

RESOURCES

AARP Widowed Person's Service

1-888-687-2277

www.aarp.org

AARP is the nation's leading organization for people age 50 and over. Part of its network of local chapters offers support groups, and grief and loss programs for those who are widowed.

Grief and Recovery

www.griefandrecovery.com

Support for young widows and widowers, their friends and their families.

Hospice Foundation of America

1-800-854-3402

www.hospicefoundation.org

Hospice offers a variety of bereavement and counseling services to families before and after a patient's death.

Parents Without Partners

1-561-391-8833

www.parentswithoutpartners.org

Parents Without Partners provides single parents of all types and their children with an environment for support, friendship and the exchange of parenting techniques.

WidowNet

www.widownet.org

WidowNet is an information and self-help resource for, and by, widows and widowers.



The National Organization of Mothers of Twins Clubs, Inc. (NOMOTC) is a nonprofit 501(c)(3) organization founded in 1960.

NOMOTC is a nationwide network of 400 local clubs, representing over 26,000 individual members.

NOMOTC's basic purposes are education, research and support of multiple birth children and their families.

NOMOTC

Bereavement Support Coordinator:

Bereavement@nomotc.org

For more information
about NOMOTC, contact:

NOMOTC Executive Office
2000 Mallory Lane, Suite 130-600
Franklin, TN 37067
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www.nomotc.org

SPRING 2008

National Organization of Mothers of Twins Clubs, Inc.



Support for a Grieving Spouse

*"To live in the hearts we
leave behind, is not to die."*

— Thomas Campbell

COMPASSION

One of the most traumatic times in a person's life is when a spouse dies. It is both a very private time and a public time, in that others share the enormity of your loss and wish to respectfully celebrate that life with you and your family.

Although NOMOTC's overall focus is toward the support of parents in the development of multiple birth children, we cannot dismiss the impact a spousal death has on personal lives and that of the circle of family and friends. It is with this concern that we detour from our child-directed focus to address specific thoughts to our widowed members.

The entire NOMOTC extended family shares the anguish and heartache of our grieving families across the nation. We want to always remember those who have touched our lives.

GRIEF

You are facing some of the greatest changes in your life, learning to live alone, handling daily challenges, making new decisions, adapting to change, and eventually reaching out for a new life. Through all this, you will grieve.

Grieving is a natural and necessary reaction when we lose our companion, soul mate, and best friend. It is an emptiness and pure pain that cannot be hurried or denied. It is often considered the most stressful and challenging of all life-changing situations.

Grief is a unique experience for each person. There is neither a "model" through which we may pattern our grieving process, nor a timeline to follow. Not everyone experiences all of the documented stages of grief, they do not

Occur in a particular order, and may occur again. Shock and denial are usually the immediate reactions, followed often by anger, sadness, fear, guilt, depression, etc. Even a prolonged illness of a spouse does not adequately prepare us for the trauma of inevitable death. Normal grieving processes are absolutely necessary for our healing. We cope with each phase, one step at a time, for as long as it takes.

Well-meaning friends will sometimes offer useless advice and an endless stream of opinions on how we should "progress." Sometimes those closest to us may not say the right thing at the right time. It is extremely difficult for people to express their feelings at times, so the words may appear to "come out wrong" or not come at all. Those who truly understand your pain will listen and offer help with some routine task or two to make your day go better. Accept those offers of friendship.

RECOVERY

Many volumes have been written over the years covering a wide variety of recovery and healing recommendations. We do encourage you to begin healing by reading, then locating some source of comfort — perhaps sharing with another widowed friend, open group discussion, new educational challenges, volunteer work, career opportunities, and above all, reaching out in some way.

SUPPORT

Accept that you may need more than family and close friends to help you in the recovery process. There are widowed support centers and widowed groups under a variety of titles throughout the country. Many groups are church sponsored, but welcome everyone into nondenominational gatherings where verbal expression is vital and encouraged. Once you have the understanding that you are not alone in your situation, it becomes

easier to handle the daily challenges and relate to others in a similar situation. Your particular family circumstances are unique and unlike another, but you will find the basic needs are the same. You will also know when it is "time" to move into a new phase and make decisions.

HEALING

Adjustment comes gradually. Memories are still there and important, the wounds eventually begin to heal, and the "bad dream" era dissipates, allowing you to get on with your life. Although it seems impossible just now, you *will* heal and you *will* exhibit a strength which you didn't know you had.

Becoming widowed definitely changes one's life. There will always be a hole in your heart, and it will continue to tug from time to time. But, time is a healer, and you will be okay. Your NOMOTC Bereavement Coordinator and Membership Department are always available to encourage, assist, and listen in confidence. Your NOMOTC extended family will remain a positive source of friendship and encouragement.

NOMOTC's Bereavement Services Program

Our Bereavement Support Coordinator manages the support of our bereaving families. This support includes the offer of putting your spouse's name in our Memorial Book. In addition, we make special mention of all those lost throughout the year during our annual Memorial Service during our annual Convention.

NOMOTC's Notebook

NOMOTC's quarterly publication that features a bereavement support column written by the Bereavement Support Coordinator and welcomes submissions from clubs and members with information about the loss of a spouse.