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FUNERAL HOMES

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"Providing Comfort To Families"

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Chapters

turning the pages through grief

Resolving to GRIEVE

by Paulette LeBlanc

Now that the holidays are over, and many are undoubtedly making resolutions for the new year, it may be a good time to come to terms with the grief of having lost someone close to you.

If the entire holiday season feels like a blur, you can table that for now, as you're likely on emotional overload. No doubt you have by now come to terms with the fact that this new year will look different than your last new year. Finding a new normal isn't automatic and it doesn't happen immediately upon the death of a loved one, but it does come in time, with practice, and unfortunately, often with pain. People habitually

advise others to take things one day at a time, but I don't know anyone who's ever been able to do that. In reality, we may not even take things one hour at a time. One second is all we get, and while grieving, things

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"Resolution? I just got here!"

can change moment to moment as far as how you are doing, how you are feeling, or how well you are managing your grief, leaving you to take things one second at a time.

The resolutions we find ourselves making this time of year are plentiful. Perhaps a realistic New Year's resolution for someone grieving might be to find someone with a strong shoulder. It's okay to let family or close friends know when you're ready to talk about what's happened in your life.

However, if you feel more comfortable talking to strangers, you may want to find a local support group. Even if you've never considered yourself a "joiner" this

continued...

JANUARY
2021

*Either I will find a way,
or I will make one.*

— Sir P. Sidney

...continued from front

may be a good time to get into a group setting with others going through the same thing. There are currently support groups available in every area of the country. If you're not ready to share your story, there is nothing wrong with listening to others share theirs. You may even find it a comforting distraction.

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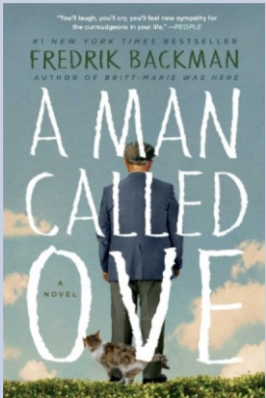
On the other hand, you might find that you're in just the right setting to share your story, and by doing so you may offer comfort to someone else in a similar situation. This is the time of year when many people think about how they can do things better. Usually this is accomplished by resolving to become more stringent in their routine. For example people often focus on things such as cutting out extra spending to pay off credit card debt, limiting fatty foods in their diet, or by adding exercise, which are all valuable resolutions, but few people seem to resolve to pay closer attention to self-care.

There has never been a better time to focus on caring for yourself than while you're grieving. Now may be a great time to add a bright spot to your life by cooking something you've always wanted to try, listen to your favorite music (or try something new), read an uplifting or humorous book (see our bookmarks section below), or discover podcasts online. Keep in mind that self-care doesn't have to be extravagant. It can be something as small as picking up bath salts to toss in the tub and then doing just that. As you travel through this season of grief, follow what your heart and your gut tell you, and it will likely be exactly right for you. No matter your resolution for the upcoming year, remember to be kind to yourself through this season of grief.

bookmarks

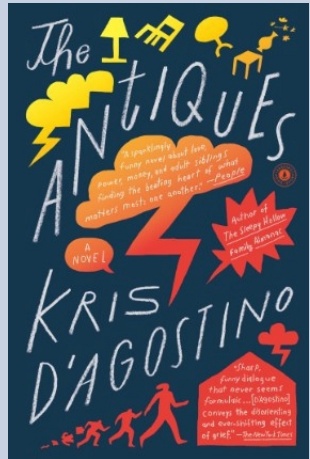
A MAN CALLED OVE

Ove has given up on life after his wife dies. When an unexpected friendship forms between him and his new neighbors, this darkly comedic Swedish novel, a runaway international bestseller, takes a turn for the heartwarming.

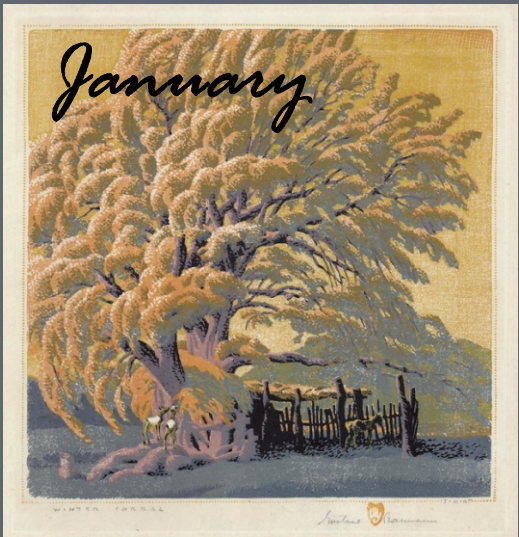


THE ANTIQUES

As a massive hurricane hits their family hometown of Hudson, New York, the Westfalls gather to plan their father's memorial service. In this tangled family drama, and D'Agostino's unsparing take on estranged siblings Charlie, Josef, and Armie makes this one both sharp and very funny.



TIME OUT



Winter Corral • Gustave Baumann (ca, 1940)

• Birthstone: Garnet • Flower: Carnation

January, by John Updike

The days are short, the sun a spark,
Hung thin between the dark and dark.

Fat snowy footsteps track the floor.
Milk bottles burst outside the door.

The river is a frozen place
Held still beneath the trees of lace.

The sky is low. The wind is gray.
The radiator purrs all day.

recipe card



Crock pot meals put the comfort in comfort foods. Bring out your trusty slow cooker and throw in a few ingredients for easy, hearty meals. Plus the aromas that fill your home can be soothing and relaxing. Here's a recipe to try.

Crock Pot Chicken & Dumplings

INGREDIENTS	DIRECTIONS
• 1 onion, chopped • 1 1/4 lb. boneless skinless chicken breasts • 1 tsp. dried oregano • Kosher salt • Freshly ground black pepper • 2 (10.5-oz.) cans cream of chicken soup • 2 c. low-sodium chicken broth • 4 sprigs fresh thyme • 1 bay leaf • 2 stalks celery, chopped • 2 large carrots, peeled and chopped • 1 c. frozen peas, thawed • 3 cloves garlic, minced • 1 (16.3-oz.) can refrigerated biscuits	1. Scatter onion in the bottom of a large slow cooker then top with chicken. Season with oregano, salt, and pepper. 2. Pour over soup and broth then add thyme and bay leaf. Cover and cook on high until the chicken is cooked through, about 3 hours. 3. Discard thyme and bay leaf, then shred chicken with two forks. Stir in celery, carrots, peas, and garlic. Cut biscuits into quarters or smaller, but large enough to be bite sized. Stir them into chicken mixture. Spoon liquid over any biscuits at the top. 4. Cook on high until vegetables are tender and biscuits are cooked through, stirring every 30 minutes, about 1 hour to 1 hour 30 minutes more.

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