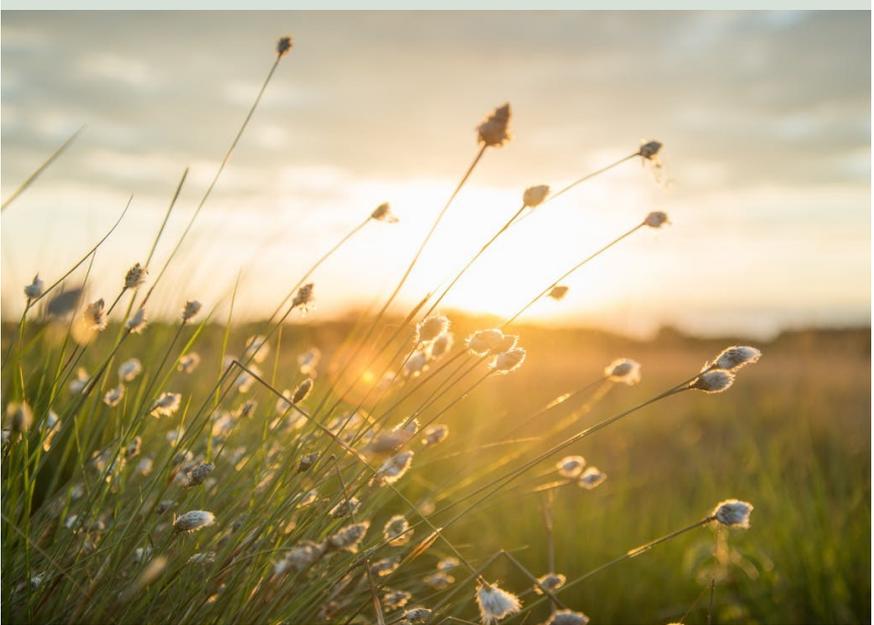




HEALTHY MINDS
LIVE WELL LINCOLN

Lincoln County

Grief & Recovery Support Guide



Introduction

This guide contains local resources for those seeking assistance with grief support, to help in the days, weeks and months following the loss of a loved one.

The information provided may not be inclusive of all resources. Use this guide as a starting point for getting help for yourself or a loved one.



HEALTHY MINDS

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Hope • Health • Happiness

This guide is produced by Healthy Minds for Lincoln County. Contact Lincoln County Health Department at 715-536-0307 with any updates.

Acknowledgements: This guide was adapted from Wood County, Sauk County and Kenosha County Grief Recovery Guides.

Please note: the agencies/companies listed are not endorsed, authorized or recommended by Lincoln County, but are provided as a convenience to those who request information only. It is not meant to be an exhaustive or complete list, and there may be other organizations available to provide these services. Lincoln County cannot recommend, endorse or authorize any vendors or providers, nor can we comment on the quality, pricing, or business practices of any vendor or provider. Purchase or receipt of any products or services arranged by consumers with any of these organizations is strictly between the consumer and vendor.

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Next Steps

Tending to affairs after the death of a loved one can be very difficult. Below are some steps to help you get started. This list is not all-inclusive, consult with a funeral home director or lawyer for further assistance.

- 1. Choose a funeral home.**
- 2. Write an obituary.**
- 3. Obtain multiple copies of proof of death, letters of testamentary or letters of administration.** A lawyer can help with this.
- 4. Collect and secure pertinent documents.**
 - Death certificate(s)
 - Will or trust
 - Insurance policies (life, homeowners, health, disability, auto, etc.)
 - Investment accounts (IRAs, 401(k) plans, mutual funds, pensions, etc.)
 - Last credit card statements
 - Last checking and savings account statements (including CDs and money-market accounts)
 - Tax returns from the last two years.
 - Last mortgage statement
 - Marriage and birth certificates (of the deceased's spouse and children)
 - An up-to-date credit report of the deceased
- 5. Notify financial institutions, government agencies and others.**
 - Social Security Administration
 - The deceased person's employer(s)

Next Steps Continued

- The deceased person's school
 - Insurance companies
 - Credit bureaus
 - Post office
 - Utility companies
 - Creditors/banks
- 6. Cancel or transfer accounts, memberships or subscriptions.**
 - 7. Apply for benefits due to survivors.**
 - 8. Pay final bills, guard against financial fraud.**



Funeral Planning

Lincoln County Funeral Homes

Generations Funeral Home

1400 N. 4th Street, Tomahawk
(715) 224-3182

<https://www.generationsfuneral.com>

Krueger Family Funeral Home

101 N. 2nd Street, Tomahawk
(715) 453-3808

<https://kruegerfamilyfuneral.com>

Taylor-Stine Funeral Home & Cremation Services

903 E. 3rd Street , Merrill
(715) 536-6244

<https://www.taylorstinefuneralhome.com>

Waid Funeral Home

301 S. Eagle Drive, Merrill
(715) 536-4646

<https://www.waidfuneral.com>

Funeral Planning Assistance

Contact the National Funeral Directors Association Helpline, which offers help with funeral planning, resource referral and grief support and information.

Phone: 800-228-6332 Website: <https://www.nfda.org/>

Lincoln County Cemeteries

Lincoln County has 19 cemeteries.

Visit <https://bit.ly/2j828Dl> for a complete list.

Funeral Costs

Funeral directors can guide you through the funeral planning process. Ask questions so you are clear what services you are purchasing and their costs. Costs can vary greatly between funeral homes.

The National Funeral Directors Association has data on average costs of funeral services, cremation and burial. <https://www.nfda.org/news/statistics>

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.

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.

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 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.

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.



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.

There are not yet any designated green burial cemeteries in Lincoln County, though families may be able to use some of these burial practices at a traditional cemetery. For more information, visit www.greenburialcouncil.org.

Organ and Tissue Donation

The Wisconsin Department of Health Services has information about Wisconsin's Organ and Tissue Donation Program. Their website includes donor registries, data, forms and organ procurement organizations.

Website: <https://www.dhs.wisconsin.gov/donatelife>

Phone: 608-261-6854





Grief & Bereavement

What is Grief?

Grief is not an event, but a process of experiencing physiologic, psychologic, behavioral, social, and spiritual reactions to the loss of a loved one. Grief is individualized, including a broad range of 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 proceeds through the healing process at a different pace. You and your loved ones may deal with grief differently.

Understanding the stages of grief, giving into them and going through them, is key to getting past the loss and into a fulfilling future.

The 5 stages of grief are:

Denial- “No, not me, it can’t be true.”

Anger- “Why me?”

Bargaining- “Yes, me, but...”

Depression- “There is no hope.”

Acceptance- “It’s all right now.”

These stages are not orderly and some individuals may backtrack. It is important to recognize that grieving takes time and is a process.

(Source: University of Minnesota Extension)

Grief & Bereavement Resources

Lincoln County Grief Support Groups

Ascension Support Group

Bell Tower Assisted Living
1500 O' Day Street, Merrill
(800) 643-4663
Second Tuesday of every
month at 4:00 pm

GriefShare Group

Trinity Lutheran Church
107 N State Street, Merrill
(715) 536-5482
Call for information on dates
and times

Grief Support Group

Bible Presbyterian Church
1605 Hwy G, Merrill
(608) 567-8582
Call for information on
dates and times

Survivors of Suicide Loss Support Group

T.B. Scott Free Library
106 West First Street, Merrill
(715) 212-3636
Last Tuesday of every month,
6:00 -7:00 pm

Local clinics specializing in support groups and mental health services can be found at <https://bit.ly/2SctOtY>.

Online Resources

Hello Grief

<http://www.hellogrief.org>

Provides information and resources about grief in an effort to break through the current culture of avoidance that surrounds death.

GriefShare

<https://www.griefshare.org>

A caring group of people who will walk alongside you. Seminars and support groups are led by people who understand what you are going through and want to help.

Healing The Spirit

<https://bit.ly/2KemPym>

Resources for coping with the death of a loved one.

Death by Substance Use

Grief Recovery After a Substance Passing (GRASP)

<http://grasphelp.org>

Provides sources of help, compassion and understanding for families or individuals who have had a loved one die as a result of substance use or addiction.

Mothers Against Drunk Driving (MADD)

www.madd.org

1-800-438-6233

National office will refer victims of drunk driving crashes to their nearest local chapter. If one is not available, telephone counselors will offer guidance and support.

Broken No More

<http://broken-no-more.org>

Provides support and guidance to those who have lost a loved one due to substance use.

Loss from Suicide

National Suicide Prevention Lifeline

<https://bit.ly/2gFnmM2>

1-800-273-8255

Provides 24/7, free and confidential support, and prevention and crisis resources.

Center for Suicide Awareness

<https://bit.ly/2S8RYsI>

Free, text based emotional support. Text HOPELINE to 741741. HOPELINE is an emotional support text line in Wisconsin.

American Foundation for Suicide Prevention

<https://afsp.org>

A voluntary health organization empowered by research, education and advocacy to take action against suicide.

Child Loss

Twinless Twins

www.twinlesstwins.org

Provides support for twins and other multiples who have lost their twin due to death or estrangement at any age. The unique aloneness felt can best be understood by another twinless twin.

Healing Hearts for Bereaved Parents

<https://bit.ly/2Sc5Kr8>

Holding out the light of hope and the hand of friendship to grieving parents and their family.

Parents of Murdered Children (POMC)

www.pomc.com

1-800-818-7662

National self-help organization dedicated solely to the aftermath and prevention of murder. POMC makes a difference through ongoing emotional support, education, prevention, advocacy, and awareness.

Share: Pregnancy and Infant Support, Inc.

<http://nationalshare.org>

A community for anyone who experiences the tragic death of a baby. Often serving parents, grandparents, siblings and others.

Children's Health Alliance of WI- Infant Death Center

<https://www.chawisconsin.org>

Bereavement support and resources for Wisconsin families and others affected by the sudden and unexpected death of an infant.

For Children

National Alliance for Grieving Children

<https://childrengrieve.org>

A nonprofit organization that raises awareness about the needs of children and teens who are grieving a death and provides education and resources for anyone who supports them.

The Dougy Center: The National Center for Grieving Children and Families

<http://www.dougy.org>

Provides materials to better understand and support grieving children of all ages.

Children's Grief & Loss Issues

www.childrensgrief.net

Helping children with grief and trauma through books.

Camp Hope

www.camphopeforkids.org

A free weekend camp in central Wisconsin for grieving children, teens and their families.

Remembrance

Full Circle Memory Wall

<https://bit.ly/2XVQ8gV>

Tangible ways to remember and honor loved ones. Upload pictures, dates and messages to remember a loved one.

The Healing Spirit

<https://bit.ly/2XKn87I>

A webpage with interactive activities to help with grief and loss through creative expression and companion interaction.

Therapy & Counseling Resources

These resources provide a wide range of services for both children, adults, and families to help improve mental wellness in a time of hardship, grief and loss, or in daily life.

A more detailed description of these services can be found in Lincoln County's Substance Use and Mental Health Resource Guide; see <https://bit.ly/2Fgljao> or visit the websites below directly.

North Central Health Care

<https://bit.ly/2UrXU11>

Crisis Hotline: (715) 845-4326 or (800) 799-0122

Merrill Center

607 N. Sales Street, Ste 309
Merrill, WI 54452
(715) 536-9482

Tomahawk Office

213 W. Wisconsin Avenue
Tomahawk, WI 54487
(715) 453-5381

The Centre For Well-Being, Inc.

centreforwellbeing.net

607 Cedar Street
Merrill, WI 54452
(715) 848-5022

Peaceful Solutions Counseling

peacefulsolutions.org

726 E. Second Street
Merrill, WI 54452
(715) 675-3458

Soul-full Solutions

1104 W. 10th Street
Merrill, WI 54452
(715) 805-6111

Therapy & Counseling Resources

Visions Counseling Inc.

visionscounseling.org

N2355 Smith Road
Merrill, WI 54452
(715) 551-1970

Center for Human Development

chdevelopment.org

1509 N. 4th Street, Unit 2
Tomahawk, WI 54487
(715) 842-0944
Toll Free: (800) 236-3792

Psychological Resource Center

<http://psychresctr.com>

1218 N. 4th Street, Ste 108
Tomahawk, WI 54487
(715) 224-2100

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 work through your grief. Local clinics specializing in counseling services and mental health services can also be found in Lincoln County's Substance Use and Mental Health Resource Guide <https://bit.ly/2Fgljao> .



Veteran's Resources

If you or your loved one is and/or was a veteran, you may be eligible for a variety of survivor's benefits. Your loved one is also eligible for many veterans' burial benefits.

Contact the Veterans Administration for more information.

Lincoln County Veterans Service Office

801 N. Sales Street, Suite 104

Merrill, WI 54452-1632

Phone: (715) 539-1083

<https://co.lincoln.wi.us/veterans-services>

U.S. Department of Veterans Affairs

www.va.gov

V.A. National Cemetery Administration

<https://www.cem.va.gov>



Legal Documents & Records

Death Certificates

Contact your selected funeral home or Lincoln County Register of Deeds.

Register of Deeds:

Lincoln County Service Center
801 N. Sales Street, Suite 102
Merrill, WI 54452

Office hours: Monday - Friday, 8:00 am - 4:30 pm

Phone: (715) 539-1061

Fax: (715) 539-8094

<https://co.lincoln.wi.us/register-deeds>

Autopsy Reports

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 Lincoln County Coroner's Office. The coroner investigates and verifies all deaths that occur in Lincoln County.

Paul Proulx- Coroner

1110 E. Main Street
Merrill, WI 54452

24/7 service

General: (715) 536-6272

Coroner Direct: (715) 218-0555

<https://co.lincoln.wi.us/coroner>

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.

Merrill Police Department: (715) 536-8311

Tomahawk Police Department: (715) 453-2121

Lincoln County Sheriff's Department: (715) 536-6272

Police case number: _____

Deputy/Officer/Trooper: _____

Crime Victim Information

If your loved one passed away due to the criminal actions of another, 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: (608) 264-9497

Toll-free: (800) 446-0122

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.

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)
- Social security number for yourself and the deceased worker
- 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
- Your bank name and account number so that your benefits can be directly deposited
- Deceased worker's W-2 form or self-employment tax return from the most recent year

Contact the Social Security Administration

www.ssa.gov

Phone: 1(800) 722-1213

TTY: 1 (800) 325-0778

Or stop in person at the nearest Social Security Office

Wausau Office

352 Grand Avenue
Wausau, WI 54403

Phone: 1(855) 269-9186

TTY: 1(800) 325-0778

Rhineland Office

2023 Navajo Street
Rhineland, WI 54501

Phone: 1(888) 868-8185

TTY: 1(715) 369-6881

Hours (both locations)

Monday, Tuesday, Thursday, Friday: 9:00 am - 4:00 pm

Wednesday: 9:00 am -12:00 pm

Death Notifications

Notify agencies of your loved one's death:

Employer/school (if applicable)

Phone: _____

Insurance Agent

Phone: _____

Bank(s)

Phone: _____

US Postal Service

- **Merrill Post Office: (715) 539-3287**
- **Tomahawk Post Office: (715) 453-2831**

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.

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.

- **Merrill Foto News: (715) 536-7121**
Email: fotonewsads@mmclocal.com
- **Tomahawk Leader: (715) 453-2151**
Email: leadernews@mmclocal.com

Biohazard Clean Up

These companies will contain, sanitize, disinfect, repair damaged property and dispose of materials resulting from accidents, trauma, crime or death so families don't have to.

Aftermath

www.aftermath.com

24/7 line: (877) 690-8242

ArchAngels BioRecovery, Inc

<https://archangels.pro>

(877) 409-9111

Assured Decontamination Services

<https://deconservices.com>

(800) 924-6384

BioWisconsin

<https://biowisconsin.com>

24/7 line: (262) 649-7596

Northern WI: (920) 221-7858

K-tech Kleening

<https://k-techkleening.com>

(715) 355-1369

PuroClean

<https://www.puroclean.com>

24/7 line: (715) 321-2526

ServiceMaster Recovery by Restoration Holdings

<https://www.servicemasterclean.com>

(715) 842-2488



