



Providing Solutions For The Human-ness Of Death and Grieving

with Charlee DeFebbo - Episode 112

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On today's podcast. It's a little different. I'm talking with Charlee DeFebbo who created a new business around helping people after they've lost a loved one. She found a real need when she suddenly lost her father figure in her life and suddenly she had a brilliant idea on how to help others. So I'm so excited to offer this to you and to let you see kind of what unfolded and how spirit really helped her create this idea. And maybe for you, you've got some ideas that Spirit's been nudging you forward on. So it's just a fantastic interview and be sure to stay tuned till the end as she gives some ideas. If you need help in your current situation where you can turn in your own community for help, even if you don't have a new beginnings family care like she offers in the Philadelphia area where she lives.

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So also be sure to stay tuned to the very end as I will be pulling cards for you. And also if you have not yet subscribed, please do. And also, please leave me a review as it helps others find the exploring death podcast. And I am thrilled to say that we're growing and growing thanks to you and to all the support and all the friends that you've recommended, the podcast too. It really helps me so much as this is my life's passion to shine light on death and you're helping me do that. So thank you and enjoy today's podcast.

01:32

Hello and welcome to the exploring death podcast. I'm Lisa Jones, your host, and today I have with me Charlee DeFebbo. Charlee is a speaker, author and president of new beginnings family care and after life concierge service, Charlee blended her unique knowledge of spirituality and science to recreate her life from top to bottom and loves to show others how to do the same. She also enjoys reading to learn live music and all things food. Welcome Charlee. I love Lisa. Thank you. Thank you for having me on. Well, I am really excited to have you on because you

have created kind of a new concept I think in the whole death arena and I can't wait for you to share with our viewers, kind of, you know, how it unfolded, what happened and, and what you're doing now.

02:20

Yeah. So I spent my entire adult life in the corporate world, corporate insurance kind of just stumbled into it. That was in my family. That's what I did. But I was always as a kid, kind of like a weird kid, I was always really interested in death as McCobb as that is, I was always watching horror movies from like a really young age and not feeling scared, but like feeling comforted by them, which is a bizarre always like renting books in the library, in school on death. Like I always was kind of just drawn to it. But not what I did. I have a degree in psychology and then I went into insurance. Well, I was unhappy as many people, sometimes they're not doing what they're supposed to do in their lives. Come to that precipice. And I was really unhappy and when I thought that my life couldn't get any worse, Lisa, like when things were at rock bottom and I thought this is it, it's only up from here.

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My stepdad died and my stepdad and I were very, very, very close. I consider him like not even a stepdad. He was my dad. And he died and we didn't even know that he was sick. So he was diagnosed with acute leukemia and a week later he was gone. And for just us, it was just my mom and I after that. And my mom had never lived alone on her own. She's in her late fifties now, so she was like a double whammy. Right. And we don't live together, but of course I was spending a lot of time there and the work was just piling up, right. Bills had to be paid, the bills at my step dad's office, how to be paid, the collection company started calling, his vehicle had to be returned. We still had 52 people to notify. There were people coming to the door all the time and the dog needed to be taken out and cared for.

04:03

We had a puppy and it was just overwhelming and unmanageable and on top of all of the unmanageability, there was all this grief. There was all this pain, there was all this, just feeling like your guts got ripped out and I could feel it for my mom and I also felt it for myself and I was totally useless to her. I was useless to her. I couldn't help it. Right. Like you think your family would be able to step in and pick up the ball and take care of all these things, all these tasks that she didn't have the mental wherewithal to do cause she did. You know when something like that happens, when you lose someone that you love that much, you see the dishes in the sink. You don't care, right? You just don't care. You don't want to wash them. You know that you have to go grocery shopping.

04:47

You don't want to, those things just aren't getting done. For people who experienced that for however long it takes them. Some people it takes forever, right? And they never move forward from that grief. They can never process it and start living the life that they were supposed to live. They get robbed because they get stuck in that. And I thought, let me find someone who can help us. You can like come in and take care of all this and just kind of stop the bleeding for however long we need them until things are, you know, turned right side up here. And I Googled

it and it doesn't exist. It didn't exist. There's cons to the air services, but there's nobody who has a sensitivity and a specialization on someone who's going through a life challenging situation. There's nothing like that. Cause death is scary. I mean, how many people really want to be around someone who's dying about to die or has just died?

05:37

Not many. That is a special kind of person. There's nobody that does it. So I'm like driving in my car and I'm like, man, no one's coming to help us. There's no one coming to help. And this is going to go on for however long. And it was like this voice in my head that I would call a spirit God universe source. This voice in my head just said, that's for you to do, that's for you to do. And it was like a month after my stepdad had died. So I'm like, no, all of us, not for me to do. I can't even dig my way out of this. But the more I thought about it, I'm like, that makes sense. If I have the capability to do it, if I'm like I can't do it from my mom, but I could do it for somebody else cause death doesn't really bother me for someone else.

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So if I could take that extra suffering off of someone else and take care of the tasks, clean up their dishes, walk their dog for however long that they need those services to just get on with their healing, get on with their life, then why wouldn't I do that? So that's what I did. And I went to work that day on my corporate job and I said to my assistant, man, Heather, I had a great idea for a business today. I'm like, I really want to tell my mom, cause I think she'd be on board for it. But she's so whacked out right now. I can't, she wouldn't even hear me. Don't even know Lisa. Two months later, my mom and I worked together at the same company, the same office, don't you? Next few months later she calls me in her office. I kid you not. And she's like, Charlie, I had the best idea for a business today.

07:02

And I'm like, really? What is it? And she lays out the idea for new beginnings family care. And I'm like, you gotta be kidding me. I'm like, how did you get this idea? Where did this come from? And she's like, it just came to me like if we're going through this, why would we not help other people? Someone else is feeling this if we are feeling it to this extent, other people are feeling it to this extent. So that's what we did. And then we both quit our corporate jobs and we're like, no, we're just going to jump in. We're just gonna jump in. That's the only way to do it.

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That's right. I, that is just amazing. What an amazing story. And especially the part of your mom, you know, like laying out this idea and you're like, wait a minute. I thought of that like a month ago but couldn't even tell you about it because it was just much, wow.

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It was wild. It was like the whole thing just came together perfectly. Like the right people, the right places, the right time. And it just, it's super cool to create something that's really never been done before. It's just like pulling ideas out of the ethers. Like I would come up with a service that we're offering and I'm like, wow, that's like something that you wouldn't even think of that people need. But we needed it.

08:07

Right. And I have to say, I would have been calling you immediately because the same thing when my husband died. I mean I was alone. I had two young children, eight and 10 and I literally, I didn't have family nearby and you know, thankfully I had great neighbors who continued to bring me meals for a couple months after he died. But short of that, I was just grasping and just, you know, hoping beyond hope that I could get through each next day because the grief was so crushing and yet I had to be strong for the kids and you know, we had cats and a dog and

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You realize that there's just not enough of you.

08:47

That's right. That's right. And I feel like our society just doesn't really have the, the, I don't what the fabric that it used to that used to support one another when these kinds of things would go on. Especially because death I feel like has been pushed so far kind of behind a curtain. And it's like nobody, like you said, nobody wants to be around a dying person. Nobody wants to then be in the presence of a family that's just lost a loved one because everyone's so uncomfortable and they don't know what to say. And

09:15

We've almost like anesthetized death to a certain extent. Like we're, we're so afraid of it because we're not around it anymore. People die in hospitals, they die in hospice, nursing homes, whatever. It's not that often anymore that someone dies at home like after a brief illness. It's usually when you're, we extend life months, years, it's not all that common anymore to have something, you know, barring accidents, it's not all that common to be super present with death anyway.

09:41

Right, right. And even sitting with them, I'm a hospice volunteer and I sit with imminent patients, you know, that are probably going to die within 24 hours. And really I'm like one of the few people that are willing to go in and out point because people are just like, no, I, I'll play cards with them. I'll, I'll read them a book, I'll hang out with them, you know, when they're kind of in their decline mode. But once it comes to that final end, and to me that is the most precious time. I mean I've had just amazing, miraculous things happen sitting in those last for hours people. And that to me, that to me is the giant secret that's not being shared with others is that there is so much power to be in that moment of that the, you know, between the veils basically,

10:25

It's truly a transition. It is truly a transition

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Giving birth, you know, it's like they're going back to the back home or whatever you want to call it. And so there's like this literal opening that happens and to be present in that moment is wow, it's powerful.

10:43

Yup. You're so right. We have hospice volunteers here, but nobody does it for exactly the reason that you sat there so hard to come by for those last 24 hours, which is why one of the services that we provide is we have skilled nurses who will come in and sit during those last 24 hours with you. Cause that can be really scary for someone who, you know, for someone who doesn't have that comfort level. My mom was scared, you know? So we do have those nurses who will, those nurses who will come and sit overnight or whatever with you.

11:12

Yeah. That is amazing. So talk about some of your other services that you're offering. Cause I just find this fascinating, you know like you don't even think about until you're in it and then when you're out of it. I mean I've been out of it now for like 15 years so I don't even remember. Yup.

11:24

It encompasses so much. I mean we do the basics, we'll do their grocery shopping, we'll do their meal planning, their cooking, you know, we'll fold the laundry, run the errands for things that I'm not physically and you know, whatever else needs to be done. Like we just spoke with someone last week and her main pain point, she's a sick child. She doesn't want to leave the sick child for 20 minutes to bring her other non sick child to school every day and it's causing her so much grief and sorrow. Just those 20 and 40 minutes a right. You never know what you're going to hear from someone once they start to throw it up. So you know, we'll find a way to get it done. Whatever it is that they need, we find a way to get it done for stuff that our team of concierge is, aren't physically doing. We provide a referral, so we're not attorneys. We will provide you over a federal that we guarantee is of a like mind as we are. So we have a very specific, very strict set of business principles. They're faith backed and we don't subcontract to, we don't partner with anyone who doesn't share those same principles.

12:25

We put our name on it and we stand by it. Whatever we're not doing, we know somebody fantastic. Who will do it for you at a fair price.

12:32

Oh my gosh. That is amazing. And where are you located?

12:35

We're located in Hamilton, New Jersey, so it's about 40 minutes outside of Philadelphia.

12:40

Okay. Okay. Yeah. Fantastic. Well, aren't those lucky people that live around that area? I mean, I can truly see this being, you know, almost like a franchise or something because I feel like this is such a necessary you know, kind of, there's this in between point. Like hospice is amazing and I love hospitals. I can't say enough good things about hospice and again, each one is run individually. So I know some people say don't, you know, not all hospices, hospice facilities, we had a great one also. Right. But they also, but they don't cover this aspect. They don't cover the kind of doing all of these things both before, during and after. You know, it's more really just the

care for the patient and with support for family, but really doing the nitty gritty, you know, like running children to school and things like that. That's just amazing.

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Friends and family go home, you know, at the end of the day they are, they live their own lives too. Unfortunately, I was friends and family. I was family. I couldn't help. I was useless for whatever reason. Sometimes you really just need an independent third party to come in.

13:43

Yeah, I knew it was a lot to be said about that, about that independent third party that doesn't have the emotional, just you know, the drain on it. Because even, you know, I found myself consoling my friends and family when my husband died. I'm like, why am I the one soling these people like, yeah, that's the last thing I need right now. So independent people come in and be like the, you know, the real, I don't know what foundation for, you know, the bereaved to be able to stand on rather than trying to coordinate it all. Wow. Fantastic.

14:22

Stay tuned as Charlee talks about a supernatural experience that happened to her that really gave her confirmation for everything that she's been doing. And so tell me a little bit more, I mean, I love that you were growing up and you weren't afraid of death and watching all those movies and things, but what about, I mean, have you been a seeker or have you had like spiritual experiences or any kind of, you know, auto body or near death or anything like that?

14:45

I haven't had a near death or an out of body per se. I have absolutely had what I consider supernatural experiences throughout my life. Some of them were scary and ones that I would choose never to repeat again. And some have been so comforting and so overwhelming in the amount of love that I felt. So like for example, maybe like a month or two ago I came downstairs to my computer. I had left something downstairs. I walked down the stairs from my bedroom, put my, my foot on the floor and I just, the room felt so FIC, it felt like there were a thousand people in my living room. I literally was tiny. It cannot fit anywhere near that. But now I can obviously there was no one there but I just sell like wow, like whatever energy is in this room is wild and it is big.

15:35

Like there is big energy in this room and I was only feeling it. I teased you not, I look around and I look at my big screen TV and my box, which is always lit up, blue is lit up blue right now it just shows whether or not like I guess you have a connection was flashing like crazy, crazy, just fluttering. I have looked at Lisa in this box every day since then. That's a non move. That's unmoved. It just stays blue. It just stays lit up. It was going nuts. So whatever I felt was manifesting in physical three day, I firmly believe it was my stepdad cause I just felt so comforted. I didn't feel freaked out. I wasn't like, Oh my God, there's a presence here. I just felt like warmth and just like a hug, like just heaviness in the air, but comfort. It was wild.

16:23

Wow. I love that. And I love that you felt it was your stepdad because I always believed that whatever, when you, when you think you're seeing a sign and you put it together with somebody, it is like, that's one of the things is people doubt so much. You know, because we're so, you know, we're led to believe that, Oh these things don't really happen or whatever. But I feel like whenever you think like, Oh my God, is that a sign it? Yes, it's a sign, you know, and it, and say thank you because that's the it, it takes them a lot to be able to really communicate with them.

16:55

Right. To manifest that in our, in our plane. Absolutely. And now that I have eyes for it, like now that I've called [inaudible], now that I've got like my spiritual eyes, I see all the time and I'm like, wow, thank you. Because that was just to let me know that I'm in the right direction. I'm going the right way.

17:10

That's right. Absolutely. Oh my gosh. Yeah. My body's chilling, which is always a sign of, you know, whenever anybody says something and my body just lights up through my spine, it's like, yes, that's true. So, Oh my goodness. And that's the other thing is I think for me, like when my husband died, when I did stage shows, I used to start with, you know, it was the best thing that ever happened to me. And everyone's like, Ooh. But it woke me up to life. It really did. And as difficult as it has been an is, I mean, you know, it's still, I mean, it's almost 16 years now and I still grieve for him. I still wish he were here. I mean his kids are now 24 and 26 and my daughter's getting married and you know, it's just like, Oh my gosh, of course I want him here. But he really put me in touch with what life is all about, you know, and this whole other realm that's out there being able to connect to it. It's amazing.

18:00

And what a fantastic gift to have left you with. That's how I view it. Right? What a fantastic gift for them to have left us with is this whole new life.

18:08

That's right. Yeah. I always equate it to, you know, before I had like a black and white television with three channels, you know, and then when he died, it just, all of a sudden I've got like surround sound, you know, high Def and every color in the rainbow that you can possibly imagine. So it's it's really open

18:24

Exactly like that

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Stay tuned as I pull some cards for Charlie. Well, I'd love to pull some cards for you if you're open. Please do. Yeah. Awesome. Let's see what spirit has to say about this amazing new service that you're providing for people. Love it. Okay, so the first card, which is always a blocking walk, each card is healing. And I think that's what, you know, people can't heal when

they're, you know, trying to do just the day to day and paying bills. And I remember back when my husband's dad came to visit us. We had just gotten married and he came for Labor day weekend. We had a wonderful, steak dinner on Labor day Monday. And then we went into DC the next day. Well, he died on a, he was taking a tram around DC. I was at a, at a at a job interview and my husband was working and all of a sudden I came back from the interview and he got a call and they said, well, we found a gentleman with your card in his pocket. And we were like, Oh my God, that's his dad. And they said, well, can you come to the hospital? You know, we walked in and it said, DOA, John DOE DOA. And I saw that immediately and I just thought, Oh my gosh, that is crazy. And we were just shocked at all of the stuff that you have to do. Like one pay the bills for them, trying to resuscitate him. I'm like, but he died. Why do we have, you know?

19:44

Well, you know what? I didn't realize that people were going to come over and bring food. I knew that. I didn't realize that I was supposed to be keeping a list to send out thank you's. Like who expects thanks you that they do. Yeah, they do. Like someone was like, no, you have to write down who brought everything so that you can send out. Thank you. I'm like, I'm sorry. My life is falling apart. I'm not sending you anything. Sorry. I feel like they should just know and accept that.

20:06

I totally agree with you. I I, yeah. The whole thing there. And there's like all these unwritten rules that, like you said about you don't like who, who sends a thank you for just bringing food over when your, when your loved one dies. So anyway, yeah, there's a lot of healing. So, which I love. This is exactly in line. So the action is energy and that's exactly what you got. Not only did you get the idea planted in your head, you know, his energy, but then like I love that you walked into your living room and you felt that energy and, and just following that energy, allowing it to take you on this journey. And really that's your guiding, you know, a lot of people it's like, Oh, you need a business plan, you need this, you need that. And I'm like, I just follow spirit because it always takes me to a better place.

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Me trying to plan things right doesn't usually work out very well and my way doesn't work out so well. Yeah, exactly. And then the outcome is commitment. And again, I love this because I feel like you're making a commitment to the families to help them, you know, thrive and, and survive after the loss of a loved one and, or during, you know, and it's so important. And that's really what, again, our community, our society I feel like has drifted away from. And so you're providing this amazing service for people. So beautiful. Thank you. Thank you. Thank you. Yeah. Well, how can people find you or you know, what's your like tell people more about it and and, and again, I know cause you only, you obviously you're just in one area, but what can people do that don't have a service like you around there?

21:38

I would say what I have found is go to your local church. That is where I found consistently the most support is to be found. Whether that you just want someone to come and sit with you for a

couple hours or you need someone to take care of a few of those tasks. I found usually that, especially if you already have a church family, I don't, but for people who do, they have been a phenomenal resource for my mom. So I would say first to go there first, go to the church family if you've got one. But for us, if you happen to be in our service area and we will be everywhere soon, that will happen. Franchising is coming. But us, we are a new beginnings family care.com or on Facebook. We're on Instagram, you beginnings, family care and we are just super, super, super excited to be serving people this way.

22:25

Wow. That is just so cool. Well, I am thrilled to talk with you and I'm so glad to share this information with my listeners. I know they're gonna really enjoy it. And, and again, like I was saying, for those of you that are not in the New Jersey, just around the Philadelphia area you know, yeah, call a local church if you're not affiliated with someone or you know, again, friends and family are the best resource. What I found, you know, after. But it is, it's really nice to be able to have that third party available if possible. So, and also if you're interested in maybe doing something along these lines, you know, franchising, you know, reach out to Charlie and you know, that would be a really cool thing if this is something that's calling on your heart that you want to help other people and make a business of it. I mean, Charlie's got it already figured out and I'm sure she'll help you get started and, and start your own new beginnings in your area and where there is a need that you have a genuine desire to fill. There's someone who needs it. That's right. Absolutely. Well thank you so much. Talk to you later. Bye. And for those of you listening, be sure to stay tuned because I'm going to be pulling cards for you.

23:35

I so enjoy talking to Charlee today because it totally reminded me of the fact that when you lose a loved one, there is so much to do and many times people just do not have the wherewithal take care of the things at hand. So I love that she's created this amazing opportunity for her people in her community and that she's looking to expand it. I think it's just a brilliant idea. So let me pull some cards around the idea of getting professional help when you've lost a loved one. Let's see what spirit says. Okay. As always, these cards are so powerful, I can already feel the energy coming through them. So the first card, which is a blockage is sanctuary. And what I'm getting about this is so many times when you've lost a loved one and you're afraid to bring outsiders in, you want to just hole up and go into your cave and not come out.

24:24

And that's why it's so important to reach out for, you know, friends and family and even professionals to help you. So that's the blockage card. So the action card is gratitude. Just be so grateful for all the help that's out there and that's available. And that, again, whether it's friends and family or professionals, to be grateful for that and to really hold the gratitude because that's what brings more of it forward. But as Charlee and I were talking about many times, sometimes like I found myself many times consoling the friends and family that were helping me and that wasn't really very helpful. So I love the idea. If I could have paid somebody, I certainly would have to be able to just have them step in and be the professionals that they are to help me get some of the things done rather than, you know, trying to rely on, you know, friends.

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Again, I didn't have family members nearby where I live, so it was, it was really my friends who did such a great job, but it would have been nice not to feel like I was beholden or you know, somehow like I owed them, if that makes sense. So having the gratitude not only for, again, friends and family that step in, but to, to have the idea of having professionals there to help you. I just love it. And then the outcome card is power. That the more that you get other people to help you or that you are able to find help for yourself, it gives you the power that you need to be able to heal and move forward after the loss of a loved one. So I hope you found this helpful. I'm just intrigued with the whole idea and again, I almost feel like this might sound like a commercial.

25:58

It's not, I'm not getting paid to talk about this and I'm, I'm just grateful that Charlee has created this whole amazing opportunity for the people in her community and I think it's a brilliant idea. And like I said, if, if you feel called to help others, this is a great way to do it and get paid and you know it all, it all comes full circle. So I think it's a brilliant idea. I hope you enjoyed this show. And again, please subscribe if you have not and please feel free to leave a review on whatever podcast platform that you listen to. It always helps people find the exploring depth podcast. Until next time, have a wonderful day. And [inaudible]. Thank you for listening to the death podcast.

26:46

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