

HOPE AND HEALING

Legacy Bereavement Newsletter

December

Legacy Home Health and Hospice 680 Progress Ave., Ste. 2A Meridian Idaho 83642 (208) 895-8686

TIPS FOR MANAGING GRIEF DURING THE HOLIDAYS

Take care of yourself, both physically and mentally. Don't be afraid to set limits. The holiday season is busy enough that it can exhaust anyone, but if you are shouldering an extra burden of grief, it only makes it more unappealing. Get enough sleep, eat well, and take time out for yourself. Think about what family traditions you want to take part in, and what may be too much, and don't be afraid to say no to activities that may overwhelm you.

Share your memories with others. Speaking about your loved ones and sharing remembrances can often help alleviate some of the pain of the season. If it helps, take part in a memorial or remembrance service at your local place of worship or family funeral home. Spending time with others who understand what you're going through is often a great source of comfort.

Above all, do what's right for you. Your family and friends care about you, and will likely offer advice about what they think is best for the grieving process. Don't forget to do what feels most comfortable for *you*. If volunteering at a local hospital or food pantry helps you heal, then seek out opportunities in the community. If stepping back from a more active role in your family's celebratory activities is the best way, let them know. It is perfectly natural to need time and space to honor your feelings, and the memory of your loved one. But don't forget to seek out your family and friends for support. You are not alone. --www.hansenspear.com

The holidays are a joyous time for most, but for those who have experienced a loss, the usually festive time of year can be a painful reminder that their loved one is no longer around. Traditionally, it is a time of family, friends and laughter, but for people who are in the grieving process, the holidays can enhance feelings of personal grief and separate us from what used to make us happy. Here are a few suggestions to get you through the season.

1. Be gentle with yourself. Be sure to take time out to care for yourself, whether it is through pampering or just slowing down your pace.
2. Be sure to eat a nutritious diet, exercise, get adequate sleep and avoid alcohol.
3. Talk about your feelings with people you love and who love you. Allow yourself the right to talk about the person who died. The process of sharing memories may help with the healing process.
4. Set limits. Be realistic about the difference between what you want to do and what you can do vs. what you should do.
5. Don't feel guilty if you find yourself enjoying yourself around the holidays. It is not disrespectful to the memory of your loved one if you have a good time. Your loved one would be happy to know that you are enjoying yourself.
6. Embrace your memories and find comfort in them. Our memories often bring us to both tears and laughter, but they are what sustain us through the years.
7. Celebrate life. Attend a holiday or religious service if faith is part of your life. Some people find comfort in acts of remembrance such as donating a poinsettia in memory of a loved one at church or making a donation in their memory to a charity. Also, recognize that it is acceptable to create new traditions.

--Cynthia Bozich-Keith

The deep pain that is felt at the death of every friendly soul arises from the feeling that there is in every individual something which is inexpressible, peculiar to him alone, and is, therefore, absolutely and irretrievably lost.

--Arthur Schopenhauer

DECEMBER'S DEEP GRIEF

Again at Christmas did we weave
The holly round the Christmas hearth;
The silent snow possessed the earth,
And calmly fell our Christmas Eve.

The Yule log sparkled keen with frost,
No wing of wind the region swept,
But over all things brooding slept
The quiet sense of something lost.

--Alfred Tennyson

She was no longer wrestling with the grief, but could sit down with it as a lasting companion and make it a sharer in her thoughts.

--George Elliot

A DECEMBERED
GRIEF: LIVING
WITH LOSS WHILE
OTHERS ARE
CELEBRATING

--HAROLD IVAN SMITH

Grief is one of the great common experiences of human beings, and yet sometimes -- we feel so alone in our sadness.

--Martha Hickman

TIPS FOR HELPING A GRIEVING CHILD

- Be honest. A child's world has been shaken, and your honesty will give them a sense of trust.
- Use the words "dead," "death," and "dying." Children need concrete words and concepts they can understand. If you say "gone away," then a child will want to know when they will return and why did they want to leave them now.
- Allow (but don't force) children to attend the funeral services, and/or the viewing. Prepare them for what they will see and hear. When a surviving parent or grandparent is occupied during the service or viewing, you may want to ask someone they trust to stay with the children in order to explain what is happening, to comfort them, and to answer questions.
- Be open about your own grief and feelings, not necessarily in great detail, but enough to let them know that you are grieving, which will help them absorb that it is all right to grieve. They may be facing unusual and strong feelings with which they have little experience, such as fear, anger, and sadness.
- Be tolerant of their feelings and behavior. Let them know it is okay to cry and to be sad.
- Encourage questions. Realize that their questions may be repeated frequently over the course of time. Be patient, even if you have to say the same thing many times.
- Offer some activities that may help the child honor and remember the person who has died. Activities could include making scrapbooks or photo albums, telling and writing stories, and creating family trees.
- Give them consistency as much as possible. It gives children a sense of security. —Psychology Today

"If I had my life to live over, I'd try to make more mistakes next time. I would relax. I would limber up. I would be sillier than I have been this trip. I know of very few things I would take seriously. I would be crazier. I would be less hygienic. I would climb more mountains, swim more rivers, and watch more sunsets. I would burn more gasoline. I would eat more ice cream and less beans. I would have more actual troubles and fewer imaginary ones. You see, I am one of those people who lives with propriety – sensibly and sanely, hour after hour, and day by day. Oh, I have had my moments, and if I had it to do over again, I'd have more of them. In fact, I'd try to have nothing else. Just moments, one after another, instead of living so many years ahead each day. I have been one of those people who never go anywhere without a thermometer, a hot-water bottle, a gargle, a raincoat, and a parachute. If I had it to do all over again, I would go places, do things, and travel lighter than I have. If I had my life to live over, I would start barefooted earlier in the spring and stay that way later in the fall. I would play hooky more. I wouldn't get such good grades except by accident. I would ride on more merry-go-rounds. I'd pick more daisies."

--Nadine Stair, 85 years old
Louisville, Kentucky

Christmas Word Search

E T H E F I R S T N O E L F
 R E G N A M A N I Y A W A R
 S T F J K E A C H R M W I O
 W H I T E C H R I S T M A S
 E G G K L P U O T F C D H T
 S I L E T J L F R Y U H U Y
 D N J L T K T I J M C F H H
 S T H K L T R E K Y G J P W
 G N D E C K T H E H A L L S
 F E D H J T H E F E H L O F
 S L K T K F D H M L N C D D
 J I N G L E B E L L S S U J
 D S D H K L T G E H T D R E

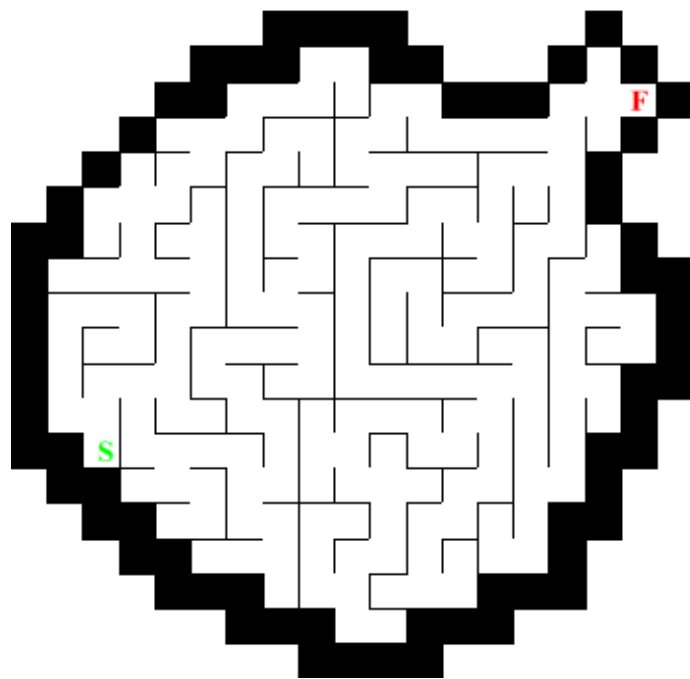
Away In A Manger Rudolph

Deck The Halls Silent Night

Frosty The First Noel

Jingle Bells White Christmas

Christmas Ball Maze



Top 10 Family Christmas Movies

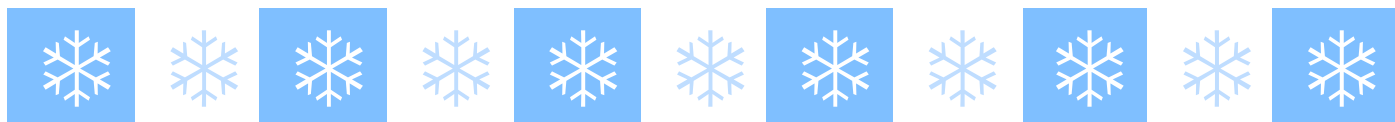
10. Dr. Seuss' How the Grinch Stole Christmas (1966)
Hidden Movie Star: Boris Karlof as the voice of The Grinch
9. Elf (2003)
Hidden Movie Star: Bob Newhart as Papa Elf
8. White Christmas (1954)
Hidden Movie Star: Rosemary Clooney as Betty Haynes
7. Rudolf The Red Nosed Reindeer (1964)
Hidden Movie Star: Burl Ives as the Narrator/Snowman
6. A Walt Disney Christmas (1982)
Hidden Movie Star: Donald Duck in "Snowball Fight"
5. A Charlie Brown Christmas (1965)
Hidden Movie Star: The Block Himself
4. A Muppet Christmas Carol (1992)
Hidden Movie Star: Rizzo the Rat as Himself
3. Miracle on 34th Street (1947)
Hidden Movie Star: Edmund Gwenn as Kris Kringle
2. It's A Wonderful Life (1946)
Hidden Movie Star: Donna Reed as Mary Hatch Baily
1. A Christmas Story (1982)
Hidden Movie Star: Darren McGavin as the old Man/Mr. Parker

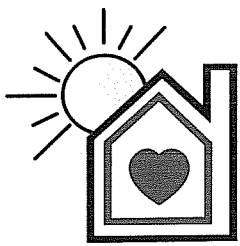
Easy Molasses Cookies

$\frac{3}{4}$ cup butter, melted
 1 cup white sugar
 $\frac{1}{3}$ cup molasses
 1 egg
 2 teaspoons baking soda
 2 cups all-purpose flour
 $\frac{1}{4}$ teaspoon ground cloves
 $\frac{3}{4}$ teaspoon ginger
 2 teaspoons ground cinnamon
 Additional sugar

Stir sugar and molasses into melted butter and beat until thick and smooth. Add egg and beat thoroughly. Add dry ingredients and mix until well blended. Chill dough at least 2 hours. Shape dough into walnut sized balls and roll in the additional sugar. Place on cookie sheet, 2" apart. Bake at 350 degrees for 7 – 8 minutes.

Don't over bake!





LEGACY

HOME HEALTH & HOSPICE

"Where Caring Comes Home"

Legacy Home Health and Hospice Grief and Bereavement Support Group

This is a complimentary service open to anyone who has experienced a loss.

*When: Every Tuesday at 11:00 am
Every Thursday at 1:00 pm*

*Where: Legacy Home Health and Hospice
680 S. Progress Ave., Suite 2A
Meridian, ID*

Who: These groups are open to anyone who has experienced grief from a significant loss or who is anticipating a loss.

*Contact: DeAnn Jansen, LSW
Legacy Hospice
208-895-8686*

*Directions : We are located off of the freeway in Meridian.
From the Meridian/Kuna exit (exit 2A), head north on Main Street.
Turn right on Corporate Drive.
Turn right into the Progress building parking lot.
Enter at the back of the building through the door marked "Bereavement Center Entrance".*

HOME HEALTH

Phone 208-888-3669 • Fax 208-888-3675

www.legacyhomecare.com

HOSPICE

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