



REMEMBERING THOSE WE LOVE

Memorial traditions are a healthy way to remember and honor our loved ones. Simple traditions can be celebrated alone or with family and friends. They can take place during special holidays or any time that has meaning for you. The important thing is to take the time to intentionally focus on memories of the persons that you have loved but who are no longer with you. Below are some ideas that may be useful to you.

- Anytime during the holidays or during holiday dinners light a candle in memory of your loved one. Add a favorite photograph, if desired.
- Offer a dinner prayer, meditation, or toast to your loved one.
- Display a single fresh flower to celebrate the life of your loved one.
- Create a memory book with several photos, momentos, and journaling. It doesn't need to be a big book. It can sit on your coffee table to encourage friends and family to also remember.
- Give yourself permission to remember happy times and events.
- Create a special holiday decoration for loved ones who are no longer with you. Display it during the holidays to help you feel close to them.
- In spring, plant a tree or bush in your yard, or purchase a small plant to pot. Have a planting ceremony and on special occasions decorate the plant with objects that will help you remember special times.
- Use a favorite activity of your loved one to bring joy to others. If they enjoyed gardening, take some flowers to someone who may need them. If they liked to watch movies, share a movie with someone who could use the company. If they loved cooking, share a meal with a friend. If they had a passion for music, share some music with someone who could use cheering up. Share the reason for your activity with the people who could benefit.
- Write a letter to your loved one on their birthday or an anniversary date. Share what has been happening since they have been gone. This can be stored and accumulated as the years go by and it may provide a comforting record.

Hospice of Spokane offers bereavement resources at no charge to our community. Gathering with others who are journeying through grief is comforting and informative for many people. Our grief support groups focus on several types of grief and are available throughout the week. Special programs especially for bereaved children and parents are also offered at no cost. Individual counseling is available on a sliding fee basis.
