

RESOURCES

Funeral Homes:

Lakeview Funeral Home
205 Albion Ave. | Fairmont, MN 56031
(507) 238-2215

Kramer Funeral Home
704 1st St. | Welcome, MN 56181
107 N Osborne St. | Sherburn, MN 56171
71 2nd Ave. SE. | Trimont, MN 56176
(507) 639-2281

Zaharia Funeral Home
102 E Ciro St. | Truman, MN 56088
(507) 776-4375

Mental Health Resources:

Eunolia Family Resource Center
1420 N State St. | Fairmont, MN 56031
(507) 235-6070

Mayo Clinic Health System
800 Medical Center Dr. | Fairmont, MN 56031
(507) 594-9390

JJ Counseling LLC
112 W 1st St., Ste 104 | Fairmont, MN 56031
(507) 236-0139
24 hr Crisis Line (877) 399-3040

Other Resources:

Martin County Human Services
115 W 1st St. | Fairmont, MN 56031
(507) 238-4757

Martin County Veteran's Service
2423 Albion Ave. #11 | Fairmont, MN 56031
(507) 238-3220

*"May there be comfort
in knowing that someone
so special will never
be forgotten."*

- Julie Hérbert

The Fairmont Police Department is committed to protecting, serving, and safeguarding the Constitutional and Civil Rights of all citizens through impartial and professional law enforcement with integrity and respect. Our officers shall be Fair, Professional, and Dedicated in the service to our community.

FAIRMONT POLICE DEPARTMENT



**Coping
with
Grief & Loss**

WHAT'S NEXT?

What to do Immediately:

- Tell friends, family, employer, and clergy
- Learn about potential existing funeral and burial plans
- Secure the deceased person's property and valuables
- Provide care for pets

Within a few Days:

- Make funeral, burial, cremation arrangements
- Forward mail
- Find out what subscriptions, creditors, bills, and other accounts that need to be canceled or paid

Within Two Weeks:

- Secure certified copies of the death certificate
 - The funeral home you are working with can get copies on your behalf or you can order them from The MN Department of Health Office of Vital Records.
- Find the will and the executor of the estate
 - People usually name an executor or "Personal Agent" in their will. If there is no will, the probate court judge will name one.
 - Meet with an estate attorney
 - While it is not needed, it makes things easier
- File a final tax return
- Take the will to probate at a county courthouse

Who to Notify?

- The Social Security Administration (SAA)
 - Typically handled by the funeral director. We recommend still stopping into a SS Office and seeing if there are any remaining benefits that the deceased has.
- Life Insurance Companies
- Banks & Financial Institutions
- Credit Agencies
- Home/Auto Insurance Companies

COPING WITH GRIEF

Grief and loss are deeply personal experiences that affect people in different ways. While some may experience intense emotions, others may feel numb and disconnected. It is important to remember that there is no right or wrong way to grieve, and everyone's journey is unique.

Some common emotional responses to grief include sadness, anger, guilt, anxiety, shock, and denial. Physical symptoms such as fatigue, sleep disturbances, and appetite changes may also occur. People may also experience a range of cognitive symptoms, such as difficulty concentrating and forgetfulness.

It is important to understand that grief is a process that takes time and varies in duration. While some may find relief in a few weeks, others may take months or even years to come to terms with their loss. With this being said, be sure to check in with loved ones regularly during this time.

WAYS TO COPE

Experiencing grief is a natural response to loss and it can be a challenging and painful process. Coping with grief can take time and effort, but there are strategies and techniques that can help. Here are some ways to cope with grief:

1. Allow yourself to feel emotions: It's okay to feel sad, angry, and overwhelmed. Don't suppress your emotions or try to push them away. Allow yourself to feel them and express them in healthy ways.
2. Seek support: Talking to friends, family members, or a therapist can help you process your emotions and feel less alone. Joining a grief support group can also provide a sense of community and understanding.
3. Take care of your physical health: Grief can take a toll on your physical health, so it's important to take care of yourself. Make sure you're getting enough sleep, eating healthy foods, and exercising regularly.
4. Be patient with yourself: Allow yourself to move through the process at your own pace.

