

Montecito Memorial Park and Mortuary



Each year, more than 900,000 marriages in the United States are ended by the death of the husband or wife. It is likely that for most of the surviving spouses, the loss marks the beginning of a difficult adjustment period. The death of a spouse is considered by mental health professionals to be the most extreme of all life stressors. It is more stressful than divorce, the death of a parent, major personal injury or illness, or serving jail time.

To help widows and widowers adjust to the loss of their spouse, Dignity Memorial[®] provider Montecito Memorial Park & Mortuary sponsors a social support program called Dignity Memorial LIFT[™], Living Information for Today[®]. The group meets each month to enjoy social events such as luncheons, theater or playhouse shows, museum trips, or picnics. The program gives members the opportunity to socialize with others who share similar feelings and experiences. The Dignity Memorial LIFT program encourages members to invest emotional energy in fellowship with other members as well as in educational activities.

The Dignity Memorial LIFT program is open to all widows and widowers. Please call Jessica Baeza or Chad Davis at (909) 825-3024 for more information.

