

Luce, Luze & Reck

FUNERAL HOMES

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

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"Providing Comfort To Families"

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Chapters

turning the pages through grief

Grief

(literally)

Sucks!

by Paulette LeBlanc

Although this may sound like something a teenager would say, anyone traveling through a season of grief would likely agree that it does suck. Grief sucks your energy, your wellbeing, your homeostasis, and especially, the plans you had for this year.

The year I lost my father seems surreal to me as I look back. I curled inward, longing not to be around too many well-wishers, and yet, it seemed as though there were always people

around. The intervals where emotion carried me away seemed to go on endlessly, and yet I remember feeling numb almost zombie-like most of the time. I

slept in enormous chunks at odd hours of the day and night, and yet, I remember feeling tired around the clock.

I lost my mother only year and a half before losing my father and I tried to comfort myself with thoughts about knowing one day we'll have to live without our parents being simply a part of life and yet, I felt like an orphan. Both of my children were teenagers and it seemed a horrific thought that neither of my parents would watch them finish college, get married, or have children of their own.



"OK, bear with me, I've never set up a conference call before."

There is a woman I've trusted

**OCTOBER
2020**

continued...

"I wish that every day was Saturday and every month was October"

— Charmaine J. Forde



...continued from front

since I was very young, who's been like a surrogate mother to me. She gave me some advice that seemed odd at the time, but now I see the wisdom of it. She said, "grieve appropriately. Be careful not to grieve more than your share."

Now, I understand that to mean, although grief will take some of your time, energy, wellbeing, and even the plans you had, be sure to take back what's still yours. There will undoubtedly be moments of chaos and alternating zombie-like numbness in your brain, that's just a part of the grieving process. Know that like everything else, it too has a season that can only last for so long, and will come to an end.

While grief may suck away at your inner stability, try to focus on those things that truly matter to you and things you can still control. While there are bound to be many areas of your life affected by your loss of a loved one, there will still be those things that remain unaffected, such as music or perhaps a book or movie that can bring you some much needed joy.

If you feel sleep deprived, it's likely that you are. It's okay to sleep at times you might not normally be tired, allowing your body to take back the energy you've exerted. The same thing applies to food. During the grieving process you are likely to burn many more calories than usual, so if that pot roast someone left on the counter looks good, enjoy it.

Grief can also suck your regular routine, but don't let this worry you. For now, concentrate on a new normal that works for you. You may even find some things you stumble onto now that stick well past this season. I began doing many things after the death of my parents that I had not done previously, such as meditating near the water. The serenity I found in doing so became habitual to this day.

Grief sucks many of the things we cherish, because they may now remind us of our loss. Don't fret about never returning to those things, because one day you may feel ready for them again, but for now, simply think about other things. If and when that day comes, you will know. Grief sucks your identity in part, or to some degree, that relationship you're now grieving. Know that it has not taken your identity. You are still the living part of that relationship and it lives on, in and through you.

Remember to be kind to yourself through this season. Although it may feel as though it's sucking the life out of you, it does not have to.

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■ 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. This month we highlight audiobooks.

librivox.org

Thousands of public domain books read aloud, from classics, historical fiction, and poetry to short stories and non-fiction including:

- 1000 Things Worth Knowing
- Anne of Green Gables
- The Sainted Queens
- "Boy" The Wandering Dog



TIME OUT



October

- Birthstone: Opal
- Flower: Marigolds

October glows on every cheek,
October shines in every eye,
While up the hill and down the dale
Her crimson banners fly

By Elaine Goodale Eastman (1863–1953)

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October is

Adopt a Shelter Dog Month
National Apple Month
National Bake and Decorate Month
Positive Attitude Month



recipe card

HOW DO YOU LIKE THEM APPLES?

With the abundance of apple choices available these days, how do we choose the right one for eating, baking, cooking?

Autumn Glory Mostly sweet flavor with hints of cinnamon and caramel. Good for: Charcuterie board with strong cheeses.	but with a bit of a sweet finish. Good For: Baking, salads.
Braeburn Characteristics: Firm and sweet, aromatic and a bit tart, juicy. Good For: Eating fresh.	Honeycrisp A nearly perfect balance of sweet, tart and juicy, with an aftertaste that actually does have honey-like qualities. Good For: Eating fresh, baking.
Cortland Crisp, finely-grained white flesh and exceptionally juicy with a sharp, sweet-tart flavor. Good For: Extremely slow to brown when cut, these are perfect for use in fresh salads.	Gala Crisp and sweet, very watery; will go bad if not refrigerated. Good For: A great all-purpose apple.
Granny Smith Delightfully tangy, even lemony,	McIntosh Juicy soft flesh that is bursting with flavor. Good For: Eating fresh, applesauce; a bit too mushy for pies.

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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.
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