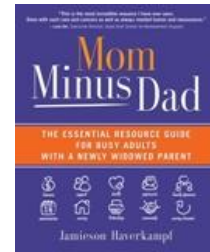


**NEWS RELEASE  
FOR IMMEDIATE RELEASE**

“I enthusiastically recommend this book to anyone coping with or anticipating the death of a parent.”— **Jeffrey Brantley MD, director of the Mindfulness-Based Stress Reduction Program at Duke Integrative Medicine and coauthor of the Five Good Minutes book series**



***500 WAYS TO REVIVE AFTER THE LOSS OF A PARENT***

What if your father died tomorrow and your mother had to plan the funeral, manage the family finances, find legal and financial paperwork for the next eighteen months and take care of the house -- alone? Could she do it all? Who would she turn to for help? How would your life change?

Many sons and daughters don't expect all the changes that the loss of a parent and a newly widowed parent creates. After the death of one parent, adult children—mostly the Gen X and Baby Boomers ages 29-59-years-old—are then required to help their newly widowed mother or father while they struggle to keep their own careers, relationships, children, and personal lives stabilized. Busy with work and families of their own, these adults don't have a lot of time to research or find helpful resources to outsource questions or tasks for their parent. Numerous books about grief and death have been written for widows or widowers, but few address the modern effects on adult sons and daughters who end up making many decisions or advise their newly widowed parent.

Grief and loss resources for these sons and daughters are everywhere, but no one -- until now, that is -- has compiled the more than five hundred resources to assist adults with a newly widowed parent in one place. The new book, *Mom Minus Dad: The Essential Resource Guide for Busy Adults with a Newly Widowed Parent*, provides practical advice on ten major parent loss topics along with more than 500 valuable resources to assist those twelve million sons and daughters who lose a parent every year. Each section provides online and other resources and simple practical solutions to common problems – from finding affordable counseling to building new budgets for the widowed parent to managing changing family dynamics. Each chapter reveals ideas, relevant insights from the author's personal experience, questions to consider, and additional resources to find specific assistance. This is a reference guide grievors will refer to during the year after loss and years beyond.

Jamieson Haverkamp, a certified Grief ♥ Recovery Specialist, gleaned intimate knowledge of balancing her own life with a newly widowed parent. The author and her sister assisted her fifty-six-year-old widowed mother in bouncing back into life after the early unpredicted loss of her father to cancer. *Mom Minus Dad* is available on Amazon.com on May 9, 2008.

###

***Mom Minus Dad: The Essential Resource Guide for Busy Adults with a Newly Widowed Parent* by Jamieson Haverkamp. Original edition. 7 ½ x 9 ¼, 324 pages, ISBN 978-1-934953-19-8. \$14.95.**

**Blooming Women Press, L.L.C., 4355 Cobb Parkway, Suite J608, Atlanta, Georgia 30339-3896 USA  
Tel: (404)964-5060, Fax: (888)787-0381. Email: [mediainquiry@theparentlossbook.com](mailto:mediainquiry@theparentlossbook.com)  
Web site: <http://www.theparentlossbook.com>**

**FOR MORE INFORMATION, CONTACT: JAMIESON HAVERKAMPF,  
EMAIL: JAMIESON@THEPARENTLOSSBOOK.COM, VOICE(404)964-5060, FAX: (404)964-5060**

# **BIOGRAPHY**

## **JAMIESON HAVERKAMPF**



Jamieson Haverkampf is the author of *Mom Minus Dad: The Essential Resource Guide for Busy Adults with a Newly Widowed Parent* (Blooming Women Press, L.L.C., \$14.95, Publication Date May 9, 2008). *Mom Minus Dad* provides more than 500 useful resources and practical advice to assist other adult sons and daughters brainstorm ideas and find assistance in ten common caregiving areas after the loss of a parent.

Ms. Haverkampf knows the frustrations, struggles and successes of caregiving for ill, aging, and dying parents first hand. In her early thirties, Ms. Haverkampf and her sister supported and advised their 61-year-old father with non-Hodgkin's lymphoma through eleven months of chemotherapy, radiation, a stem cell transplant and a clinical trial at M.D. Anderson Cancer Hospital. After their father's death in 2001, Ms. Haverkampf and her sister shifted gears to assist their fifty-six-year-old mother through the heart-wrenching and decision-loaded journey of unexpected widowhood.

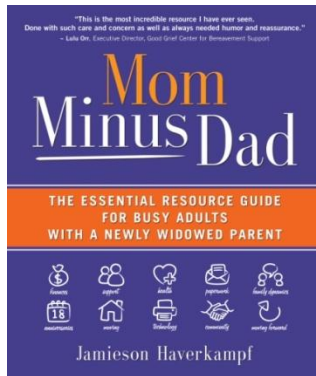
Along her caregiving journey, Ms. Haverkampf hunted for books with resources and advice to help her navigate her new role as a "surrogate spouse" of a newly widowed parent. Additionally, Ms. Haverkampf needed tools to balance her own life with changing family dynamics and new responsibilities. She found many books about bereavement, grief, and loss written to counsel widows or widowers, but most of these books didn't address the modern needs of busy adult sons and daughters of these widows or widowers who end up guiding—and in some cases making—many decisions for their widowed parent. Ms. Haverkampf's quest for a resource guide to assist adults with a newly widowed parent ended in 2004 when she realized the book she so urgently needed didn't exist.

As she gathered her own helpful resources, advice, and strategies to use with her widowed mother, Ms. Haverkampf wanted to help the more than twelve million people who lose a parent every year with this information she accumulated. *Mom Minus Dad: The Essential Resource Guide for Busy Adults with a Newly Widowed Parent* is a compilation of her best hands-on tips, resources, and advice for other adult sons and daughters struggling to balance life while assisting a newly widowed parent.

Along her journey of loss and healing, Ms. Haverkampf became certified as a Grief ♥ Recovery Specialist through the Grief Recovery Institute in Sherman Oaks, California. She lives in Atlanta, Georgia, with her two-year-old Cavalier dog, Fritz.

**FOR MORE INFORMATION, CONTACT: JAMIESON HAVERKAMPF,  
EMAIL: JAMIESON@THEPARENTLOSSBOOK.COM, VOICE (404) 964-5060, FAX: (404) 964-5060**

# ABOUT THE BOOK



**Do you struggle to find resources and advice  
while you juggle your life  
with the needs of a newly widowed parent?**

The author of *Mom Minus Dad*, Jamieson Haverkamp, gleaned intimate knowledge of balancing her own life with a newly widowed parent. Ms. Haverkamp assisted her fifty-six-year-old widowed mother in Virginia, while still running her real estate business in California, after the early unpredicted loss of her father to cancer. In her groundbreaking book, Haverkamp shares how she and her sister—both in their early thirties—found success and managed struggles during their journey after their father’s death. Her jam-packed resource guide is filled with more than five hundred invaluable Web sites, companies, government resources, U.S. laws, books, and nonprofit organizations to assist adult children who seek support while they aid a newly widowed parent.

## **You will discover how to:**

- Reduce your newly widowed parent’s and your workloads
- Manage and organize paperwork easily
- Find time for fun and taking care of yourself
- Guide your parent’s new decisions while you maintain personal boundaries
- Find support resources available in your local community
- Choose the best way to manage family finances
- Reduce personal time spent on your parent’s technical support needs

Treat yourself to this eye-opening must-have resource guide and save time, money, and energy. You will refer to *Mom Minus Dad* during the first year after a loss and for years beyond.

---

***Mom Minus Dad: The Essential Resource Guide for Busy Adults with a Newly Widowed Parent* by Jamieson Haverkamp. Original edition. 7 ½ x 9 ¼, 324 pages, 14 illustrations, ISBN 978-1-934953-19-8. \$14.95.**

**Blooming Women Press, L.L.C., 4355 Cobb Parkway, Suite J608, Atlanta, Georgia 30339-3896 USA**

**Tel: (404)964-5060, Fax: (888)787-0381. Email: [mediainquiry@theparentlossbook.com](mailto:mediainquiry@theparentlossbook.com)**

**Web site: <http://www.theparentlossbook.com>**

**FOR MORE INFORMATION, CONTACT: JAMIESON HAVERKAMP,  
EMAIL: JAMIESON@THEPARENTLOSSBOOK.COM, VOICE (404)964-5060, FAX: (404)964-5060**

# TESTIMONIALS & REVIEWS

This is the most incredible resource I have ever seen—prepared with such care and concern, as well as always-needed humor and reassurance. Ms. Haverkamp not only shares from her own experience but also has organized exhaustive research, which will make your journey much easier!

—Lulu Orr, executive director, Good Grief Center for Bereavement Support

[www.goodgriefcenter.com](http://www.goodgriefcenter.com)

Very readable and informative. The author engages the reader immediately. It's like sitting down over the kitchen table with a good friend who, through the lens of her own personal experience, acts like a mentor, guide, and soft shoulder to lean on. Rich with resources and packed with very practical and “doable” suggestions. A “must-have” for anyone who has suffered the loss of a parent. Our firm will be recommending the book to our own clients.

—Gene L. Osofsky, elder-law attorney

[www.osofskylaw.com](http://www.osofskylaw.com)

*Mom Minus Dad* is a good, steady companion for anyone facing the inevitable life transition of the death of a parent and the ensuing grief. Jamieson has written a book filled with practical information and gentle wisdom for coping with the vast and easily overwhelming details and experiences left to the surviving family members when a parent dies. Using skillfully shared personal experience, she implicitly and explicitly illustrates presence, compassion, and self-care as containers for effectively managing the myriad tasks and stages following a parent's death. I enthusiastically recommend this book to anyone coping with or anticipating the death of a parent.

—Jeffrey Brantley MD, director of the Mindfulness-Based Stress Reduction Program at Duke Integrative Medicine and author of *Calming Your Anxious Mind*, and coauthor of the *Five Good Minutes* book series

[www.dukeintegrativemedicine.org](http://www.dukeintegrativemedicine.org)

[www.fivegoodminutes.com](http://www.fivegoodminutes.com)

**FOR MORE INFORMATION, CONTACT: JAMIESON HAVERKAMPF,**

**EMAIL: [JAMIESON@THEPARENTLOSSBOOK.COM](mailto:JAMIESON@THEPARENTLOSSBOOK.COM), VOICE (404)964-5060, FAX: (404)964-5060**

*Mom Minus Dad*, provides a real service to anyone facing the death of a loved one. No one in our culture wants to discuss death and its surrounding grief and responsibilities. Jamieson not only provides an encyclopedic guide to resources and information but also shares her own personal struggle with her father's death. By sharing the experiences she, her mother, and sister Ivy endured, she will make the journey for others less difficult.

—Carolyn Newton Curry PhD, founder and director, *Women Alone Together*®

[www.womenalonetogether.org](http://www.womenalonetogether.org)

Jamieson and her family have lived the nightmare that keeps the rest of us awake at night—just thinking about the journey ahead. This is a journey that you *do not* need to take alone. *Mom Minus Dad* acts as the travel guide for adult children and aging parents to follow as they face the inevitable end-of-life issues. On the road map, Jamieson has posted warning signs based upon personal experience to keep you on the right track, and she offers pothole-free roads to follow with her extensive resource listing. This is a must-have resource book for all families.

—Jeanne K. Smith, estate organization expert and founder of Exit Stage Right®

[www.exitstageright.com](http://www.exitstageright.com)

*Mom Minus Dad* is like having a best friend to guide you through one of the toughest times of your life. Compassionate, concise, and packed with resources and the advice you need just when you need it most. A *must read* for caregivers of ill or aging parents.

—Sheila Warnock, founder and president, SharetheCaregiving, Inc. Coauthor, *Share the Care, How to Organize a Group to Care for Someone Who Is Seriously Ill*

[www.sharethecare.org](http://www.sharethecare.org)

Losing a parent is a profoundly traumatic event, made worse by all the tasks required to settle an estate. Jamieson Haverkamp's *Mom Minus Dad* is indeed an essential resource guide for every adult child who helps a surviving parent navigate the maze of practical responsibilities before or after a loved one's death. By sharing her experiences, Ms. Haverkamp provides hope to others in believing that they don't have to go through their journey alone.

- Yvette Colón, PhD, MSW, Director of Education and Internet Services, The American Pain Foundation,

[www.painfoundation.org](http://www.painfoundation.org)

**FOR MORE INFORMATION, CONTACT: JAMIESON HAVERKAMPF,**

**EMAIL: JAMIESON@THEPARENTLOSSBOOK.COM, VOICE (404)964-5060, FAX: (404)964-5060**

# **SAMPLE BOOK REVIEW**

**Book Review for *Mom Minus Dad: The Essential Resource Guide for Busy Adults with a Newly Widowed Parent* By Jamieson Haverkampf**

## ***For Immediate Release***

“I was torn deeply between two worlds I most cared about—my mother and my own life. When your newly widowed parent needs your assistance, how do you determine where your job as a loving daughter or son ends so can also take care of your own life? My sister, Ivy, and I both wrestled daily with the answer to that question. One day compassion for our mother led our decisions, the next day our own worries came first.”

So begins the author’s explanation of why she wrote ***Mom Minus Dad: The Essential Resource Guide for Busy Adults with a Newly Widowed Parent*** by Jamieson Haverkampf (Blooming Women Press LLC) that details her struggle of figuring out how to balance her own thirty-something busy life while assisting a newly widowed parent from 2,000 miles away. This breakthrough first book tackles the touchy subject of grief and loss with practical advice on various parent loss issues with an army of resources. While many other grief and loss books provide insights into the emotional rollercoaster of grief from the perspective of psychologists and grief counselors, ***Mom Minus Dad*** gives readers useful resources and tips, inspiration and hope from pure experience.

**FOR MORE INFORMATION, CONTACT: JAMIESON HAVERKAMPF,  
EMAIL: JAMIESON@THEPARENTLOSSBOOK.COM, VOICE (404)964-5060, FAX: (404)964-5060**

# **TEN TIPS TO USE** **AFTER THE LOSS OF A PARENT**

1. Do only the most essential tasks at hand. Don't push yourself. Grief takes a physical toll.
2. Ask other people for help. Create an energy team for funeral and memorial service tasks.
3. Find support through a local or online grief group, counselor, friend or family member.
4. Take care of your body and health daily. Rest, eat fresh foods, drink plenty of water and walk or exercise as much as possible.
5. Reduce your work or volunteer schedule temporarily if possible.
6. Determine what boundaries and grounding practices you need to maintain your own life while assisting a newly widowed parent with extra tasks (i.e. moving, paperwork, estate issues.)
7. Figure out holiday and anniversary plans far in advance.
8. Try to think short-term and stay in 'present moment' thinking for the first few months after loss.
9. Automate as many tasks as possible.
10. Use helpful checklists on AARP's Web site ([www.aarp.org/families/grief\\_loss](http://www.aarp.org/families/grief_loss)) for organizing estate paperwork.

# **FACT LIST**

## **ABOUT WIDOWS AND**

### **WIDOWERS, CAREGIVERS,**

#### **AND PARENT LOSS**

1. 12 million people lose a parent every year<sup>i</sup>
2. 40% of caregivers are men<sup>ii</sup>
3. The number of widowed baby boomers will grow from 1.4 million in 2002 to nine million in 2018- a forty-five percent increase (7.5 million newly widowed boomers).<sup>iii</sup>
4. The average age for a widow is 56. Famous young widows include: Katie Couric; widowed at 40, Queen Noor of Jordan; widowed at 47, Theresa Heinz Kerry; widowed at 52, Lilly Tartikoff and Christopher Reeve's wife, Dana Morosini; widowed at age 43.
5. The number of annual deaths is expected to rise from 2.4 million a year to 4.1 million by 2040<sup>iv</sup>
6. Wives now face a 70% chance of outliving their husbands<sup>v</sup>
7. Caregivers now add up to 44.4 million Americans (21% of the adult population) age 18 and older<sup>vi</sup>
8. The largest impact on caregivers lives are financial hardship, physical strain and emotional stress.<sup>vii</sup>

---

<sup>i</sup> Robin Fiorelli, Senior Director of Bereavement and Volunteer Services for VITAS Healthcare Corporation

<sup>ii</sup> National Alliance of Caregiving and AARP, Caregiving in U.S. Report, April 2004.

<sup>iii</sup> U.S. Census Bureau, Current Population Survey, March 2002, Population Division.

<sup>iv</sup> *American Demographics*, June 2004.

<sup>v</sup> *Money Magazine*, 1988

<sup>vi</sup> National Alliance of Caregiving and AARP, Caregiving in U.S. Report, April 2004.

<sup>vii</sup> National Alliance of Caregiving and AARP, Caregiving in U.S. Report, April 2004.