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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



For many people grief is like being hit by some unseen force, almost like an invisible tidal wave. All of a sudden, decisions need to be made, questions have to be answered—on top of whatever happened to be going on in your life when your loved one died. The decision to grieve may not seem like an option, but it is. Although it takes on many forms for different people, grieving someone is absolutely a choice. It is likely the best option we can choose, as refusing to grieve can be unhealthy. Choosing not to grieve is not the same thing as feeling the loss. Actively grieving is more like a conscious response to

having lost someone, whereas feeling the loss cannot be helped.

Grief comes in different sized waves and at different times. In some cultures particular clothes are worn in an effort to display outwardly what's going on inwardly. This is a

conscious effort in grieving. Attending a funeral to contemplate, celebrate, or share in the loss of someone's life is another effort to grieve made consciously.

However you choose to grieve is your decision and not for someone else to decide for you. If burying yourself in work is the best way you can manage your particular grief, that's okay. That may seem strange to those around you who may choose a different way to grieve, but that's okay as well. If you cannot seem to stop crying, and it feels like the tears have to come out, that's your own way of unburdening yourself, and not for anyone to decide when you've had



APRIL
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*Decision is a risk rooted
in the courage of being free.*

— Paul Tillich

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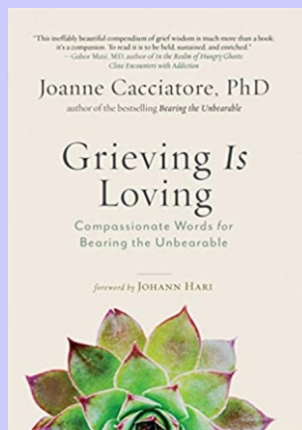
enough. Eventually the tears will subside, at least for a while. It's not for us to try to determine what someone else may, or may not, be feeling based on their actions. Some people do not express grief by becoming outwardly emotional, and conversely, others cannot help but become emotional.

Deciding to grieve, in whatever way seems natural to you, is a healthy choice to make. Grieving in a group may not be for everyone, but these groups can be found all over and have helped a great number of people through a shared experience. Curling inward is also not for everyone, but for some, spending much of their time alone while they grieve seems to fit better than sharing their experience. We should never try to force someone to do something outside of their comfort zone when they are actively grieving. Neither should we allow someone to try to force us to do something simply because someone else might choose to. Encouraging a friend to talk to others who may understand what they're going through is not the same thing as shaming them or trying to force them however. If you feel as though you are struggling, you may want to consider finding one of these groups, if for no other reason than to sit and listen quietly.

It's not for anyone else to say how you should be feeling now. While going through what is arguably the roughest part of the journey, the last thing you need is to feel as though others are judging you for your emotions or lack of them. As you travel through the steps of grieving (denial, anger, bargaining, depression, acceptance), to rebuilding emotionally it is never for someone else to decide you've been on one step for too long or not long enough. No matter how you decide to grieve, or how long you stay there, please be kind to yourself during this time.

bookmarks

In the style of a quote-a-day collection, this book from Wisdom's bestselling author Joanne Cacciatore, distills down the award-winning book *Bearing the Unbearable* into easy-to-access small chunks, and includes much brand-new material. Open to any page and you'll find something that will instantly help you feel not alone, while honoring the full weight of loss. Especially well-suited for the grieving mind that may struggle with concentration, just 30 seconds on any page will empower, hearten, and validate any bereaved person—helping give strength and courage to bear life's most painful losses.



It's not for anyone else to say how you should be feeling now.

TIME OUT

April's Charms by William Henry Davies

When April scatters charms of primrose gold
Among the copper leaves in thickets old,
And singing skylarks from the meadows rise,
To twinkle like black stars in sunny skies;

When I can hear the small woodpecker ring
Time on a tree for all the birds that sing;
And hear the pleasant cuckoo, loud and long –
The simple bird that thinks two notes a song;

When I can hear the woodland brook, that could
Not drown a babe, with all his threatening mood;
Upon these banks the violets make their home,
And let a few small strawberry blossoms come:

When I go forth on such a pleasant day,
One breath outdoors takes all my cares away;
It goes like heavy smoke, when flames take hold
Of wood that's green and fill a grate with gold.



recipe card

LEFTOVERS

A recent survey found that nearly half of Americans have found items in their refrigerator that they didn't realize was there. Making use of leftovers is not only economical, it limits waste, and it's easy! When you're grieving, making use of leftovers comes in very handy when you just don't want to think too hard. Here are some creative ways to use leftovers.

- 1) **CREATE LEFTOVERS ON PURPOSE.** When you're planning meals, think about what the extras can become. If you prepare twice the vegetables you'll need for tonight's dinner, you'll have the starting point for a soup or pasta dish later in the week. Anticipate using leftover roast chicken on sandwiches; cook twice as much rice as you need and freeze the extra for later use.
- 2) **SEE WHAT YOU HAVE.** Store leftovers in clear glass storage containers that are reusable and can go into oven or microwave. Freeze in zip top bags and label.
- 3) **HAVE A LEFTOVERS NIGHT.** Knowing you don't have to think up something new on a particular night can be very freeing and relaxing. Eating down whatever you have can make for an interesting and easy smorgasbord.
- 4) **HAVE DINNER FOR LUNCH.** Stash a lunch-able portion of dinner in a container and pack it for lunch the next day. With a bit of planning and no extra effort, you can create a week's worth of healthful take-it-to-work lunches.
- 5) **LEFTOVERS ARE INGREDIENTS.** Turn extra pasta or cooked vegetables into a frittata. Blend cooked vegetables with a can of whole tomatoes and create a veggie-packed sauce for pasta. Create burritos with leftover cooked rice, meat and vegetables, and top them with sour cream and salsa.
- 6) **KITCHEN SINK SALAD.** A great way to use extra cooked vegetables, bits of cheese, grilled or roasted steak, shrimp or chicken is to toss them with lettuce and your favorite dressing.

More hints at ivaluefood.com

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