

Transitions

Issue 2 of 12
ANX Hospice Care
Bereavement Newsletter

*“When someone you love becomes a memory,
the memory becomes a treasure.” – Unknown*



Dear friends and family,

The pain of grief can often cause you to withdraw from others and retreat into your shell. But having the face-to-face support of others is vital to healing. Even if you're not comfortable talking about your feelings, it's important to express them when you're grieving. Comfort can also come from just being around others who care. The key is not to isolate yourself.

Turn to friends and family members. Now is the time to lean on the people who care. Rather than avoiding them, draw friends and loved ones close, spend time together, and accept the support offered.


Accept that many people feel awkward when trying to comfort someone who's grieving. Grief can be a confusing, sometimes frightening emotion for many people. But don't use that as an excuse to retreat. If someone reaches out to you, it's because they care.

Draw comfort from your faith. If you follow a religious tradition, embrace the comfort its mourning rituals can provide. Spiritual activities that are meaningful to you—such as praying or meditating—can offer solace.

Join a support group. Grief can feel very lonely, even when you have loved ones around. Sharing your sorrow with others who have experienced similar losses can help.

The ANX Bereavement team is here for you.

Sincerely,


Lucille Faciane RN
Director of Hospice Care

A GIFT OF GRIEF

BY iLa Bansil

Why such feeling of emptiness?
Convincing myself of adequacy
and greatness.

But why do tears flow on my cheeks?
And feel my heart aches as I speak.

An imaginable great loss,
With an inconsolable
feeling of chaos.

Let the loneliness
and helplessness fade,
And let this grief be a gift,
knowing life's a serenade.

IN THIS ISSUE:

- **Monthly Message** | Page 1
- **A Gift of Grief** | Page 1
- **Mailbox** | Page 2
- **NextSteps:** How to Celebrate the Memory of Your Beloved | Page 2
- **Ask ANXperts:** What Types of Taxes are Due After Death? | Page 3
- **QuickTips:** Filing for a Deceased Tax Payer | Page 3
- **Volunteer Opportunities** | Page 4

Mailbox

Our greatest reward is the heartfelt appreciation from our patients and clients. Here is a touching letter from one of them.



I wanted to take this opportunity to say Thank You to ANX Hospice Care and especially Abraham Alonzo for the help that was provided to our family.

My sister Jocelyn unexpectedly passed away much sooner than we had expected. After a few conversations with Abraham, I became very comfortable with him and the support that he and ANX could provide during this difficult time.

Abraham did an excellent job during the service. It was not only the immediate family that was appreciative of his work, but the entire group of friends were raving about his service. He was compassionate with great empathy for all in attendance.

Abraham should be recognized for his great work for ANX as I am sure he treats all of the families he works with in the same fashion.

Thank you to Abraham and to ANX for providing our family this kind of dedicated support and a great deal of comfort.

*Sincerely,
William C.H., Los Altos*

NextSteps

How to Celebrate the Memory of a Loved One

by Abraham Alonzo, STL-MA, MTS, Bereavement Coordinator and Spiritual Counselor



Why is it important to celebrate the memory of our beloved? In the words of Teilhard de Chardin, “We are spiritual beings with human experiences rather than human beings with spiritual experiences.” When we honor the memory of our beloved, we transcend beyond time and space to reconnect both our past and our future as one.

There are many ways to celebrate the memory of your beloved. Here are 3 ideas that your family may consider in preparing a meaningful Celebration of Life:

1. Create a Tribute Video or Memorial Board

Gather memorial/significant photos or memorabilia of your beloved, with contributions from family members and friends, then create a slide presentation or a Memorial Board to display at the service.

2. Play their favorite songs or recite their favorite poems

Gather suggestions from family members and close friends to personalize the memorial service for your beloved. Recall the favorite songs, poems, quotes or passages from the Sacred Scriptures and consult your Pastor or Clergy-President to prepare the flow of a memorial service where family members can participate in songs, readings and sharing of memories.

3. Craft a Memorial Guest Book

Engage guests at the memorial service by having them sign a guest book where they can recall a favorite memory of the deceased, write a personal message for the family, or brief note honoring the loved one. Provide decorative scrapbook paper, borders, and stickers that guests can use to embellish their entries. [AA]

Ask ANXperts

What Types of Taxes are Due After Death?

In a time of sadness and confusion, taxes are going to be the least of your worries after your loved one's passing. "Unfortunately, death does not relieve us of our tax obligations," says Dave Du Val, vice president of customer advocacy at TaxAudit.com.

Below is a list of potential taxes due, as outlined by Julie Garber, J.D., an estate planning attorney and bank trust officer, in her article in *TheBalance.com*.

FEDERAL ESTATE TAXES – the good news is that the majority of estates will not owe any federal estate taxes. Estates valued at \$5.34 million or more must file a federal estate tax return.

STATE ESTATE TAXES – a deceased person who owns real estate in certain states like Connecticut, Maryland, and New Jersey may owe estate taxes. Visit taxfoundation.org/state-estate-inheritance-tax for a complete list of states.

STATE INHERITANCE TAXES – while an estate tax is based on the overall all value of a person's estate, this tax is based on who receives the deceased person's property.

GIFT TAXES – this tax is paid by the giver of the gift, not the recipient. Taxes will be due if gifts exceeding \$14,000 were made during the deceased person's lifetime and were not reported to the IRS.

GENERATION SKIPPING TRANSFER TAXES (GST) – an additional transfer tax imposed on gifts given to grandchildren or unrelated individuals who are at least 37 ½ years younger than the donor.

INCOME TAXES – a deceased person's heirs will have to file their loved one's final income tax return, including reporting earnings on savings or investments that accrue after death.

Taxes can be complicated matters so seek expert assistance in dealing with potential tax obligations. Consult with an experienced estate planning attorney, tax attorney, or accountant.



QuickTips

FILING FOR A DECEASED TAXPAYER

The individual responsible for filing the deceased's final tax returns is usually the executor or administrator of the estate. If neither is named, then the surviving spouse or person in charge of the decedent's property must file.

If you need a referral to an accountant or tax attorney, the Bereavement Care Team at ANX Hospice Care can provide recommendations. Contact us at **650.991.1106** or **hospice@anxlife.com**

RECOMMENDED READING

On Living by Kerry Egan

What are the top regrets of the dying? That's what Kerry Egan, a hospice chaplain, learned as she listened to her patients on their deathbeds, witnessing what she calls the 'spiritual work of dying' - the work of finding or making meaning of one's life, the experiences it contained and the people who have touched it. In this book she recalls the stories she heard - stories of hope and regret, shame and pride, mystery and revelation, and secrets held too long.

