MetLife Mature Market Institute in cooperation with the MetLife Survivor Assistance Program… Delivering The Promise
“Only people who avoid love can avoid grief.”
J.W. Worden

Reaching for Tomorrow—MetLife’s Guide for Survivor Assistance, was prepared by the MetLife Mature Market Institute in cooperation with the MetLife Survivor Assistance Program… Delivering The Promise. This program provides personal attention and specialized services to beneficiaries who have experienced the death of a loved one.

Sincere sympathy is extended to you and others who have lost a spouse, partner, family member, friend, or co-worker.

No one is ever ready to lose someone they love or admire. Any death, whether anticipated, as with a terminal illness, or unexpected, as a result of an accident, undetected health problem or a homicide, elicits similar reactions. Almost all survivors move through the following phases of mourning, often referred to as “grief work.”

They are:

• **Shock** — Survivors overwhelmed with the news are unable to take care of their basic needs, and have an especially hard time with decision-making. Shock is a natural defense and a temporary reaction.

• **Yearning and Searching** — There is an inability to accept the loss of the deceased and an urge to “locate” the deceased and “bring them back.”

• **Disorganization and Despair** — Survivors attempt to plan for the future, but are easily distracted from the task at hand; individuals are often depressed.

• **Reorganization** — Life does not return to “normal,” but is reconstructed, offering new roles to discover and fulfill, new situations to experience and renewed energy for living.²

Acknowledging the pain of grief is a difficult but important task. Don’t be afraid to reach out for help from family and friends and other sources of support.

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This list should be viewed as a starting point in your pursuit of resources. It provides mailing addresses, phone numbers and Internet addresses of nationally known associations and organizations, plus an annotated list of books and Web sites. To facilitate ordering books the ISBN number is provided. The books listed are available in most bookstores.

This guide was compiled in 03/03. All information is time-sensitive and subject to change.

BOOKS AND GUIDES

BEREAVED ADOLESCENTS

Healing Your Grieving Heart for Teens—100 Practical Ideas
This book helps teens understand how to deal with their grief in a healthy, constructive manner. There are many suggestions provided, such as journaling, to help with the process of grieving.
ISBN: 1879651238
Suggested retail price is $9.50

This guidebook contains personal stories from teenagers who have experienced the death of someone close, advice from a grief counselor about life and death, and exercises that teens can do that will help them express their emotions.
ISBN: 0439139619
Suggested retail price is $9.85
BEREAVED ADULT CHILDREN

*Midlife Orphan: Facing Life’s Changes Now That Your Parents Are Gone*

This book discusses mourning, grief and loss and how it affects adult children. It also examines other life changes that may take place after 40 years of age.

ISBN: 0425166937
Suggested retail price is $10.50

*The Orphaned Adult: Understand and Coping with Grief and Change After the Death of Our Parents*

No matter our age, losing our parents can be traumatic. The author helps adult children come to terms with death and grief and offers techniques to help work through the grief. The book also explains how the loss of parents can affect the identity of adult children and in some cases, their religious beliefs.

ISBN: 0738203610
Suggested retail price is $11.00

BEREAVED CHILDREN – ADULT HELP

*Healing A Child's Grieving Heart*

This resource offers suggestions to people providing support to a child who has suffered the loss of a parent, grandparent, or other important people in their life. The book offers traditional principles of grief counseling and also explains various stages of grief that each age group may experience during the healing process. It includes ideas for helping children and teenagers express their emotions in a safe and productive manner.

ISBN: 1879651289
Suggested retail price is $9.95
**Help Me Say Goodbye: Activities for Helping Kids Cope When a Special Person Dies**

Written by a teacher of gifted children, this art therapy book helps children express their feelings through writing and art.


ISBN: 1577490851

Suggested retail price is $9.95

**When Children Grieve: For Adults to Help Children Deal With Death, Divorce, Pet Loss, Moving, and Other Losses**

This book deals not only with the grief experienced with the death of someone close, but with grief experienced with other losses. It helps adults explain death and loss to children and provides ways in which adults can help children grieve in a healthy manner.


ISBN: 0060196130

Suggested retail price is $17.00

**BEREAVED CHILDREN — By Age Group**

**Age 4-8**

**Gran-Gran's Best Trick: A Story for Children Who Have Lost Someone They Love**

This book about death and dying is written in the voice of a young girl whose grandfather is afflicted with cancer. The girl passes on her grandfather's legacy of fishing, gardening and neighborhood adventures by sharing memories with her younger sister.


ISBN: 0870293214

Suggested retail price is $6.95
Age 5-7

I Miss You – A First Look at Death
This book is especially good for young children because it helps them understand the feelings of grief and sadness that they may experience when someone close to them dies. Each page is fully illustrated.
ISBN: 0764117645
Suggested retail price is $695

Age 6-12

Healing Your Grieving Heart for Kids: 100 Practical Ideas
Written for children, but good for all ages, this book provides practical, sensitive advice for everyone. It explains that it’s OK to cry or ask for hugs or to do whatever makes you feel better to help with the process of grief and bereavement.
ISBN: 1879651270
Suggested retail price is $1195

BEREAVED PARENTS

After the Death of a Child: Living With Loss Through the Years
Much of this book is written from the perspective of parents who experienced the death of a child and lived with the loss for at least five years. Many grief and bereavement books focus on “recovery” from the loss but the author, who herself experienced the death of her son when he was 18, found that none of the parents she interviewed for this book had recovered, nor do they expect to recover. Using various methods of remembrance, these parents have instead learned to honor their children’s lives in many different ways.
ISBN: 080185914X
Suggested retail price is $1795
Healing a Parent’s Grieving Heart: 100 Practical Ideas After Your Child Dies

This book helps parents who are struggling with the loss of a child ways in which to understand their grief and express it by doing things like creating a memory book or memorial Web site. The book also discusses the ramifications that death may have on other areas of life such as marriage, guilt, and surviving children. The advice provided is helpful for parents who have lost a young child or an adult child.

ISBN: 1879651300
Suggested retail price is $9.50

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

Written by a child psychotherapist, this book helps parents understand the different ways in which death affects the entire family and how to work through the grief. The author uses anecdotal case histories and research to illustrate these points and provide information.

ISBN: 080503241X
Suggested retail price is $11.00

DISENFRANCHISED GRIEF

When Your Friend Dies

Harold Ivan Smith, the author of many books on grief and loss, addresses the grief that is often not recognized, such as the death of a friend, a co-worker, a teacher, or even a pet. He writes that these losses are real and deserve to be validated and recognized.

ISBN: 0806643544
Suggested retail price is $5.00

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Disenfranchised grief is a type of grief experienced by bereaved individuals who cannot publicly mourn a death due to societal norms and constraints. The bereaved may have experienced the loss of a live-in partner, a co-worker, a patient or client, or even a beloved pet.
Recovering from the Loss of a Loved One to AIDS - Help for Surviving Family, Friends, and Lovers Who Grieve

This book addresses the wide range of grief that people feel when a friend or loved one dies from AIDS. True stories from survivors, combined with advice from a professional counselor, help readers understand disenfranchised grief and how to work through various issues associated with this type of grief. Donnelly, K., (2001). iUniverse Incorporated. ISBN: 0595168604
Suggested retail price is $1800

GAY WIDOWER

Gay Widowers: Life After the Death of a Partner

Suggested retail price is $5995

GRANDPARENTS

Grandparents Cry Twice: Help for Bereaved Grandparents

When grandparents lose a grandchild, they grieve for their grandchild and they grieve for the sadness their own child must endure. The author, a grandmother who lost a two and a half year old grandson, writes from personal experience, from research, and with the assistance of grief and bereavement experts. Reed, M.L., (2000). Baywood Publishing Company. ISBN: 089503204X
Suggested retail price is $2595
GRIEF – GENERAL

Life Is Goodbye, Life Is Hello: Grieving Well Through All Kinds of Loss
This book explores the many different types of losses, including death, job loss and separation. It explains how it is possible to grow by working through loss, grief and acceptance.
ISBN: 1568380577
Suggested retail price is $16.00

The Path Through Grief
This book explores many different types of losses, from the death of a spouse or partner, a child, or someone who has died from AIDS. It contains an in-depth explanation of grief and offers suggestions for composing condolence letters, locating resources and lists additional readings of interest.
ISBN: 1573921890
Suggested retail price is $14.00

HOLIDAYS

A Decembered Grief: Living With Loss While Others Are Celebrating
Grief and loss can be especially difficult during holidays and other times of celebration. This book offers suggestions coping and learning to “…alter — rather than abandon — traditions.”
ISBN: 083411819X
Suggested retail price is $11.00
MEN

When a Man Faces Grief/A Man You Know Is Grieving
The author, a clergyman, grief counselor, writer and photographer, wrote this book with two audiences in mind: men who are grieving and those who want to help a man through the grieving process. The chapters are written in a simple, short, easy to read style.
ISBN: 1885933274
Suggested retail price is $6.95

When Men Grieve: Why Men Grieve Differently and How You Can Help
The book discusses the different types of losses that men experience and how their grieving process differs from that of women. It also helps parents teach children how to express their feelings in ways that are useful and appropriate.
ISBN: 1577490789
Suggested retail price is $10.50

Swallowed by a Snake: The Gift of the Masculine Side of Healing
This book on grief discusses the “masculine” style in which men grieve and cope with loss. They may appear not to be grieving at all, when in fact they are not demonstrative in their emotions. An understanding of this style can be helpful to both men and women. Native rituals and myths from other cultures are also discussed.
ISBN: 0965464911
Suggested retail price is $11.00
PET LOSS

The Loss of a Pet: New Revised and Expanded Edition
Dr. William Sife, an expert in the field of pet bereavement, offers his insights and case histories to help illustrate how to cope with the death of a beloved pet. Additionally, he addresses children and pet loss, euthanasia and the grief felt when a pet suddenly disappears.
ISBN: 0876051972
Suggested retail price is $10.50

SIBLING LOSS

Recovering From the Loss of a Sibling: When a Brother or Sister Dies
When a sibling dies, the focus is many times on the parents’ grief. The surviving sibling is often left to grieve alone. This book helps surviving siblings understand their feelings of grief through true stories told by others who have lost siblings.
ISBN: 0595010423
Suggested retail price is $17.95

SUDDEN DEATH

I Wasn't Ready to Say Goodbye: Surviving, Coping and Healing After the Sudden Death of a Loved One
This book helps explain the various stages of grief that a survivor may experience upon learning of the sudden death of a family member or friend. It discusses emotional pain and the physical effects of grief as well as loss of faith and the search for meaning.
ISBN: 1891400274
Suggested retail price is $11.95
WIDOW/WIDOWER

Finding Your Way After Your Spouse Dies
The author, who was trained as a therapist and who lost a spouse, writes from professional and personal experience. She offers advice on acceptance and the importance of the surviving spouse to take care of themselves throughout the grieving process.
ISBN: 0877939322
Suggested retail price is $9.95

Getting to the Other Side of Grief: Overcoming the Loss of a Spouse
Each author lost their spouse at a relatively young age and offers their stories to the reader from a male and a female perspective. Their empathy demonstrates this personal experience.
ISBN: 080105821X
Suggested retail price is $10.50

I’m Grieving As Fast As I Can: How Young Widows and Widowers Can Cope and Heal
This book addresses the emotions and circumstances of younger people whose spouse dies an untimely death.
ISBN: 0882820958
Suggested retail price is $10.50

WOMEN

The Widow’s Resource: How to Solve the Financial and Legal Problems That Occur Within the First Six to Nine Months of Your Husband’s Death
This workbook helps widows navigate the confusing maze of paperwork and financial concerns they will face after their husband dies. The book is clearly written and organized and includes “to do” lists.
ISBN: 189011703X
Suggested retail price is $12.00


**Widow to Widow: Thoughtful, Practical Ideas for Rebuilding Your Life**

Combining practical advice and understanding, the author explores the challenges of widowhood by dispelling myths and encouraging widows to grieve and explore life in ways they will find most meaningful.

ISBN: 1555612261
Suggested retail price is $10.50

**MISCELLANEOUS**

**MAIL SERVICES**

*Address Guardian™*

P.O. Box 472244
Charlotte, NC 28247
704-543-6613
Fax: 866-842-4651

The company, founded in 1994, offers individuals a way to eliminate direct mail and calls to the deceased. Two types of services are offered: a free “do-it-yourself” option and a “full service registration” for $9.95, good for three months.

[www.addressguardian.com/](http://www.addressguardian.com/)

**INTERNET AND ASSOCIATION RESOURCES**

**GENERAL RESOURCES**

*AARP*

601 E Street, NW
Washington, DC 20049
800-424-3410  TTY: 877-434-7598

AARP is a nonprofit organization that offers educational programs, services and support for adults 50 and older. The AARP Web site contains a comprehensive offering of books and publications on grief and loss, a toll–free AARP Grief Support Line, a searchable database of community resources (just input your state and zip), online support groups, and a wealth of other types of articles.
Categories included under Grief and Loss are:
- Spouse/Partner
- Adult Child
- Sibling
- Parent
- Friend
- More (includes men, young widows, etc.)
- Employers
- Grief Professionals
- Media

www.aarp.org/griefandloss/

Toll-Free Grief Support Line — 866-797-2277
9 a.m. - 9 p.m. ET, Daily

Griefnet.org
This very comprehensive site supports a large number of different online communities for people that are grieving, such as grief/widowed, a support group for spouses or partners of any sexual orientation; grief-grands, a support group for grandparents who have lost a grandchild; and grief-men, a group for bereaved men who seek support from other men for their loss. The site also contains a resources directory, newsletter, library and bookstore, and a site for grieving children called KIDSAID. The site is supervised by a clinical grief psychologist, death educator and tramatologist.

www.GriefNet.org
This site is operated as a non-profit corporation under the name Rivendell Resources.

MedLine Plus Health Information (Bereavement)
This site offers a variety of resources from the National Cancer Institute, Mayo Foundation for Medical Education, and many others. Categories include older adults, teenagers, children, grief during the holidays and grief of stepparents.

The Hospice Net
Suite 51
401 Bowling Avenue
Nashville, TN 37205-5124
The Hospice Net offers information and support for terminally ill patients and their caregivers and families, and additionally, provides a wealth of information for bereaved persons including spouses, children and teenagers. Also included are links for “Ideas for Writing,” “Poetry,” “Healing After a Loss,” and information and support to patients and caregivers.
www.hospicenet.org

THEOS (They Help Each Other Spiritually)
Suite 105
322 Boulevard of the Allies
Pittsburgh, PA 15222-1919
412-471-7779
Fax: 412-471-7782
This organization provides assistance to families and people of all ages through self-development, support groups, conferences, a newsletter and literature. Founded in 1962, there are 70 chapters worldwide.

BEREAVED ADOLESCENTS
National Hospice and Palliative Care Organization (NHPCO)
1700 Diagonal Road
Suite 625
Alexandria, VA 22314
703-837-1500 or 800-646-6460
Fax: 703-837-1233
The NHPCO hosts an online searchable database, by state, that contains more than 250 program offering grief and bereavement services for teenagers.
www.nhpco.org/
BEREAVED CHILDREN

**The Dougy Center**

PO Box 86852  
Portland, OR 97286  
503-775-5683

The National Center for Grieving Children and Families offers something for everyone. For adults, information is provided on how to help a grieving child or teenager and schools affected by death. There is also a section on “Kids and Funerals.” For children and teenagers, message boards, activities and book recommendations are offered. Locations of Dougy Centers can be found on the site.

www.dougy.org

**The Compassionate Friends**

National Office  
PO Box 3696  
Oak Brook, IL 60522  
630-990-0010  
Fax: 630-990-0246

This site helps bereaved parents and siblings work through the experience of death and grief of a child or sibling. It also offers information and education about families’ bereavement to help non-family members understand how best to offer support.

www.compassionatefriends.org

BEREAVED PARENTS

**Bereaved Parents of the USA**

Bereaved Parents of the USA  
PO Box 95  
Park Forest, IL 60466  
708-748-7672  
Fax: 708-748-9184

This is a national group that supports bereaved parents and families who have experienced the loss of a child or a family member.

www.bereavedparentsusa.org
SHARE
National SHARE Office
St. Joseph Health Center
300 First Capitol Drive
St. Charles, MI 63301
800-821-6819 or 636-947-6164
Fax: 636-947-7486
This organization provides emotional, physical and spiritual support to parents who are grieving as a result of a stillbirth, miscarriage, or death of a newborn. SHARE also provides information, education and resources about the needs and rights of bereaved parents and other family members.
www.nationalshareoffice.com

PET LOSS
The Association for Pet Loss and Bereavement
PO Box 106
Brooklyn, NY 11230
718-382-0690
This non-profit organization helps individuals grieving the loss of a pet companion. The site includes subjects such as “In Memoriam,” “Bibliography” and “Newsletters.” There is also a searchable database to locate support groups in each state.
www.aplb.org

SUICIDE
American Association of Suicidology
This association provides research and information about the understanding of suicide, and informational links such as “Web Sites for Survivors,” “Surviving Suicide Newsletter,” and a “Support Group Directory.”
www.suicidology.org

*Pet loss can include: relinquishing a pet to another person or a shelter when the owner can no longer provide physical or financial support; placing the pet in a shelter or another home if the owner relocates to a long-term care facility that does not accept pets; or, euthanizing a sick pet. (Corr, C., Nabe, C. and Corr, D. 2003)
WIDOWS AND WIDOWERS

Young Widows and Widowers

Professional writer/columnist and young widow Lisa Iannucci runs this Web site which includes a newsletter, help for children, and suggestions for dealing with financial issues. She includes excerpts from a financial book she has written and a list of recommended books and other types of information.

www.youngwidowsandwidowers.com/

Also see “www.aarp.org/griefandloss/” and “www.GriefNet.org.”

Support Group

For individuals or families who may feel that a support group would be beneficial in their healing, the following list provides places to search for local support group information.

- AARP Grief and Loss (listed under “Internet—General Resources”)
- Griefnet.org (listed under “Internet — General Resources”)
- Hospice programs
- Hospital social service program
- Mental health agencies
- Newspaper
- Religious/spiritual groups
- Senior center (for older adults)
- United Way
- Victim Assistance Organization (for death by violence)\(^5\)

We hope that this guide will provide the tools with which your healing journey can begin.

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The MetLife Mature Market Institute is the company’s information and policy resource center on issues related to aging, long-term care, retirement, and the 50+ marketplace. The Institute, staffed by gerontologists, provides research, training and education, consultation and information to support MetLife, its corporate customers and business partners.

The MetLife Survivor Assistance Program… Delivering The Promise provides personal attention and specialized services to beneficiaries who have experienced the sudden and unexpected death of a loved one. The services provided by this program can help foresee and resolve many of the issues that surviving family members might experience while going through this difficult time.

MetLife provides long-term care insurance, annuities and retirement solutions to individuals and groups. MetLife, a subsidiary of MetLife, Inc. (NYSE: MET), is a leading provider of insurance and other financial services to individual and institutional customers. The MetLife companies serve approximately 12 million individuals in the U.S. and companies and institutions with 37 million employees and members.