



Honor Your Memories

Others may expect us to "recover," but waves of grief continue to wash over us, particularly when we least expect it.

Embrace the Memories

- Talk or write about favorite times you shared.
- Retain special keepsakes.
- Display a photo of your loved one and tell others about that memory.
- Together, with loved ones, create a "memory book" of special photos and briefly write about the memory of each photo.
- Plant a tree or rosebush in a meaningful location.
- Buy a special candle that gets lit on special occasions.
- Wear meaningful jewelry.
- Create a song, poem, or painting as a tribute to your loved one.

Memorializing a loved one can help us remember and pay tribute to the one who died. It provides the opportunity to remember, reminisce, and show respect. Rituals can be alone or with others, spontaneous or planned, public or private. Focus on creating ways to remember that will have the most meaning and significance for you.

"You are not lost. You continue in every hearty laugh, in every nice surprise, and in every reassuring moment of my life."
—Molly Fuima

Create New Traditions

- Visit places where good times occurred.
- Contribute money to a charity or scholarship fund in your loved one's name.
- Donate a treasured item to an organization your loved one cherished.
- Establish a spot in their honor, sponsor a bench or brick, creating a special place to visit.
- Spend time where your loved one's remains are.
- Gather with others on a special date, release balloons with notes attached.
- Keep your loved one's legacy alive by creating an annual community event in their honor.
- Connect to what your loved one cared about, volunteer for their favorite cause.



hospiceoforange.com
845-561-6111
Bereavement Counselor x 232



Scan to learn more about our bereavement services.