

Luce, Lutz & Reck

FUNERAL HOMES

Serving the South Dakota Communities of Gettysburg, Faulkton, Eagle Butte, Highmore, Miller

Mandy Luikens & Tiffany A. Hofer
Owners/Funeral Directors
info@familyfuneralhome.net

"Providing Comfort To Families"

www.familyfuneralhome.net



Chapters

turning the pages through grief

Caring for the Caretaker

by Paulette
LeBlanc

Sometimes the best thing you can do is to let others be kind to you. Perhaps you are quite comfortable taking care of everyone around you. Leaning on other people in your time of need may be a foreign concept. Take heart, grieving is only one season. Granted it varies in length and intensity, but it is a season nonetheless. Letting others carry some of your emotional weight isn't going to hurt them, and may be just what you need.

Often people can't anticipate the needs of others, so they might do the things that they think they would want. That can look like making a meal, sitting quietly beside you or getting you out of the house for a night on the town. Now is not the time to be polite. If you really need a night out to distract you, don't be afraid to set the crockpot on warm and

tell your friend you'd rather go to a restaurant.

Conversely, if the thought of a noisy restaurant seems overwhelming, now is the time to stay in. When my grandfather died, my grandmother rarely wanted to leave the house. At first my parents thought she was falling into a deep depression, because when Grandpa had been

WWW.ANDERTOONS.COM



"Special skills? Well, I can make this weird noise when I see a bird out the window."

alive the two of them were always out and

about. Now that he was gone, my parents tried to fill that void by taking her out often. As it turned out Grandma had followed him from one event to another like a dutiful wife. It wasn't long before she finally found her voice and told my parents she had always been much more comfortable at home. Had it been the other way around, perhaps my grandfather would have continued to go out and visit with friends.

Maybe you're the one everyone leans on in times of trouble. Don't be afraid to call a trusted friend or loved one if you need to vent and let them know it's your turn. Don't be surprised if people do not intuitively know what your needs are. If you are usually the one doing all the fixing, it may comfort them to know that you are ready to receive some of what you have been giving.

continued...



No one is useless in this world who lightens the burdens of another.

— Charles Dickens

...continued from front

Maybe you are the rock in your particular circle. If you are, there are likely people you have helped who are just waiting for the chance to return the favor. Let them do just that.

...there are likely people you have helped who are just waiting for the chance to return the favor.

If you are a type A personality, letting others take control may take some practice. For your own well being letting other people cook or help you make arrangements just might be the best idea. We are only afforded so much drive and make no mistake, grieving is work. My father died right around the time my son was getting married. It was difficult to try to concentrate on too many things at once and I knew I would have to decide where to expend my thoughts and energy. I am thankful that my daughter-in-law's family was very sensitive to what I had been dealing with and jumped in to carry much of the weight of the wedding plans.

Caring for the caretaker will not be easy for those around you, but let them try. Grief can be an all-consuming task for a period, and others are generally happy to help. If your helpers don't know exactly what you need, don't be afraid to tell them. Remember to be kind to yourself in this time of grieving.

Paulette LeBlanc, who is trained in family counseling, is a published author, editor and freelance writer, who currently resides on the Gulf Coast of Florida.

Avoiding Avoidance

A common cause of absent grief is chronic avoidance. When someone uses avoidance in grief, usually, it's because they don't want to experience painful thoughts and emotions related to the loved one's death or their ongoing grief. They avoid experiencing these things by:

- **Isolating:** Staying away from people and places that might bring up their grief. And people who might make them feel bad for grieving or push them to feel better before they're ready.
- **Eliminating reminders:** Avoiding anything that might bring up memories. For example, never opening the door to their loved one's room or putting all their loved one's photos away.
- **Using substances to numb and forget**
- **Saying "I'm fine"** and throwing all their time and attention into other people, work, etc

It's important to note, sometimes a little avoidance is helpful. Someone might need a little time before feeling strong enough to face certain reminders. Or a person might need to find ways to avoid their grief so they can focus on other things like work and school. It's okay to avoid grief at times as long as you also make space and time for coping with it as well.

For more information on these suggestions, visit whatsyourgrief.com. Article used by permission.

■ Online communities and resources can provide new and fresh perspectives on grieving, coping, wellness, and allow opportunities for interaction with like-minded people. Your chosen funeral home's website can also offer a variety of helpful information. You are encouraged to start there.



ONLINE:

- **Grief In Common**, griefincommon.com
Offering a live chat room to connect with others any time.
- **Hope Again**, hopeagain.org.uk
Best for young people, with stories and videos to help people feel less alone.

TIME OUT



July Fun Facts

- Birthstone: Ruby
- Flower: Water Lily or Larkspur
- Cancer (June 21 - July 20)
- Leo (July 21 - August 20)
- July was renamed for Julius Caesar, and is the seventh month of the year in the Gregorian Calendar, and is 31 days long. In prior years, it was called Quintilis.
- July and April start on the same day in each year.
- July is National Hot Dog Month, Peach Month, Ice Cream Month, Blueberry Month, Baked Bean Month.



recipe card

FEEL BETTER FOODS

Food can help regulate your mood and when grieving it's more important than ever to make good choices to help you through.

- **Vegetable protein:** Beans and nuts with help keep your energy up.
- **Tryptophan-rich foods:** Bananas, figs and dates contain serotonin, which helps regulate mood.
- **Raw fruit and vegetables:** Fresh produce strengthens the organs and the brain.
- **Drink lots of water and fresh vegetable juice:** Hydration helps soothe the nervous system.
- **Vitamin power:** Get biotin, folic acid, and B vitamins into your diet. Magnesium and potassium also help.



* * *

The purpose of this newsletter is to share thoughts and honest insights from a variety of sources on how to navigate through all of life's chapters.
Created and owned by Madsen Ink, Co. • Copyright 2020
chaptersnewsletter@comcast.net