

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



MULTIPLYING



Losing a loved one to death is difficult enough, but losing more than one person, either at the same time or close together is sometimes too much to process all at once.

Losing a parent, for instance, is especially challenging if the other parent was already in your care at the time of death. At first death can almost feel like a relief. This is the plight of many caretakers and nothing to feel guilty about. Many people take on the responsibility of a sick parent, only to end up losing them both in a relatively short period of time. After the dust settles, you may find yourself taking a deep breath of relief that it's finally over.

Although your relationship is never the same with any two people, you may find yourself dealing with two deaths that occurred simultaneously and no one should try to process grief for more than one person in the same way. Even in cases where mom and dad were some kind of dynamic duo, the relationship you shared with each of them was

unique. Some people feel closer to one parent than the other and may even feel guilt over the difference they experience in grieving each of their parents. For some, there may now be an emptiness, in the absence of the parent who needed full time attention. It can feel similar to an empty nest, such as when adult children have grown and moved out,

leaving some to wonder what to do with the time previously spent caring for another. Whether you feel a sense of loss over the caretaking of another, or a sense of relief that the caretaking has come to an end, it's time to begin the journey processing the loss of a loved one through death. What that journey looks like is ultimately up to you.



**"NO, I DON'T THINK A NICE
GAME OF FETCH WOULD HELP!"**

continued...



"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying 'I will try again tomorrow.'"
— Mary Anne Radmacher

...continued from front

It would be conveniently efficient if we could simply set a date to grieve and know its end date as well, but the truth is, grief comes in waves and when you've lost more than one person, the waves for each of them may come simultaneously or separately.

There may be days or even weeks at a time where you feel more loss for one than the other, and then for no apparent reason, you may experience a season where the reverse is true. These waves can be easily set off by a birthday, anniversary, holiday, or even a particular memory. Perhaps there was a day of the week you spent with your mother or father doing some activity in particular. If it was a hobby you still enjoy, by all means, continue doing it. It may be you took one of your parents somewhere they needed or wanted to go, which was never of particular interest to you, but now you feel inexplicably drawn back there in your grief. There is no reason to explain to anyone else why you still feel the need to do something you did seemingly for the deceased, and now continue on your own.

There are things that will naturally fall away from you in the absence of your deceased loved one(s), but you may find that some things have become a part of your life for good. If, for example, you took your father to a social club that he enjoyed being a part of, you may continue going out of familiarity, or your own established relationships. If you took your mother to a hair salon and began enjoying manicures while waiting for her, you may find that you'd like to continue to go there, where people knew you two together. Please remember there is no wrong way to miss someone, or to grieve them.

Losing more than one person in a short time can be overwhelming and exhausting. Take time for yourself now in whatever way seems natural and right to you.

**There is no
wrong way to
miss
someone, or
to grieve
them.**



Murano Glass Vases in Venice Shop

DISCOVER

MAY IS PRETTY, MAY IS MILD
by Annette Wynne

May is pretty, May is mild,
Dances like a happy child;
Sing out, robin; spring out, flowers;
April went with all her showers,
And the world is green again;
Come out, children, to the glen,
To the meadows, to the wood,
For the earth is clean and good,
And the sky is clear and blue,
And bright May is calling you!



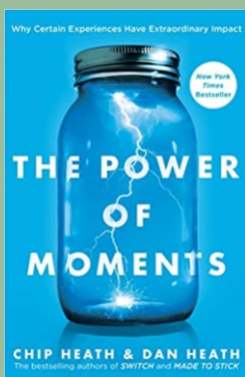
Tips for Coping With Forgetfulness in Grief

thinkpiece

1. Keep a calendar: Not only can it be difficult to keep important appointments straight when you're grieving, but you may also find you're constantly unsure of what day it even is! Keeping a calendar, whether it's an appointment calendar, wall calendar, or electronic calendar, is a good way to keep yourself on track.
2. Set alerts/alarms: Need to remember to call the vet tomorrow? Set an alarm to remind you.
3. Do things the same way every time: Stick to the same morning routine while getting the kids ready for school, park in the same section of the parking lot every time, etc.
4. Automate tasks: If you often forget to pay your bills, set them on autopay.
5. Allow yourself to take breaks from your stress and grief. Consider engaging in activities that help increase well-being.

Courtesy of whatsyourgrief.com

bookmarks



While human lives are endlessly variable, our most memorable positive moments are dominated by four elements: elevation, insight, pride, and connection. If we embrace these elements, we can conjure more moments that matter.

This book delves into some fascinating mysteries of experience: Why we tend to remember the best or worst moment of an experience, as well as the last moment, and forget the rest. Why "we feel most comfortable when things are certain, but we feel most alive when they're not."

The Power of Moments shows us how to be the author of richer experiences.

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