



# **JOURNEY HOME**

**WHEN A LOVED ONE DIES ...**

**WHEN YOUR SPOUSE DIES ...**

**WHEN YOU DIE ...**

**... DO YOU KNOW WHAT MUST BE DONE?**

**PREPARED BY THE BEREAVEMENT MINISTRY OF  
CHRIST OUR REDEEMER CATHOLIC CHURCH  
1028 WHITE POINT ROAD ~ NICEVILLE, FLORIDA 32578**

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**In those days Hezekiah became sick and was at the point of death.  
 The prophet Isaiah son of Amoz came to him, and said to him,  
 “Thus says the LORD: Set your house in order, for you shall die;  
 you shall not recover.”**                                 --- 2 Kings 20:1

# **WHEN A LOVED ONE DIES**

## **THINGS THAT MUST BE DONE AS SOON AS YOU CAN**

### **PLAN TO NOTIFY AS SOON AS POSSIBLE:**

- All relatives
- All friends
- Minister and church
- Funeral Director
- Pallbearers
- Cemetery
- Doctor
- Employer of deceased
- Organist & Vocalists
- Newspapers regarding notices
- Social Security Administration
- Veterans Administration
- Insurance agent
- Religious, fraternal, civic organizations & union
- Attorney, accountant, financial planner & executor of estate
- Credit card companies
- Utility companies
- Landlord or Mortgage Company
- Post Office to forward deceased mail

### **IMMEDIATE ATTENTION TO:**

- Signed Certificate of Death
- Exact location of burial or crematory
- Location of service and type of service
- Clothing and jewelry for deceased
- Selection of scripture and readings
- Charitable contributions for memorials in memory of deceased
- Floral arrangements
- Arrange transportation & lodging for out-of-town guest
- Food for family & guest
- Items for memento display and special wishes of deceased
- Funeral and Burial Plans / Contracts

The funeral home will help in many areas and answer all your questions. They usually help with all the details such as time of visitation and funeral service, Marking of grave, register book and memorial/prayer cards, ordering death certificates, the obituary, etc.

# **WHEN A LOVED ONE DIES**

## **THINGS THAT MUST BE DONE AS SOON AS YOU CAN ~ continued**

### **SECURE VITAL STATISTICS (required for documents):**

- Full name, complete address and phone number
- Date of birth, Place of birth
- Marital status
- Education attainment
- Citizenship
- Father's name and birthplace
- Mother's name, maiden name and birthplace
- Social Security number
- Veteran's Serial/Service number
- Date & place of service, date of discharge and very important DD214
- How long at current residence/former residence
- Occupation, job title, nature of work & history
- Location of work place, telephone number

### **COLLECT DOCUMENTS AND PAPERWORK:**

- Will & Trusts
- Birth certificate/legal proof of age
- Citizenship papers
- Social Security card or number
- Marriage license
- Veteran's discharge papers (DD214)
- Insurance policies (life, health, accident, property, auto)
- Disability claims
- Bank books/listing of accounts and numbers
- Other financial accounts \_\_\_\_\_
- Other retirement plans \_\_\_\_\_
- Property deeds
- Cemetery deed or proof of ownership
- Auto titles or bill of sale
- Income tax returns, receipts & cancelled checks

### **PAY BILLS:**

- Funeral expenses
- Clergy, organist & vocalist
- Florist
- Obituary
- Telephone and other utilities
- Medical (hospital, doctors, ambulance, etc.)
- Current & urgent bills (mortgage/rent, taxes, installment payments, etc.)

**SAFE DEPOSIT BOX:**

If you have a safe deposit box, make sure you get what you need out of it before the bank knows of the death. Once they are notified of the death the safe deposit box will be sealed and you will not be able to get to it.

**\*REMEMBER:**

**GET AT LEAST 10 DEATH CERTIFICATES FROM THE FUNERAL HOME**

Two Types of Death Certificates may be Needed:

- One Type has **“Cause of Death”**   \_\_\_\_\_ copies
- One Type has **“No Cause of Death”**   \_\_\_\_\_ copies

- CALL PERSONAL INSURANCE COMPANIES
- LIFE, HOME AND AUTO INSURANCE
- CANCEL or TRANSFER accounts, memberships and subscriptions
- CONSIDER HIRING or CONSULTING a LAWYER who handles wills, trusts and estates exclusively
- CALL SOCIAL SECURITY OFFICE (1-800-325-1213) to apply for applicable Social Security Survivor Benefits

# PHONE NUMBERS for QUICK REFERENCE

(Updated: October 2014 / February 2015)

## Spaces available to Personalize for Individual Use

### **SOCIAL SECURITY:**

**1-800-772-1213**

(Mon-Fri: 7:00 a.m. to 7:00 p.m.)

Web site: [www.socialsecurity.gov](http://www.socialsecurity.gov)

Ft. Walton Beach Office:

**664-6194**

111 Racetrack Road, NW ~ Fort Walton Beach

### **VETERAN AFFAIRS:**

**1-800-827-1000**

Web site: [www.va.gov](http://www.va.gov)

Eglin Family Support

882-9060

Eglin – Casualty Assistance Office

882-4028

Legal Office

882-4611

### **FUNERAL HOMES in NICEVILLE**

Heritage Gardens Funeral Home & Cemetery  
2210 N. Partin Dr.

729-1955

McLaughlin Twin Cities Funeral Home  
1405 E. John Sims Pkwy.

678-7768

### **FUNERAL HOME in Your Town:**

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Address: \_\_\_\_\_

### **Barrancas National Cemetery ~ Pensacola, FL: 850-453-4108**

Arlington National Cemetery ~ Virginia

1-877-907-8585 (M-F 8:00 a.m. - 5:30 p.m. EST)  
1-877-907-8585 (Sat 9:00 a.m. - 1:00 p.m. EST)

ICS Cremation & ICS Crematory

1-800-503-3013

National Cremation Society

863-3006

**HOTELS - NICEVILLE**

**HOTELS - (In Your Town)**

Hampton Inn  
897-4675  
4400 Ansley Dr. - BlueWater Bay

\_\_\_\_\_  
\_\_\_\_\_

Regency Inn BWB  
897-0600  
4577 E. Hwy. 20 - BlueWater Bay

\_\_\_\_\_  
\_\_\_\_\_

Quality Inn  
678-8077  
101 N. Hwy. 85 - Niceville

\_\_\_\_\_  
\_\_\_\_\_

Holiday Inn Express  
678-9131  
106 Bayshore Dr. - Niceville

\_\_\_\_\_  
\_\_\_\_\_

Comfort Inn & Suites  
279-6547  
148 John Sims Pkwy. - Niceville

\_\_\_\_\_  
\_\_\_\_\_

**POLICE – SHERIFF – FIRE – AMBULANCE:**

**911**

Okaloosa County Sheriff Office Non-Emergency:  
EMS / Non-emergency  
No. Bay Fire Non-emergency

651-7400  
689-5757  
897-3689 or 897-5488

Your EMS-Fire / Non-emergency: \_\_\_\_\_

Ph #: \_\_\_\_\_

**HOSPITALS:**

TWIN CITIES ~ off HWY 85 - Niceville:

678-4131

FT. WALTON BEACH MEDICAL CENTER:

862-1111

WEST FLA. MED. CENTER ~ Pensacola:

800-874-4542 / 474-8000

NO. OKALOOSA MEDICAL ~ Crestview:

689-8100

SACRED HEART HOSPITAL ~ Sandestin:

278-3000

**ELECTRICAL EMERGENCY:**

CHELCO 892-2111 or 1-800-342-0990  
GULF POWER 244-4770 or 1-800-225-5797

**NATURAL GAS EMERGENCY:**

OKALOOSA COUNTY GAS DISTRICT 729-4700

**WATER:** 651-7171

**TELEPHONE / Cable:**

**CENTURYLINK:** 866-298-1512 or 244-1150  
**COX:** 866-272-5777  
**AT&T:** 800-288-2020  
**COX CABLE VISION:** 729-1269

**NEWSPAPERS:**

**Daily News** 863-1111

Bay Beacon 678-1080

**CHURCH AFFILIATION:**

Christ Our Redeemer 897-7797  
Christ Our Redeemer **EMERGENCY ONLY: 897-2974**  
**Pastor's Name:** \_\_\_\_\_

**CHURCH AFFILIATION if not affiliated with Christ Our Redeemer:**

Your Parish: \_\_\_\_\_ **EMERGENCY ONLY:** \_\_\_\_\_

**Pastor's Name:** \_\_\_\_\_

**CATHOLIC CHARITIES ~ Fort Walton Beach:** 244-2825

**SHARING AND CARING ~ 104 Bullock Road - Niceville, FL:** 729-3600

**COVENANT HOSPICE ~ 522 27<sup>th</sup> Street - Niceville, FL:** 729-1800

**CRISIS LINE:** 775-784-8090



# "RETIREES CASUALTY ASSISTANCE CHECKLIST"

(For later use by next of kin)

Retiree's Name: \_\_\_\_\_

SSN: \_\_\_\_\_ Serial #(other): \_\_\_\_\_

Military Grade: \_\_\_\_\_ Date of Retirement: \_\_\_\_\_ Home Phone #: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

DOB M/D/Y: \_\_\_\_\_ Place of Birth: \_\_\_\_\_

Date of Marriage M/D/Y: \_\_\_\_\_ Place of Marriage: \_\_\_\_\_

Father's Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Place of Birth: \_\_\_\_\_

Mother's Maiden Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Place of Birth: \_\_\_\_\_

## Documents needed to claim death benefits:

- Copies of report(s) of separation from active duty (DD Form 214, etc.)
- Copy of retirement orders
- Copies of birth and   death certificates
- Beneficiaries birth certificate(s) and marriage and/or divorce data
- Social Security data
- VA Insurance data

## Plus – you should always have the following documents on hand and the Location of these documents:

- Updated will and   letter of instructions
- Names of banks, credit unions, etc. (account numbers)
- Updated lists of assets and liabilities
- Insurance policies, numbers, instructions, payments, etc.
- Adoption or naturalization papers – if applicable

## Veterans Administration Data – if applicable

- VA Compensation \$ \_\_\_\_\_ Disability claim#: \_\_\_\_\_  
Remarks: \_\_\_\_\_
- VA Insurance policy and number: \_\_\_\_\_ File number: \_\_\_\_\_  
Type: \_\_\_\_\_ Amount \$ \_\_\_\_\_ Location of policies: \_\_\_\_\_
- Any known paid-up add'l VA Insurance \$ \_\_\_\_\_ As of date: \_\_\_\_\_
- Other: Dependency and Indemnity Compensation(DIC): \_\_\_\_\_
- Veteran's claim number(other): \_\_\_\_\_  
Patients data card#: \_\_\_\_\_

## Retirement Pay Data (see retiree account statements)

**Survivor coverage information**

- Survivor benefit plan annuity \$ \_\_\_\_\_ SBP Base Amount \$ \_\_\_\_\_
- RSFPP annuity \$ \_\_\_\_\_
- Supplemental SBP \$ \_\_\_\_\_ Effective: \_\_\_\_\_

**Social Security (when applicable)**

- Social Security Claim #: \_\_\_\_\_ Month filed: \_\_\_\_\_
- Type of benefit(s): \_\_\_\_\_ Beginning month of entitlement: \_\_\_\_\_
- Amount monthly \$ \_\_\_\_\_ Bank acct. # (direct deposit): \_\_\_\_\_

**Notice:** No payment if payable for the month of death (call local SSA office)

**Miscellaneous (things to know and plan for upon death of a retiree)**

- Disposition instructions for the body:  
(burial, cremation, memorial service, etc.)
- Info required for death certif.  
(date/place of birth, father’s name, mother’s maiden name, etc.)
- Info required for obituary Notice  
(names, relations & location of appropriate relatives, etc.)
- Widows will need a new ID card  
(military, medical, commissary, base exchange, etc.)
- Necessary changes to your “DEERS” status
- It may take several months to clear estates – you may need
  - at least 8 copies of Death Certif.
- Contents of your safety deposit box should be known
- Direct deposit of Social Security benefits & military retirement payments(entitlements)  
**“must be immediately changed”**
- Named beneficiaries of insurance policies become very important (keep currant)
- There may be some entitlement to burial benefits (headstone, payments, etc.)
- Check VA for Presidential Memorial Certificate
- An American flag can be obtained (check VA, Post Office, Funeral Home)
- The survivor should update appropriate will
- Extra credit cards should be destroyed or cancelled
- Appropriate changes should be made to all joint ownerships
- Contact insurance companies as appropriate

**NOTE**

**Spouse/next of kin** should have a copy of this document or know where to locate it.

## MILITARY PHONE NUMBERS for QUICK REFERENCE

<b>Casualty Assistance Eglin AFB</b>	882-4028	
<b>Retiree Activities</b>	882-5916	
<b>Hospital (military)</b>	883-8600	
<b>Legal Office (military)</b>	882-4611	
<b>VA Hotline</b>	1-800-827-1000	
<b>Social Security Hotline</b>	1-800-772-1213	
<b>ID Card/ DEERS Renewal</b>	882-2742	
<b>Family Support Center</b>	882-9060	
<b>Finance (Retiree Pay)</b>	800-321-1080	
<b>SBP</b>	800-321-1080	
<b>Chaplain</b>	882-2111	
<b>Eglin Mortuary Affairs</b>	883-0034 / cell: 850-685-6180	
<b>Barrancas National Cemetery</b>	850-453-4108	
<b>Arlington National Cemetery</b>	1-877-907-8585	(M-F 8:00 a.m. - 5:30 p.m. EST)
	1-877-907-8585	(Sat 9:00 a.m. - 1:00 p.m. EST)
<b>Civil Service Death Benefits</b>	882-2720	(Tue -Thu - 9:00 a.m. - 1:00 p.m.)
<b>Dept. of Veteran Affairs</b>	1-800-827-1000	

## CIVIL SERVICE BENEFITS

CSA No. THESE NUMBERS ARE VERY IMPORTANT

CSF No.:

If your annuity is paid by DIRECT DEPOSIT to a bank or institution give name, address and account number.

If another person has been given signature authority on the account, give the name and address of such person.

Date and Agency from which retired: \_\_\_\_\_

Do you have Medicare coverage under Parts A, B or both

- |                                     |                          |            |       |    |                            |
|-------------------------------------|--------------------------|------------|-------|----|----------------------------|
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Part A     | yes   | no | Date coverage began: _____ |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Part B     | yes   | no | Date coverage began: _____ |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Both A& B  | yes   | no | Date coverage began: _____ |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Medicare # | _____ |    |                            |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> | Medicaid # | _____ |    |                            |

Are there other benefits to be considered?

Do you have a living will?

Are you signed up as an Organ Donor?

Do you have a Living Trust?

Do you have an Attorney?

All the questions asked and answers received should be written down, kept in a safe place and both spouses and appropriate family members should know where to find all this paperwork.

### NOTE

**Spouse/next of kin** should have a copy of this document or know where to locate it.

**T**he family is asked to select music for the funeral as well as the readings.

**S**ome suggested music choices along with the allowed readings are included in the pages following this worksheet.

## **FUNERAL PLANNING WORKSHEET**

### **SELECTIONS FOR THE MASS**

***Opening Hymn*** \_\_\_\_\_

First Reading: \_\_\_\_\_

Lector/Reader: \_\_\_\_\_

Responsorial Psalm: \_\_\_\_\_

Second Reading: (*optional*) \_\_\_\_\_

Lector/Reader: \_\_\_\_\_

Gospel Reading: \_\_\_\_\_

***Music at the Offertory:*** \_\_\_\_\_

***Music at Communion:*** \_\_\_\_\_

***Closing Hymn:*** \_\_\_\_\_

## SELECTIONS FOR FUNERAL MASS READINGS

### First Reading:

Job 19:1, 23-27a  
Wisdom 3:1-9  
Wisdom 4:7-15  
Isaiah 25:6-9  
Lamentations 3:17-26  
Daniel 12:1-3  
2 Maccabees 12:43-46

### First Reading: During Easter Season

*One of following choices is used instead of  
Old Testament Readings in left column*

Acts 10:34-43  
Revelations 14:13  
Revelations 20:11-21:1  
Revelations 21:1-5; 6b-7



### Second Reading:

Romans 5:5-11  
Romans 5:17-21  
Romans 6:3-9  
Romans 8:14-23  
Romans 8:31-35, 37-39  
Romans 14:7-12  
1<sup>st</sup> Corinthians 15:20-28  
1<sup>st</sup> Corinthians 15:51-57

2<sup>nd</sup> Corinthians 4:13-5:1  
2<sup>nd</sup> Corinthians 5:1, 6-10  
Philippians 3:20-21  
Thessalonians 4:13-18  
2 Timothy 2:8-13  
1 John 3:14-16  
1 John 3:1-2



### Gospel

Matthew 5:1-12a  
Matthew 11:25-30  
Matthew 25:1-13  
Matthew 25:31-46  
Mark 15:33-39, 16:1-6  
Luke 7:11-17  
Luke 12:35-40  
Luke 23:33, 39-43  
Luke 23:44-46, 50, 52-53; 24:1-6a  
Luke 24:13-35

John 5:24-29  
John 6:37-40  
John 6:51-59  
John 11:17-27  
John 11:32-45  
John 12:23-28  
John 14:1-6  
John 17:24-26  
John 19:17-18, 25-30

## SUGGESTIONS FOR MUSIC SELECTIONS

### **Responsorial Psalms:**

Psalm 23:	Shepherd Me, O God The Lord is My Shepherd
Psalm 103:	The Lord is Kind and Merciful
Psalm 27:	The Lord is My Light
Psalm 42:	To You O Lord, I Lift up My Soul
Psalm 63:	My Soul is Thirsting for You
Psalm 103:	Out of the Depths

### **Hymns:**

Be Not Afraid  
Blest Are They  
How Great Thou Art  
Prayer of St Francis  
On Eagles' Wings  
You are Mine  
Eye Has Not Seen  
Hosea (Come Back to Me)  
Like a Shepherd  
You Are Near  
Christ Be Our Light

### **Communion Hymns:**

Amazing Grace  
Let There Be Peace on Earth  
One Bread, One Body  
Gift of Finest Wheat  
I am the Bread of Life

**SUGGESTION:** If family would like a program listing Readings & Hymns for the Mass, please ask COR Office Secretary for samples.

## 10 strategies for coping with grief

Grief is a personal experience, unique to each mourner and unique to each loss. Grief comes in waves, as times of peace and calm are suddenly shattered by overpowering emotion. The following strategies provide a few suggestions to help you ride out the waves as you cope with your grief.

1. **Take time out.** In many ways, the experience of grief is similar to recovery from a serious illness; some days will be darker, and some will be brighter. Recognize your limits, and separate the things that must be done from those that can wait. Don't worry about keeping up with your usual schedule. If you have to cancel or reschedule commitments, people will understand.
2. **Avoid making major decisions.** Grief can cloud your judgment and make it difficult to see beyond the pain you're feeling at the moment. Impulsive decisions – to move or change jobs, for example – can have far-reaching implications for which you may be unprepared. If you must make an important decision, discuss your options with someone you trust, such as a friend or financial advisor.
3. **Talk.** Painful feelings held inside are like an infection festering in a wound – they need to come out in order for you to heal. When friends ask how they can help, ask them to just be with you and listen. Tell them how important it is for you to be able to express what you're thinking and feeling. If you think you need more than the support of your friends, consider talking with a professional counselor.
4. **Express yourself creatively.** Writing is another excellent way to express yourself. Try keeping a journal or writing letters, whether you send them or not. When words won't come, artistic outlets like painting or sculpting can help you to communicate what's in your heart and soul. Creative expression can bring clarity to the turmoil you feel and insight into feelings you weren't aware of.
5. **Honor your loved one's memory.** Preserve your memories in ways that are comforting and meaningful. Enlarge and frame a favorite photo of your loved one, or compile a scrapbook of letters and mementoes from the good times you shared. Make a quilt from his clothing, or plant a tree or a bed of his favorite flowers to create a lasting tribute. Contributing time or money to your loved one's favorite cause or charity is also a noble way to honor her memory.
6. **Take care of your physical health.** Grief takes a physical toll as well as an emotional toll. Rest, exercise, and proper nutrition are essential to healing. Counteract a poor appetite by eating small amounts of healthy foods rather than large meals. If you have difficulty sleeping, try taking brief naps or just putting your feet up and relaxing whenever you can. And while you may not be motivated to exercise, just taking a brief walk now and then can lift your spirits and help you to sleep at night.



7. **Avoid using chemicals to numb your feelings.** A glass of wine can be good for the soul and help to settle jangled nerves, but overdoing it can bring a host of new problems. Attempting to numb your feelings with alcohol, illicit drugs, or prescription medications will only prolong the pain. Eventually, one way or the other, you must come to terms with your grief.
8. **Have fun.** Grieving is difficult, but it doesn't mean you have to feel bad all the time; in fact, it's important to take a break from focusing on your grief. Have fun when you can, whether it's reading a good book, watching a movie, playing cards, or resuming other activities you enjoyed before your loss. Don't feel guilty about it.
9. **Plan ahead for special occasions.** Anniversaries and holidays can be stressful times when you've lost someone you love, and especially so in the first year or two. Talk with family members about your concerns; this may be a good time to introduce new traditions to mark special occasions.
10. **Reach out.** In the beginning, grief may be so intense that you just want to withdraw or isolate. Soon, though, you'll be ready to ease back into social contact. Make a date with an old friend, or invite a neighbor to lunch. Or try volunteering with your church or favorite charity – you'll make new social contacts while you help others, and you'll feel good about yourself.

# UNDERSTANDING THE *CATHOLIC DECLARATION ON LIFE AND DEATH*

September 18, 2010

## **What is the Catholic Declaration on Life and Death?**

The *Catholic Declaration on Life and Death* is a health care advance directive for Florida's Catholics and is approved by the Bishops of Florida. This directive conforms to both Florida law and the teaching of the Church.

## **What is an “advance directive”?**

A health care advance directive is a written or oral statement made and witnessed in advance of serious illness or injury to address medical situations that may arise when a person becomes unable to make one's own decisions. Executing an advance directive exercises good stewardship over the gift of life.

There are two forms of advance directives: the *designation of health care surrogate*, which authorizes a person to make decisions for the incapacitated patient, and the *living will*, which gives instructions to physicians and caregivers regarding medical care and treatment at the end of life. The *Catholic Declaration on Life and Death* merges both forms into one directive.

## **Designation of Health Care Surrogate**

Every adult, 18 years of age and older, should choose at least one health care surrogate (and alternate) and designate this choice in writing. Unexpected health crises often involve complex treatment options, and having a surrogate who is prepared and authorized to make decisions for the patient helps to ensure the patient's wishes are respected.

The health care surrogate should be chosen carefully as someone who will represent the patient's wishes regarding medical care and treatment or act in the patient's best interest if those wishes are unknown.

The “Living Will” section of the *Catholic Declaration on Life and Death* gives the surrogate a basic framework for understanding the patient's wishes regarding end-of-life care or treatment. Discussing goals, hopes, options and concerns with one's surrogate and family will provide the surrogate helpful information and can comfort all involved if and when future decisions are made on one's behalf.



## **Living Will**

A living will specifies one's wishes should a person become unable to express those wishes at the time health care decisions are needed at the end of life. There are many forms of living wills available, some of which are not consistent with Catholic teaching.

## **What if no surrogate is available or no surrogate is designated?**

A section of the *Catholic Declaration on Life and Death* provides guidance regarding end-of-life care and treatment to those who are left to make decisions even if no surrogate is available or none has been designated.

*Florida Catholic Conference*  
*201 West Park Avenue*  
*Tallahassee, FL 32301-7715*  
*Telephone: (850) 222-3803*  
*Fax: (850) 681-9548    Website: <http://www.flacathconf.org>*



## **Additions to the *Catholic Declaration on Life and Death***

Space is provided in the *Catholic Declaration on Life and Death* to add personal directions. Caution and care should be taken in making additions, as certain instructions set in writing could be problematic in some unforeseen circumstances. For instance, a particular treatment that may not be desirable long term could be life-saving and health-restoring when used for a short time. The following are examples of appropriate additional instructions:

- ~ Organ donors may wish to add: "I hereby donate any needed organs (or tissue) as an anatomical gift if I meet medical criteria at the time of my death."
- ~ A woman of childbearing age should add: "*If I am pregnant, then take every reasonable means to preserve the life of my unborn child.*"

## **Circumstances Requiring Special Attention**

Consulting with family, physicians, well-informed clergy, and pastoral healthcare workers is especially helpful for one who must make difficult decisions. One need not make these decisions without the support, advice, and guidance of others.

## Things to Do:

- Complete the *Catholic Declaration on Life and Death* and have it witnessed.
- Discuss your wishes about health care decisions with family members and surrogates now, while able.
- Choose healthcare providers who are familiar with and respectful of your values.
- After executing an advance directive, and after discussing the issues with your family and surrogate, provide copies to your surrogate (and alternate), family, attorney, physician(s), and the hospital or nursing home (upon each admission).
- Craft a separate document with information important to you. It could include a list of persons to be notified if you are sick or dying, special prayers you would like, a request for or extension of forgiveness, and expression of thanks, your funeral plans and obituary information. Tell your surrogate about this document and keep it with your *Catholic Declaration on Life and Death*.

## Things to Remember:

- *The best way to make sure wishes are known and followed is to designate and prepare one's own surrogate in advance of a medical emergency.*
- *Hospice teams are specially trained to care for persons with terminal illness. Ask your health care provider if hospice is appropriate for you or your loved one.*
- *If a person completes more than one advance directive, the most recent one is in effect; the others are invalid.*
- *An advance directive can be updated at any time by a person with capacity, provided the change is properly witnessed. Such changes are best made in writing.*
- *One should never ask for or demand assisted suicide, euthanasia, or mercy killing. This is not only wrong for the person signing the document, but it also does a serious injustice to physicians, family and medical personnel to whom such immoral demands are made.*
- *The Catechism of the Catholic Church reminds us that the dying should be given the attention and care necessary to help them live their last moments in dignity and peace. They will be helped by the prayer of their relatives, who must see to it that the sick receive at the proper time the sacraments that help them to meet the living God (CCC #2299).*

## **The following are excerpts from Church teaching documents:**

### **HOPE FOR ETERNAL LIFE THROUGH DEATH**

Christ's redemption and saving grace embrace the whole person, especially in his or her illness, suffering, and death. The Catholic health care ministry faces the reality of death with the confidence of faith. In the face of death – for many, a time when hope seems lost – the Church witnesses to her belief that God has created each person for eternal life.

-- United States Conference of Catholic Bishops *Ethical & Religious Directives for Catholic Health Care Services*, Nov. 2009, Part Five.

### **TO CARE WHEN WE CANNOT CURE**

The task of medicine is to care even when we cannot cure. Physicians and their patients must evaluate the use of the technology at their disposal. Reflection on the innate dignity of human life in all its dimensions and on the purpose of medical care is indispensable for formulating a true moral judgment about the use of technology to maintain life. The use of life-sustaining technology is judged in light of the Christian meaning of life, suffering, and death.

-- United States Conference of Catholic Bishops *Ethical & Religious Directives for Catholic Health Care Services*, Nov. 2009, Part Five.

### **CONSIDERING BENEFITS AND BURDENS**

A person has a moral obligation to use ordinary or proportionate means of preserving his or her life. Proportionate means are those that in the judgment of the patient offer a reasonable hope of benefit and do not entail an excessive burden or impose excessive expense on the family or the community.

A person may forgo extraordinary or disproportionate means of preserving life. Disproportionate means are those that in the patient's judgment do not offer a reasonable hope of benefit or entail an excessive burden, or impose excessive expense on the family or the community.

-- United States Conference of Catholic Bishops *Ethical & Religious Directives for Catholic Health Care Services*, Nov. 2009, #56 & 57.

### **RELIEVING PAIN**

Patients should be kept as free of pain as possible so that they may die comfortably and with dignity, and in the place where they wish to die. Since a person has the right to prepare for his or her death while fully conscious, he or she should not be deprived of consciousness without a compelling reason. Medicines capable of alleviating or suppressing pain may be given to a dying person, even if this therapy may indirectly shorten the person's life so long as the intent is not to hasten death. Patients experiencing suffering that cannot be alleviated should be helped to appreciate the Christian understanding of redemptive suffering.

-- United States Conference of Catholic Bishops *Ethical & Religious Directives for Catholic Health Care Services*, Nov. 2009, #56 & 57.

## **HUMAN SUFFERING**

It is faith in Christ that enlightens Christians regarding sickness and the condition of the aged person, as in every other event and phase of existence. Jesus, dying on the Cross, gave human suffering a transcendent value and meaning. Faced with suffering and sickness, believers are invited to remain calm because nothing, not even death, can separate us from the love of Christ.

Pope Benedict XVI *Address to the Pontifical Council on Health Care*,  
November 17, 2007.

## **ON QUESTIONS OF NUTRITION AND HYDRATION**

In principle, there is an obligation to provide patients with food and water, including medically assisted nutrition and hydration for those who cannot take food orally. This obligation extends to patients in chronic and presumably irreversible conditions (e.g., the “persistent vegetative state”) who can reasonably be expected to live indefinitely if given such care. Medically assisted nutrition and hydration become morally optional when they cannot reasonably be expected to prolong life or when they would be “excessively burdensome for the patient or [would] cause significant physical discomfort, for example resulting from complications in the use of the means employed.” For instance, as a patient draws close to inevitable death from an underlying progressive and fatal condition, certain measures to provide nutrition and hydration may become excessively burdensome and therefore not obligatory in light of their very limited ability to prolong life or provide comfort.

-- United States Conference of Catholic Bishops *Ethical & Religious Directives for Catholic Health Care Services*,  
Nov. 2009, #58.

## **FAITHFUL STEWARDS OF OUR LIVES**

The truth that life is a precious gift from God has profound implications for the question of stewardship over human life. We are not the owners of our lives and, hence, do not have absolute power over life. We have a duty to preserve our life and to use it for the glory of God, but the duty to preserve life is not absolute, for we may reject life-prolonging procedures that are insufficiently beneficial or excessively burdensome. Suicide and euthanasia are never morally acceptable options.

-- United States Conference of Catholic Bishops *Ethical & Religious Directives for Catholic Health Care Services*,  
Nov. 2009, Part Five.

## **EUTHANASIA AND ASSISTED SUICIDE**

More and more lonely elderly people exist in big cities, even in situations of serious illness and close to death. In such situations, the pressure of euthanasia is felt, especially when a utilitarian vision of the person creeps in. In this regard, I take this opportunity to reaffirm once again the firm and constant ethical condemnation of every form of direct euthanasia, in accordance with the Church's centuries-old teaching.

-- **Pope Benedict XVI**

*Address to the Pontifical Academy for Life Congress*, February 25, 2008.

## Cremation for Catholics in Florida Questions and Answers

**“BUT AS FOR ME, I KNOW THAT MY VINDICATOR LIVES,  
AND FROM MY FLESH I SHALL SEE GOD;  
MY INMOST BEING IS CONSUMED WITH LONGING.”  
*Job 19: 25,26***

As Christians, we profess faith in the incarnation of the Word made flesh and His bodily resurrection, which we will share on the Last Day. We are reminded of the words of Saint Paul who wrote to the Corinthians: *"You must know that your body is a temple of the Holy Spirit who is within the Spirit you have received from God. You are not your own. You have been purchased, and at a price. So glorify God in your body".* (I Corinthians 6:19-20)

### **Q1: Does the church allow cremation of the body?**

**A1:** Catholics may choose cremation, provided it in no way expresses a denial of the Catholic teaching of the dignity of the body, created by Almighty God to be a temple of the Holy Spirit and destined to share fully in the Resurrection of the just on the Last Day.

Although the church understands that certain circumstances and preferences may exist for individuals or relatives to seek cremation, she maintains as a first preference the funeral rites with the body present and its immediate burial in a cemetery.

### **Q2: What is the first step in considering cremation?**

**A2:** Catholic faithful are encouraged to seek the counsel of their pastor before choosing cremation.

### **Q3: If cremation is chosen, when should the body be cremated?**

**A3:** The church recommends that the body be cremated after the funeral, thus allowing for the presence of the body at the funeral Mass. When pastoral circumstances require it, however, cremation and committal may take place even before the funeral liturgy.

Pastors in Florida can grant permission on an individual basis for cremated remains to be present at the funeral Mass.

### **Q4: How should the final disposition of the cremated remains be handled?**

**A4:** The final disposition of cremated remains should always reflect the Christian belief in the bodily resurrection and the respect afforded to the human body, even after death.

**Q5: What is the proper method for final disposition of the cremated remains?**

**A5:** The church recommends that the burial or entombment of the cremated remains occur without delay, once the cremation process is completed.

Cremated remains are to be placed in an urn (or other suitable container) and either buried in the ground or at sea, or entombed in a columbarium.

Catholics are strongly encouraged to be buried or en-tombed in a Catholic cemetery, or if one is not available, the Catholic section of a non-Catholic cemetery.

**Q6: What practices for handling cremated remains are to be avoided?**

**A6:** The practice of scattering cremated remains on the sea, from the air, or on the ground, or keeping cremated remains in the home of a relative or friend of the de-ceased are not the reverent disposition the church re-quires. Such methods of disposing of cremated remains are inconsistent with the due respect and honor that the church wants to preserve for her departed children.

The practice of a common grave, ground or niche where the cremated remains of several persons are scattered, poured, buried or combined without individual urns is to be completely avoided in Catholic cemeteries. Catholics should not select this practice for the final disposition of their mortal, cremated remains.

**Q7: Can cremated remains be divided or combined with those of others?**

**A7:** Each urn is to contain the cremated remains of only one person. The cremated remains of one person are not to be divided but rather are always kept in the same urn. in a Catholic cemetery, or if one is not available, the Catholic section of a non-Catholic cemetery.

**Q8: Can cremated remains be buried at sea?**

**A8:** The cremated remains of the body may be properly buried at sea in the urn, coffin or other container in which they have been carried to the place of committal.

*The answers provided here are excerpted from the Statement and Policy on Cremation, approved by the Bishops of Florida, December 4, 2006. For complete text of this policy, please contact your pastor or visit [www.flaccb.org/provincepolicies/Cremation12-06.pdf](http://www.flaccb.org/provincepolicies/Cremation12-06.pdf).*



# CATHOLIC DECLARATION ON LIFE AND DEATH ADVANCE DIRECTIVE (HEALTH SURROGATE / DESIGNATION LIVING WILL) OF

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(Name)

## Introduction

I am executing this Catholic Declaration on Life and Death while I am of sound mind. It is intended to designate a surrogate and provide guidance in making medical decisions in the event I am incapacitated or unable to express my own wishes.

## Statement of Faith

I believe that I have been created for eternal life in union with God. The truth that my life is a precious gift from God has profound implications for the question of stewardship over my life. I have a duty to preserve my life and to use it for God's glory, but the duty to preserve my life is not absolute, for I may reject life-prolonging procedures that are insufficiently beneficial or excessively burdensome. Suicide and euthanasia are never morally acceptable options.<sup>1</sup> If I should become irreversibly and terminally ill, I request to be fully informed of my condition so that I can prepare myself spiritually for death and witness to my belief in Christ's redemption.

## Designation of Health Care Surrogate

In the event that I become incapacitated I designate as my surrogate for health care decisions (if no surrogate is to be appointed, please write "none" in place of "name" below):

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phones (H,W,C): \_\_\_\_\_

If my surrogate is unwilling or unable to perform his or her duties or cannot be contacted, I wish to designate as my alternate surrogate (if no alternate surrogate is to be appointed, please write "none" in place of "name" below):

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phones (H, W, C): \_\_\_\_\_

This directive will permit my surrogate to make health care decisions, and to provide, withhold, or withdraw consent on my behalf; to apply for public benefits to defray the cost of health care; to receive my personal health care information; and to authorize my admission to or transfer from a health care facility. My surrogate is further appointed as my "Personal Representative."<sup>2</sup> This directive is not being made as a condition of treatment or admission to a health care facility. This document must be signed and witnessed on the other side to be valid.

<sup>1</sup> Cf United States Conference of Catholic Bishops, Ethical & Religious Directives for Catholic Health Care Services (USCCB: Washington, DC 2009), Part Five.

<sup>2</sup> As defined by 45 CFR 164.502(g), for purposes of compliance with Federal HIPAA Laws and Regulations (the Health Insurance Portability and Accountability Act of 1996).

**Living Will**

The following gives guidance for carrying out my wishes at the end of life. If at any time I am incapacitated and I have a terminal condition or I have an end-stage condition, and if my attending or treating physician and another consulting physician have determined that there is no reasonable medical probability of my recovery from such condition(s), my health care surrogate (designated above, if any) will be authorized to make decisions for me in accordance with my wishes expressed in this Declaration. If my surrogate cannot be contacted (or I have not named a surrogate), then I request and direct that each of the following be considered in making a decision for me.

That:

1. I be provided care and comfort, and that my pain be relieved.
2. No inappropriate, excessively burdensome nor disproportionate means be used to prolong my life. This can include medical or surgical procedures.
3. There should be a presumption in favor of providing nutrition and hydration to me, including medically assisted nutrition and hydration, unless:
  - They cannot reasonably be expected to prolong my life; or
  - The means used to deliver the nutrition and hydration are excessively burdensome and do not offer sufficient benefit or would cause me significant physical discomfort; or
  - I am imminently dying from an irreversible condition.
4. Nothing be done with the intention of causing my death.
5. Spiritual care be provided, including sacraments whenever possible.

**Additional Instructions**

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**Signatures Required**

It is my intention that my surrogate, family and physicians honor this declaration as the expression of my treatment wishes. I understand the full import of this declaration, and I am emotionally and mentally competent to make this declaration.

\_\_\_\_\_  
 DECLARANT  
 Last 4 Social Security Number: \_\_\_\_\_

\_\_\_\_\_  
 Date

\_\_\_\_\_  
 Witness Signature

\_\_\_\_\_  
 Witness Signature

\_\_\_\_\_  
 Printed/Typed Name

\_\_\_\_\_  
 Printed/Typed Name

The Health Care Surrogate cannot serve as a witness; at least one witness must not be a spouse or blood relative of the person signing.

December 12, 2012

**A THOUGHT . . . . .**

**For every matter has its time and way,  
although the troubles of mortals lie heavy upon them.**

**Indeed, they do not know what is to be,  
for who can tell them how it will be?**

**No one has power over the wind,  
or power over the day of death; . . .**

**Ecclesiastes 8:7,8**

