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FUNERAL HOMES

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"Providing Comfort To Families"

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Chapters

turning the pages through grief

3 WAYS TO Begin Settling A Loved One's Affairs

Following the loss of a parent, the list of to-dos can feel overwhelming. Not only are you adjusting to life without a loved one, you may be facing a seemingly insurmountable list of tasks. From arranging services to dispersing personal possessions to taking care of yourself, it's easy to find yourself in over your head.

Especially if the passing was sudden or you didn't have the chance to discuss the loved one's final wishes, you may find yourself wondering where to begin. Although the specific details will vary from one family to the next, there are some common steps to consider once the memorial services are over and your attention must turn to putting their affairs to rest.

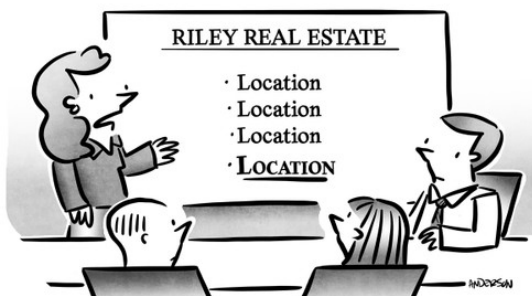
1. Process the grief. With a long list of tasks looming, you may be tempted to put yourself on auto-pilot and power

through. However, failing to give yourself time to grieve and come to terms with your loss can be destructive to your mental and physical health. Seek the support of family and friends to ease your emotional burden so you are able to effectively tackle the duties that lie ahead.

2. Sell the house. With the financial implications of possible mortgage payments looming, real estate is often one of the biggest decisions following a loved one's death. That was exactly the situation Becky Addison faced. She inherited her mother's home but wasn't in the financial position to fix, maintain or own the property along with her primary residence.

"One day it was my parents' house and then suddenly it was my house. I was not prepared to be responsible physically or financially for the property," Addison said. "There were too many repairs to be made, my husband and I lived in another

continued...



**"This is what separates us
from the competition."**

**AUGUST
2024**

**"It didn't matter how big our house was;
it mattered that there was love in it."**

—Peter Buffett

Enlisting the guidance of a qualified attorney can help you navigate probate court and more.

county and we didn't have the money to invest to update it. We had to get rid of it.”

Unsure what to do, Addison contacted a home buyer franchise that purchases homes without the owner having to fix, clean, or otherwise deal with it. Ultimately, she received a cash payment and was

able to close in just 14 days. You can find these through an internet search.

3. Manage the estate. Although it is a sizeable consideration, real estate is generally just one piece of a person's estate that must be settled following their death. Settling a parent's business affairs following their passing can be relatively simple, but in the absence of a will, it can become more complicated. Enlisting the guidance of a qualified attorney can help you navigate probate court, if necessary, and ensure you comply with local laws as you settle any debts and distribute or dispose of personal possessions.

Courtesy Family Features

What Grief Has Taught Me...

I have learned it is refreshing, once you get a little energy, to make new friends who sometimes are closer than family. They accept you who you are now rather than hoping you'll be the old you. It will get better. Be open to old friends feeling uncomfortable and new ones unaware.

The secondary losses are huge: identity, purpose, drive and motivation, comprehension, memory, etc.

There are so many hard grief lessons. The hardest was learning I could part with places and things but keep the memories. Selling our home felt like I was losing my husband a second time, but I survived. And he still feels close.

whatsyourgrief.com

Sometimes the best advice is a break from advice. Enjoy your favorite beverage and these tidbits of this & that.



- In August 1762 the sandwich, as we know it, was created when the Earl of Sandwich requested meat between two pieces of bread.
- August is the time to reap what you've sown, quite literally even, as most summer vegetables are ready to be harvested.
- August also has two birth flowers – the vibrant multicolored gladiolus and the deep crimson poppy. The gladiolus flower is said to represent generosity, strength of character, and deep sincerity. The poppy flower couldn't be more different though, as it is a sign of imagination, eternal sleep, and oblivion!
- August has three birth stones: sardonyx, spinel, and peridot. One of the lesser-known gems, peridots come in shades from grass-green to a more earthy olive hue. They're quite a unique gem, really, and quite rare as they can only be found from two very different sources – they can be formed deep in the earth and expelled to the surface along with lava, and they can be found in meteorites! It is claimed that peridots have healing powers and can protect the bearer from evil.

It can be difficult to think about cooking, or even eating sometimes, when we are grieving. Good nutrition is especially important now, and these quick and easy ideas may help.

FAST FOOD

POPCORN

It's almost everyone's favorite snack no matter how you make it. In addition to being high in fiber, popcorn also contains phenolic acids, a type of antioxidant. In addition, popcorn is a whole grain, an important food group that may reduce the risk of diabetes, heart disease, and hypertension.

