predictable. Accepting these emotions is a part of the grieving process and is necessary for healing to occur. Everyone proceed through the healing process at a different pace. You and your loved ones may deal with grieve differently.

The “five stages of grief” introduced by psychiatrist Elisabeth Kubler-Ross are feelings based on a study conducted on patients facing fatal illness. The five stages of grief are:

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

These stages are not orderly and some individuals may backtrack. It is important to recognize that grieving does not happen overnight, weeks, or months but a process that can take up to a year. Difficult periods should become less intense and shorter as time goes by, but it takes time to work through a loss. Even years after the loss of a loved

Grief and Bereavement continued…

one it can be especially difficult during events such as family parties or anniversaries.

Intense intrusive thoughts, episodes of severe emotion, distressing longing feelings of excessive loneliness and emptiness, unusual sleep disturbance, and lack of motivation to complete activities of daily living such as bathing, eating, and proper hygiene) may be signs and symptoms of complicated grief. Complicated grief should be addressed by a medical professional. If you or your family member noticed signs and symptoms of complicated grief contact your primary care provider for further assessment.

Untreated, complicated grief and depression can lead to significant emotional damage, life-threatening health problems, and even suicide. But treatment can help you get better.

Contact a grief counselor or professional therapist if you:

- Feel like life isn't worth living
- Wish you had died with your loved one
- Blame yourself for the loss or for failing to prevent it
- Feel numb and disconnected from others for more than a few weeks
- Are having difficulty trusting others since your loss
- Are unable to perform your normal daily activities

Practical information

Death Certificates
Contact your selected funeral home, or Sauk County Register of Deeds

Register of Deeds
Room #122
Sauk County West Square Building
505 Broadway
Baraboo, WI 53913

Phone: (608) 355-3288
Fax: (608) 355-4439

Autopsy Report
If you would like to request an autopsy, contact the coroner within 24 hours of the death. The coroner will be able to answer your questions and concerns in this process. The family will be responsible for any associated costs.

If your loved one had an autopsy you may obtain the report by contacting the Sauk County Coroner's office.

The coroner investigates and verifies all deaths that occur in Sauk County

1319 Sauk Avenue
Baraboo, WI 53913
Office: (608) 355-3295

Practical information continued…

Police Report
You may be able to obtain a copy of the police report if there is an investigation of an accident or crime related to your loved one.

Police phone number:
_____

Police case number:
_____

Deputy/Officer/Trooper:
_____

Crime Victim Compensation
If your loved one was murdered or killed by a reckless or hit-and-run driver you may be eligible for financial assistance from the Crime Victim Compensation fund for medical, funeral or counseling costs.
www.doj.state.wi.us
Phone in Madison area: (608) 264-9497
Toll-free: (800) 446-6564
TTY: (800) 947-3529

Medical Records
Depending on your relationship to the deceased and their medical record releases, you may be able to obtain medical records from the hospital or clinic where your loved one was treated.

Medical records continued…

Facility:

_____

Phone number:

_____

Social Security Benefits

As next of kin of the deceased, you may be eligible for survivor benefits. You will need the following documents to apply to receive survivor benefits, but you are encouraged to begin the application process even if you cannot locate all of these documents. The Social Security Administration can assist you in obtaining them.

- Proof of death (from funeral home or death certificate)
- You social security number as well as the deceased worker's
- Your birth certificate
- Your marriage certificate if you are a widow or widower
- Your divorce papers (if you are applying as a divorced widow or widower)
- Dependent children's birth certificates and social security numbers
- Deceased worker's W-2 form or self-employment tax return from the most recent year
- Your bank name and account number so that your benefits can be directly deposited

Social Security Benefits continued…

Contact the Social Security Administration:
Online: www.ssa.gov
Phone: 1-800-772-1213 (TTY 1-800-325-0778)
Or in person at the nearest Social Security office:
Suite 100
2875 Village RD
Portage, WI 53901
Phone: 1-888-875-1681

Notify agencies of your loved one's death

Their employer (if applicable)
Phone: _____

Insurance agent
Phone: _____

Bank
Phone: _____

US Postal Service
If the deceased was living alone, it is recommended to forward mail to another location so it does not accumulate. The documents, statements, and subscriptions that come in the mail for the deceased may help you to identify organizations that have not yet been notified of your loved one's death.
Phone: 1-800-275-8777

Obituaries
The funeral home of your choice will usually write and submit the obituary to the desired newspaper. If you are not working with a funeral home or choosing to do this yourself you can contact the newspaper directly.

Wisconsin State Journal
Email: obits@madison.com
Phone: 608-283-7600
Fax: 608-252-6033
Pictures: e-mail jpg with obituary or drop off at Capital Newspapers, 1901 Fish Hatchery Road, Madison.
Verification of Death: Obituaries and death notices not placed by funeral homes will require verification of death or a copy of the death certificate.
Billing: Prepayment is required for all obituaries not placed by in-state funeral homes.

Baraboo News Republic
bnr-obits@capitalnewspapers.com

Baraboo News Republic

714 Matt's Ferry Road

Baraboo, WI 53913

Telephone: (608) 356-4808

Biohazard Cleanup

ServiceMaster

Address: 600 South Blvd, Baraboo, WI 53913

Phone :(608) 356-8888
Email: info@smrestores.com

Archangels BioRecovery Inc.
Tragedy Sanitation Specialists
Provide decontamination, sanitation, and restoration after suicides, homicides, accidents and unattended deaths. Services are often covered by homeowners insurance, commercial insurance, or the state crime victim compensation fund
www.archangels.pro
24/7 phone: 1-877-409-9111