

List of Books Mentioned or on Table

- Caldwell, B. (2010), *City of Tranquil Light*. New York: Henry Holt.
- Davis, N and Davis, B. () *Finishing Well*. Springfield, MO:
- Graham, B. (2011), *Nearing Home*. Nashville, Tennessee: Thomas Nelson.
- James, J and Friedman, R. (2009), *The Grief Recovery Handbook*. New York: Harper Collins
- Jordan, P. (1992), *Re-Entry*. Seattle, WA: YWAM.
- Lustbader, W. and Hooyman, N. (1986), *Taking Care of Aging Family Members*. New York: Simon & Schuster Inc.
- Milner, Nancy. (1998), *Creative Aging*. Palo Alto, CA: Davies-Black Publishing.
- Pillemer, K. (2011), *30 Lessons for Living*. New York: Hudson Street Press.
- Pipher, M. (1999), *Another Country*. New York: Riverhead Books.
- Rohr, R. (2011) *Falling Upward*. San Francisco: Jossey-Bass.
- Sheehy, G. (2010), *Passages in Caregiving*. New York: Harper Collins.
- Storti C. (2003), *The Art of Coming Home*. Boston, MA: Intercultural Press.
- Turner, P. (1972), *Learn to Grow Old*. San Francisco: Harper & Row.

Resources to Preparing for Death

- ESTATE PLANNING: How To Get Started
- DEATH OF A SPOUSE: Financial Steps You Should Take
- FUNERALS: What To Do At This Stressful Time

Books and Other Publications

- William S. Moore, *The Estate Plan Book*, (Great Barrington, MA, American Institute for Economic Research, 1994), ISBN 9994856219.
- Martin M. Shenkman, *The Complete Book of Trusts*, (New York, John Wiley & Sons, 1997), ISBN 0471170445.
- William D. Zabel, *The Rich Die Richer and You Can Too*, (New York, William Morrow & Co., 1996), ISBN 0471155322.
- Eugene J. Daly, *Thy Will Be Done: A Guide to Wills, Taxation, and Estate Planning for Older Persons*, (Buffalo, NY, Prometheus Books, 1994), ISBN 0879759038.
- Alexander Bove, *Complete Book of Wills and Estates*, (Henry Holt & Co., 1991), ISBN 0805014640.
- Dennis Clifford and Cora Jordan, *Plan Your Estate*, (Nolo Press, 1994), ISBN 0873372395.
- To obtain the free brochure, "Pre-paying Your Funeral" (#D13188) from the AARP, write to:

AARP Fulfillment
601 E Street NW
Washington, DC 20049

- For a free brochure on price and other information funeral homes must disclose, request "Complying with the Funeral Rule" from the FTC:

FTC Public Reference Branch
Sixth St. & Pennsylvania Ave., NW, Rm. 130
Washington, DC 20580

- For a free directory of Memorial Societies, which will help you pre-plan your funeral arrangements:

Continental Association of Funeral and Memorial Societies
6900 Lost Lake Rd.
Egg Harbor, WI 54209
1-800-458-5563

- If you have a complaint or question about funeral arrangements or funeral home practices, contact:

Dealing with Details After Death

Knowing what to do when your spouse dies will help you get through the formalities of this devastating time so you can properly grieve the loss of your husband or wife.

i. Take on the world of details

A. To prevent hassles

1. Make a list of what your family should know

- a. Location of life insurance policies
- b. Outstanding loans
- c. Credit Card Balances
- d. Bank Accounts
- e. Cemetery Information
- f. Funeral director or home, etc.
- g. Medical Information
- h. Legal Information
- i. Anything else your family should know

2. And a list of all of your assets

2. Plan funeral service and burial arrangements

3. Make sure what's left goes to whom you desire

- a. Designate beneficiaries on life insurance and annuities
- b. Have correct wording on ownership of assets.
 - (1.) Joint Tenants, With Right of Survivorship – JT TENWROS
 - (2) Transfer on Death - TOD
 - (3) Never "and"

4. Credit cards.

- a. Make both spouses owners, not owner and authorized user.
- b. Wife needs to create own credit rating i.e. have a credit card only in her (your) name. Use it occasionally

5. Safe Deposit box.

- a. If you have a safe deposit box, be sure that it is in both names. It will be sealed otherwise.
- b. Check the laws in your state to make sure.

6. Bank accounts, stocks bonds

- a. Make sure that your bank accounts and the titles to stocks and bonds are held jointly.
- b. Jointly held property passes to you automatically.

7. Automobile

- a. The title to your automobile should be in both names.
- b. If your husband has done all of the "upkeep" work on your automobile, he should make a list of all that he does.

If you had a joint bank account with your spouse, it will automatically pass to you. Check with the bank about changing the title and signature card on the account. To change stocks or bond titles, check with your stockbroker.

17th Thing You Should Do – Now!!

These documents should be gathered in one place and kept up to date. Hunting for them takes an inordinate amount of time and diminishes the time for mourning and adjustment for your spouse or your children.

1. Death certificate
2. Marriage certificate
3. Will
4. Birth certificate
5. Social security cards (yours and your spouse's)
6. Life insurance policy
7. Loan paperwork
8. Mortgage information
9. Bank statements
10. Leasing documents
11. Homeowner's insurance policy
12. Car insurance policy
13. Divorce agreements
14. Tax returns
15. Stocks and bonds information
16. Safe deposit box key
17. Bills
18. Credit card information
19. Medicare information (if applicable)
20. Spouse's military discharge papers (if applicable)

Retirement Resources.

- Bridges, W. (1980), *Transitions Making Sense of Life's Changes*. Philippines: Addison-Wesley Publishing Company, Inc.
- Clinton, J.R. (1994), *Finishing Well. The Challenge of a Lifetime*. Pasadena, CA: Barnabas.
- Clinton, J.R. (1994) *70+ Focused Life Lived Out*. Pasadena, CA: Barnabas.
- Engstrom, T.W. (2002) *Add Life to your Years. Aging with Passion and Purpose*. Wheaton, IL: Tyndale.
- Jordan, P. (1992), *Re-Entry Making the Transition from Missions to Life at Home*. Seattle, WA: YWAM.
- McIlveen, H & E. (1999). *Would you Know my Name? A Glimpse into Life after Death and the Dying Process*. Belleville, Ontario, Canada: Essence.
- Piper, J. (2009) *Rethinking Retirement: Finishing Life for the Glory of Christ*. Wheaton, IL: Crossway Books.
- Pollock, D. & Van Reken. R. (2001). *Third Culture Kid: The Experience of Growing Up Among Worlds*. Boston, MA: Nicholas Brealey.
- Schlehofer, J. (1998). *Celebrate the Older You. Becoming a Wiser, Warmer, Mature Woman*. Notre Dame, IN: Ave Maria.
- Smith, P. (1997). *I'm too Young to Be this Old. Surviving and Thriving in the Muddled Middle Years*. Minneapolis: Bethany.
- Storti C. (2003), *The Art of Coming Home*. Boston, MA: Intercultural Press.
- Tourner, P. (1972). *Learn to Grow Old*. San Francisco: Harper & Row.

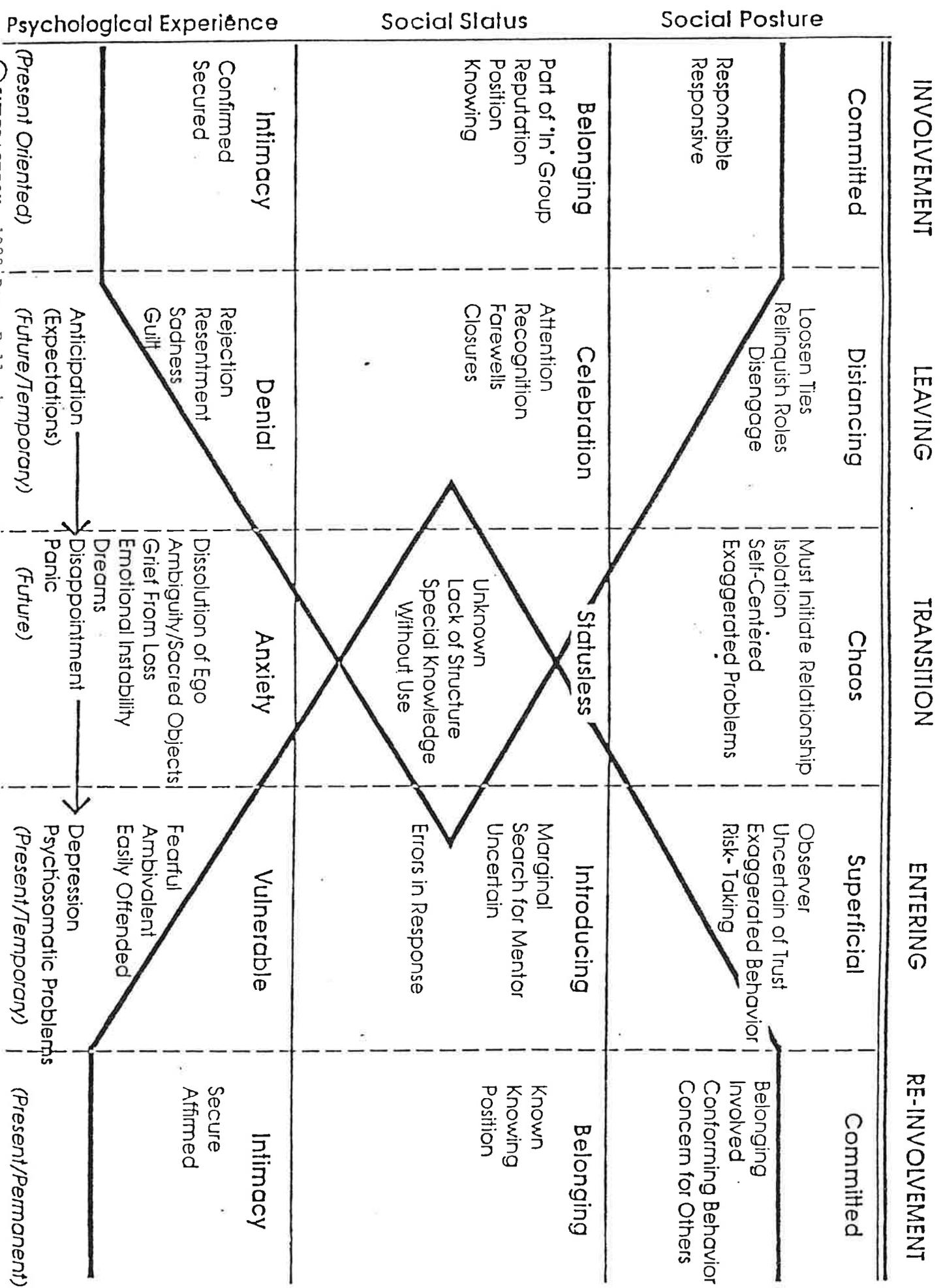
Websites

- Access America for Seniors - <http://www.usa.gov/Topics/Seniors.shtml>
(Use the button labeled Resources to find websites about various issues.)
- Administration on Aging - <http://www.aoa.gov>
- National Institute on Aging Information Center. - www.nia.nih.gov/health.
- www.nia.nih.gov/Go4Life

Loss

- Bozarth, A. R. (1986). *Life is Goodbye: Life is Hello: Grieving Well Through All Kinds of Loss*. Center City, MN. Hazelden
- Crabb, L. (2001) *Shattered Dreams: God's Unexpected Pathway to Joy*. Colorado Springs, CO: WaterBrook Press.
- Huntley, T. (1991). *Helping Children Grieve: When Someone They Love Dies*. Minneapolis, MN: Augsburg, Fortress.
- James, J. & Cherry, F. (1988). *The Grief Recovery Handbook: a Step-by-step Program for Moving Beyond Loss*. New York, NY: Harper Perennial.
- Miller, J.E. (1995) *Winter Grace, Summer Grace: Returning to Life after a Loved One Dies*. Minneapolis, MN: Augsburg Fortress.
- Wright, H. N. (1993). *Recovering from the Losses of Life*. Grand Rapids, MI: Fleming H. Revell, Baker Book House.

THE TRANSITION EXPERIENCE



Bibliography
For REST Workshop
Connie Befus

***Sacred Rhythms: Arranging Our Lives for Spiritual Transformation*, by Ruth Haley Barton. InterVarsity Press. 2006**

***The Sacred Mundane*, by Connie Befus. 2009.**

***“My Summer Vacation.”* By Stanly Bing. Fortune Magazine, July 10, 2006**

***The Rest of God: Restoring Your Soul by Restoring Sabbath*, by Mark Buchanan. Thomas Nelson. 2006.**

***Keeping the Sabbath Wholly: Ceasing, Resting, Embracing, Feasting*, by Marva Dawn. William B. Eerdmans. 1989.**

***The Sleep Revolution: Transforming Your Life One Night at a Time*, By Arianna Huffington. Thorndike Press. 2016**

***Soul Keeping: Caring for the Most Important Part of You*, by John Ortberg. Zondervan. 1914.**

***The Sleep Cure*. By Alice Park. Time Magazine. February 27-March 6, 2017.**

***Working the Angles: the Shape of Pastoral Integrity*, by Eugene Peterson. William B. Eerdmans. 1987.**

***Margin: Restoring Emotional, Physical, Financial, and Time Reserves to Overloaded Lives*, by Richard Swenson. NavPress, 2003.**

***The Overload Syndrome: Learning to Live Within Your Limits*, by Richard Swenson, NavPress. 1998.**

***Replenish: Leading from a Healthy Soul*, by Lance Witt. Baker Books, 2011.**

Grief & Loss Bibliography

Connie Befus

On Losses in general:

Recovering from the Losses of Life. H. Norman Wright, Fleming H. Revell, Baker Book House, Grand Rapids, 1993.*

Life is Goodbye: Life is Hello: Grieving Well Through All Kinds of Loss. Alla Renee Bozarth, Ph.D. Hazelden, 1986.

Shattered Dreams: God's Unexpected Pathway to Joy. Larry Crabb. WaterBrook Press. 2001*

Re: Loss of a Loved One:

The Grief Recovery Handbook: a step-by-step program for moving beyond loss. John W. James and Frank Cherry, Harper Perennial. 1988

Grieving the Loss of Someone You Love: Daily Meditations to Help You through the Grieving Process. Raymond R. Mitsch and Lynn Brookside. Regal, 1993.*

Getting to the Other Side of Grief: Overcoming the Loss of a Spouse. Susan J. Zonnebelt-Smeenge and Robert C. DeVries. Baker Books, 2003.

After Loss: A Recovery Companion for Those Who are Grieving. Barbara Hills LesStrang. Thomas Nelson Publishers, 1992.*

In the Presence of Grief: Helping Family Members Resolve Death, Dying, and Bereavement Issues. Dorothy S. Becvar. Guilford Press, 2001.

Grieving A Suicide: A Loved One's Search for Comfort, Answers & Hope. Albert Y. Hsu. InterVarsity Press, 2002.*

For Children:

Helping Children Grieve: when someone they love dies. Theresa Huntley. Augsburg Fortress, 1991.

Feelings: from Sadness to Happiness. Gemser Publications S.L. 2000. Barron's Educational Series, Inc. www.barronseduc.com.

Feeling Sad. Joy Berry. Scholastic Inc. 1996.

Tear Soup: A Recipe for Healing After Loss. Pat Schwiebert and Chuck Deklyen and Taylor Bills. Griefwatch. 1999.

Alexander, Who's Not (Do You Hear Me? I Mean It!) Going to Move. Judith Viorst. Aladdin Paperbacks. 1995.

Websites that may be helpful:

www.griefshare.com

www.centerforloss.com

*Authors/books that reflect a Christian perspective