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FUNERAL HOMES

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"Providing Comfort To Families"

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Chapters

turning the pages through grief

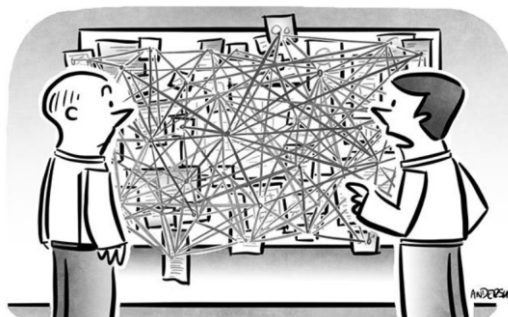
Don't underestimate your grief

by Paulette LeBlanc

Grief comes in a number of facets. Every day people grieve a former job, home, relationship, or situation to which they've grown accustomed. How much deeper still are we expected to grieve the loss of a loved one? It's no wonder people often bring food for days to families lost in their grief. Since grieving can be exhausting, everyday tasks, such as shopping, cooking, and cleaning up can become overwhelming. Even having to plan a family meal can be too much when one is in the midst of the season of grief. When my mother died, a hospice nurse told me that people actually burn more calories when grieving. It's as though we are manifesting physically what we are going through emotionally, and that burns up our energy sources.

The underestimation of one's own grief is all too common, and largely why many people choose to join a grief support

group, rather than go it alone. A support group can be a wonderful source of help and encouragement, but also, sometimes it can provide a much-needed distraction. You may find you have nothing, or everything in common with others as they go through their own season of grieving. However you decide to handle this season is entirely up to you. However, don't underestimate what you're going through. You will need more sustenance, sleep, and fluids than you likely feel you do. Grieving can take a toll on your body in ways you might not even be aware of.



**"At first I was trying to solve a crime.
Now I think I'm making an afghan."**

Many people find it helpful to journal during a time such as this, either to keep things straight, or simply to remember things that often become a blur when one is emotionally numb.

Journaling and reading back what you've written can be therapeutic for some, while others may choose to write down their feelings in an effort

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**MARCH
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*Never underestimate your problem or
your ability to deal with it.*

— Robert H. Shuller

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to dump them onto paper or a screen without looking back. After the season is over, you may feel up to returning to your journal, or you may not. Neither is bad or wrong.

For some, the desire to curl up and turn inward may come naturally. The idea of a support group may not be for you. Sharing aloud ones feelings of loss over a deep emotional bond is a very personal decision. The opportunity to attend a support group and listen is also an option. Taking care of yourself may be the last thing on your mind in the midst of grieving someone you love, but finding ways to do this may give you more than you realize now.

After I lost my parents I found running with loud music in my ears very helpful. The exercise made me feel I had nothing left, and the music distracted me, though I often

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cried as I ran. The desired result was better, more restful sleep than I had been getting at first, and I was fortunate enough to have achieved it in a relatively short time. Looking back now, the period of those early morning runs seem to have amalgamated into a non-distinct emotional blur. I do however have a distinct memory of realizing I had begun to sleep better. Running is certainly not an option for all of us, due to age, health, or even weather conditions. The next time I go through a grieving season, running is not likely to accompany me through it. For those whom cannot withstand vigorous forms of exercise, there are a multitude of options, such as light yoga, or even stretching. Whatever you choose to get you through will be right for you. Remember to be kind to yourself in this time of grieving.

■ **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. We encourage you to start there.**

ON PINTEREST

Loss of a Loved One: A variety of quotes and images with links to helpful information including:

- 5 Ways to Comfort Someone Who is Grieving
- Graffiti Wall: A Grief Activity for Kids

BLOGS

- The Grief Healing Blog
- Hello Grief
- Diary of a Widower



* footnotes

The Winds of Change

Not only is life irrevocably altered by loss, but life continues to change now with the blowing winds of bereavement! J. William Worden, a friend of mine known the world over for his work with people in grief says that asking how long grief lasts is like asking, “How high is up?” While most people certainly don’t sense the same intensity of pain later that one does in the early weeks, grief doesn’t go away and we don’t ever seem to achieve that elusive “closure.” Rather, grief is filled with changes and transitions as we learn to live life in new ways. We can’t achieve the goal of having our loved one back, but winds of March remind us that life continues to change and some of those changes are good. You learn new skills you never knew you would need. You make new friendships you would have never discovered apart from grief. And you discover new abilities within yourself that you never imagined you could possess. Lion-like though these winds of change might be, hold on. The winds of change will gradually become much more like a bleating little lamb.

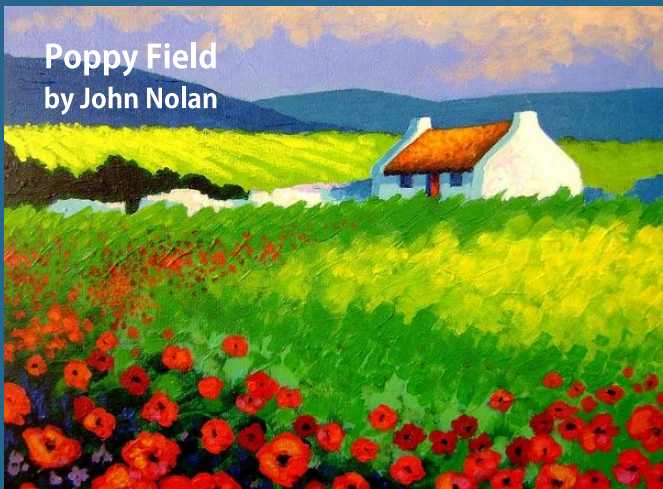
* Dr. Bill Hoy teaches at Baylor University in Waco, Texas. He is widely regarded as an authority on the sociocultural history of funeral rites, the topic of his most recent book: *Do Funerals Matter: The Purposes and Practices of Death Rituals in Global Perspective* (Routledge, 2013).



by Bill Hoy

Poppy Field

by John Nolan



John Nolan was born in Dublin Ireland in 1958. He has developed a very distinctive and upbeat style that combines bold outlines with bright exotic colors. His interpretation of various motifs transmits a positive upbeat feeling.

nolanart.com
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Thinking Outside Your Grief

Feeling Fine Art



Quick Snacks 101



When you don’t have the energy or the willpower to eat a well-balanced meal, these snacks are a quick, not-so-bad alternative:

- **Tortilla Chips** tend to have less fat and calories per ounce than potato chips.
- **Beef Jerky** is a high protein snack that will help you feel full for a long time.
- **Dark Chocolate** has less sugar than milk chocolate and is high in iron and fiber in addition to antioxidants.



recipe card