

## Services for Senior Citizens

Sometimes an elderly survivor may need assistance in such areas as homemaking, meals, health care or transportation. Help in this area can be obtained by calling:

- ◆ **Jayhawk Area Agency on Aging**  
1-800-798-1366 or 785-235-1367

You may obtain a free copy of *A Mental Health Guide for Older Kansans and Their Families* from:

- ◆ **Kansas Department of Aging**  
1-800-432-3535 or visit the Guides  
website at: [www.oznet.ksu.edu/mhaging/](http://www.oznet.ksu.edu/mhaging/)

## Teenagers and Grief

Most teenagers will try to find comfort from their peers, but when it comes to death, this often is not true. Unless friends have experienced grief themselves, they may be indifferent and ignore the whole subject of loss and death. Grief is complex and teenagers may have trouble expressing their feelings.

One way of letting go, if you have difficulty crying in front of others, is by taking a shower. You can cry in a shower, no one sees, hears, or can tell by your face later, but the emotional release will make a difference in how you feel.

The important thing is you seek out emotional support. If needed, have your parents contact a grief counseling service, such as the **Midland Grief Counseling Center**.

Loss usually changes your life dramatically for the first year. Many students find it difficult to study and sleep, causing their grades to suffer. When and if this happens, contact your school counselor and explain to them what you have been going through; they are there to help you.

## Criminal and/or Accident Investigations

If there is an ongoing investigation into the death of your loved one, you may be required to identify the deceased. Should this be necessary, a Shawnee County Sheriff's Officer, and/or Victims Assistant will arrange it and accompany you to make the identification. When the deceased is taken to the Shawnee Co. Coroner's Office, it is necessary for you to make immediate arrangements with the Funeral Home. The Funeral Home will then work with the Coroner's Office to make all further arrangements.

**Shawnee County Coroner Information:**  
**Dr. Erik Mitchell**  
**(785) 368-2350**  
**Response 24 hrs a day**

## Personal Property or Vehicle Information

If any personal property or a vehicle was taken during the course of the investigation, you will be able to check on it by calling the **Shawnee Co. Sheriff's Office Crime Scene Investigation Unit at 785-368-2220**.

When making any inquiries to the Sheriff's Office, please refer to the case number listed below.

## Incident Information

Date of Incident \_\_\_\_\_

Case number \_\_\_\_\_

Contact Person \_\_\_\_\_

Phone # \_\_\_\_\_

Chaplain \_\_\_\_\_

Phone # \_\_\_\_\_

*May your sorrow be eased in the days ahead.*

# SHAWNEE COUNTY SHERIFF'S OFFICE



## A Guide for Survivors

*Sheriff Dick Barta*

Shawnee County Sheriff's Office  
Main number  
785-368-2200  
Emergency  
**911**

# ***A Guide for Survivors***

Though words cannot take your loss away, it is the Shawnee County Sheriff's Office hope that this information will assist, and support you through this time of grief.

## **Grieving**

Grief can be painful, frightening, and overwhelming. Like many people, you may worry that you are grieving appropriately and wonder if the feelings you have are normal. Grief is very individual. Remember, there is no "right way" to grieve.

Most people who suffer a loss experience one or more of the following:

- ◆ Tightness in the throat or heaviness of the chest.
- ◆ Empty feeling in the stomach and loss of appetite.
- ◆ Guilt feelings at times and anger at other times.
- ◆ Difficulty concentrating or restlessness.
- ◆ Sense of unreality, that the death didn't actually happen.
- ◆ Presence of the loved one, including hearing his/her voice, or seeing their face.
- ◆ Aimless wondering, difficulty completing tasks.
- ◆ Difficulty sleeping and dreams of the loved one.
- ◆ Guilt or anger over things that happened or didn't happen in the relationship.
- ◆ Anger with the loved one for leaving, or with caregivers for "letting him/her go".
- ◆ A need to avoid talking about feelings of loss in order to take care of people who seem uncomfortable.
- ◆ Mood changes over the slightest things.
- ◆ Crying at unexpected times or in unexpected places.

These things are natural and normal responses. It is important to cry and talk with people when you need to. This might be an important time to seek assistance from a grief support group, a counselor or a clergy person. One local organization is:

- ◆ **Midland Grief Counseling Center**  
200 Frazier Circle  
Topeka, KS 66606  
(785) 232-2044  
Provides free of charge bereavement services for children, youths, adults and families who have experienced the death of a loved one.

Another resource for help if the loved one is a child, even if it is not a result of Sudden Infant Death Syndrome, is:

- ◆ **SIDS Network of Kansas**  
1-866-399-7437

If you find yourself in a crisis, or if you feel inconsolable, call the ***Crisis Hotline*** **(785) 234-3300, 24 hrs a day, or dial 911.**

## **Helpful Suggestions**

The following information is meant as a guide and resource.

### **Benefits**

You may be eligible for benefits through insurance policies, Social Security, the Veterans Administration, or an employer.

Insurance— Look for the following types of insurance policies:

- ◆ Life Insurance
- ◆ Mortgage insurance
- ◆ Employer insurance
- ◆ Credit Card insurance
- ◆ Accident or auto insurance if applicable

**Social Security**— for information about Social Security benefits, call 1-800-772-1213. If your loved one was receiving Social Security benefits, do not cash any benefit received after death.

**Veterans Benefits**— for information about Veterans Benefits, including burial benefits, call 1-800-827-1000

**Employee Benefits**— if your loved one was employed at the time of death, contact the employer for information on benefits. If your loved one was retired and receiving a pension, you may be eligible for benefits.

**For Federal tax information**, call the Internal Revenue Service at 1-800-829-1040. To order Publication 559, "Information for Survivors, Executors and Administrators", and other tax forms, call — 1-800-829-3676.

### **Credit Cards**

Any credit cards your loved one possessed will need to be cancelled with the issuing company. This will require a certified copy of the death certificate.

### **Death Certificates**

To obtain benefits, you will need to submit a certified copy of the death certificate. These can be obtained through the funeral home of your choice. It is important you get several certified copies, as most organizations will not accept Xerox copies.

### **Funeral Home**

Attached is a directory of funeral homes in Shawnee County. It is important to contact one of these to make arrangements for your loved one as soon as possible. They will be your primary contact in having your loved one transported from either the hospital or the Coroner's Office, to the funeral home.

# Funeral Home Directory

## Bowser-Johnson Funeral Chapel

723 SW 6th  
233-3039

## Brennan-Mathena Funeral Home

800 SW 6th  
354-7706

## Davidson Funeral Home

1035 N. Kansas  
233-4088

## Kevin Brennan Family Funeral Home

2801 SW Urish Rd.  
272-7888

## Newcomer Family Funeral Home

4020 SW 6th  
272-8844

## Parker-Price Mortuary

245 NW Independence  
234-5850

## Penwell-Gabel Midtown Chapel

1321 SW 10th  
354-8558

## Penwell-Gable Highland Chapel

2843 SE Minnesota  
266-6700

## Piper Funeral Chapel

419 Main  
Rossville, KS  
785-584-6888

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