

Sources by Fact

First-Year Grief Journal: Undated Pages for the Year After a Death. Book 15 of The Sitting Room Series.

This list matches each fact in the book to its sources, chapter by chapter. The book itself lists each source once, with the chapters that use it. Websites were checked in October 2026. Pages move and change, so search for the title if a web address no longer works.

1. Who This Journal Is For and How to Use It

A hospice that takes Medicare must make bereavement services available to the family for up to a year after the death

Code of Federal Regulations. "42 CFR 418.64, Condition of participation: Core services," paragraph (d)(1), bereavement counseling. law.cornell.edu/cfr/text/42/418.64

988 by call, text, or chat

988 Suicide and Crisis Lifeline. "Get Help."

988lifeline.org/get-help

Substance Abuse and Mental Health Services Administration.

"Crisis Help." Updated June 3, 2026.

samhsa.gov/find-support/in-crisis

Where to Get Help

Eldercare Locator number and hours

Eldercare Locator, U.S. Administration for Community Living.
"Contact Information."

eldercare.acl.gov/Public/About/Contact_Info/Index.aspx

Eldercare Locator, U.S. Administration for Community Living.
"About." eldercare.acl.gov/Public/About/Index.aspx

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Hospice bereavement services for up to a year after the death

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