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Mandy Luikens-Spilde & Tiffany Pape Hofer
Owners/Funeral Directors
tiffany@luceluzereck.com



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Chapters

turning the pages through grief

Caring for the Caretaker

by Paulette
LeBlanc

Sometimes the best thing you can do is to let others be kind to you. Perhaps you are quite comfortable taking care of everyone around you. Leaning on other people in your time of need may be a foreign concept. Take heart, grieving is only one season. Granted it varies in length and intensity, but it is a season nonetheless.

Letting others carry some of your emotional weight isn't going to hurt them, and may be just what you need.

Often people can't anticipate the needs of others, so they might do the things that they think they would want. That can look like making a meal,

sitting quietly beside you or getting you out of the house for a night on the town. Now is not the time to be polite. If you really need a night out to distract you, don't be afraid to set the crockpot on warm and tell your friend you'd rather go to a restaurant.

Conversely, if the thought of a noisy restaurant seems overwhelming, now is the time to stay in. When my grandfather died, my grandmother rarely wanted to leave the house. At first my parents thought she was falling into a deep depression, because when Grandpa had been alive the

two of them were always out and about. Now that he was gone, my parents tried to fill that void by taking her out often. As it turned out Grandma had followed him from one event to another like a dutiful wife. It wasn't long before she finally found her voice and told my parents she had always been much more comfortable at home. Had it been the other way around, perhaps my

continued...



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"You give honor to others not only by taking care of them, but by allowing them to take care of you."

—Jocelyn Soriano

...continued from front

grandfather would have continued to go out and visit with friends.

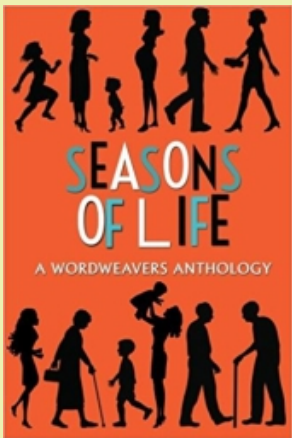
Maybe you're the one everyone leans on in times of trouble. Don't be afraid to call a trusted friend or loved one if you need to vent and let them know it's your turn. Don't be surprised if people do not intuitively know what your needs are. If you are usually the one doing all the fixing, it may comfort them to know that you are ready to receive some of what you have been giving. Maybe you are the rock in your particular circle. If you are, there are likely people you have helped who are just waiting for the chance to return the favor. Let them do just that.

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If you are a type A personality, letting others take control may take some practice. For your own well being letting other people cook or help you make arrangements just might be the best idea. We are only afforded so much drive and make no mistake, grieving is work. My father died right around the time my son was getting married. It was difficult to try to concentrate

on too many things at once and I knew I would have to decide where to expend my thoughts and energy. I am thankful that my daughter-in-law's family was very sensitive to what I had been dealing with and jumped in to carry much of the weight of the wedding plans.

Caring for the caretaker will not be easy for those around you, but let them try. Grief can be an all-consuming task for a period, and others are generally happy to help. If your helpers don't know exactly what you need, don't be afraid to tell them. Remember to be kind to yourself in this time of grieving.



bookmarks

Seasons of Life
by WordWeavers Anthology

Let the imagination run free in these stories of lifetime moments ranging from both fleeting and profound, humorous and heart wrenching to healing and shattering. *The Seasons of Life* shares varied tales of a time in the

summer where the sun both blesses and blisters, of a time in the spring where rains help us grow, but sometimes washes away. Where fall is beautiful and poignant but also dying as it prepares for the inevitable winter of equal amounts of cozy fires and bitter cold.

amazon.com review

You can cope...here's proof

When things hurt us, we often think we'll never recover. Sometimes it feels like we've been pushed off a cliff. Sometimes life will deal you a heartbreaking blow. Sometimes we don't know how we're going to make it through the day. But keep in mind that you can cope and eventually come out stronger on the other side. Here's proof.

Getting a Divorce

Getting a divorce in my twenties was scary, confusing, and painful. But even in my deep fog and on the worst days, I had faith I would be OK. I knew there was nothing original about what I was going through. Heck, half of married folks out there would (statistically) be in my shoes one day! My logical side also knew there was more than just one person in this world who could make me happy. I was right.

Losing a Parent

I'm not sure you ever get past losing a parent. But grief changes shape over time. There is one thing I know for sure: I still have a father, just not in physical form. My dad,

who was an author, is with me in the way I write, the books I read, and the knack I have to parallel park. Love is stronger than death. And love never leaves you.

Moving Away From My Family

I left home when I was 18 and I haven't lived in the same country as my family since. I still feel sad about this sometimes. But we are an adaptable species and we get used to things. Every decision has a price. I try to see my family when I can and make the most of the independent life I've created. On the plus side, distance means we rarely fight and our time together feels meaningful.

For full article visit susie-moore.com/writer/the-major-setbacks-i-thought-id-never-recover-from-and-how-i-did

Susie Moore is a best-selling author, life coach and entrepreneur. Used by permission.


Footnotes
by Susie Moore

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