

LIFELINE 2020

A PUBLICATION OF THE ASSOCIATION FOR PERSONAL RESOURCE PLANNING (APRP)SM

Why Funerals and Memorials are So Important

Funerals and memorials offer moments to reflect on the meaning of a life. They provide the opportunity for loved ones to express their love, respect and grief as they share in the loss of that life.

Funerals or memorials often allow the bereaved the first step towards emotional healing after a loss. They are at the very center of the grieving process. The choices the bereaved make may or may not create a meaningful experience for them if there is no guidance.

If you chose to participate in the planning of your service, you and your family or friends can create the most meaningful experience for everyone. Think about it: what memories do you want to share? Imagine how the grandchildren will feel when you mention them in your written comments for the memorial service.

During the service, family and friends have the opportunity to relate to each other at the deepest levels and to find mutual strength.

Traditional, 'green,' or virtual, there is no one way to plan a funeral or memorial. Personalize your funeral by having music you enjoyed played during visitation, providing an album of old photos. What a great way for family and friends to reminisce about years gone by. Do you love to knit? Wouldn't it be just like you to have a set of golf clubs or a tennis racket close by or a beautifully crafted throw?

Recently a young man died while playing in a volleyball tournament. He was buried with his volleyball, signed by all his teammates. His jersey was retired and presented to his family at the grave site. Could his friends have expressed their love for him this way if the family, funeral director and minister had not offered to share in the planning?

The choices you have in funeral services are unlimited. They are as personal as you wish to make them. Planning ahead of time alleviates the burdens on those left behind and ensures final wishes are met. To better understand the choices you have, contact your local funeral establishment.



The Caregiver's Guide to Self-Care

Caregivers offer informal care and support to family members or friends during time of need. If you were the principal caregiver of a person that has passed away, there is a great chance you are not only grieving the loss of them being gone, but are also grieving the *loss of purpose*.

A caregiver is an important and defining role. Whether it was for an extended or short period of time, your routine was dictated by taking care of that special person in your life.

The experience of death can have long-lasting effects. There is no shame in seeking support and caring for yourself if you are having a difficult time.

Here are 5 tips to help overcome feelings of loneliness:

- Take time off, without the feeling of guilt
- Practice stress reducers such as yoga, meditation, and prayer
- Identify and express your feelings
- Engage in enjoyable activities: cooking, reading and taking warm baths
- Pay attention to your own healthcare needs

Strength When Needed

When a friend or loved one is grieving, it's hard to know how to help. Here are some reminders on how you can help others.

Often, a simple, sincere offer of "I'm sorry for your loss" can go a long way. Don't try to come up with profound statements about life and death. They aren't necessary.

Show the person you care with a hug, a handshake, or a gentle pat on the shoulder.

Avoid saying "I know how you must be feeling." No one reacts to grief in the same manner.

Listen whenever and wherever your friend needs to express their feelings. Sometimes they may need to work through their emotions. You don't have to have all of the answers. They may feel anger or sadness. It's just important they take the first step in resolving their grief.

Lighten their load. Offer to help with daily activities, such as laundry, cooking, or picking up the kids.

Extend invitations to get out. Sometimes grief can be overwhelming and very confining. Ask your friend to join you for a quiet dinner or outing. Don't be forceful or offended if the invitation is refused. Just keep asking.



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The Association for Personal Resource Planning (APRP)SM is an association dedicated to providing education and exploring programs for seniors to address their final expenses which may include a funeral.

Your local funeral service provider can offer advice and guidance to pre-planning.

Good Grief

Knowing how to take care of yourself during the grieving process can make all the difference.

Grieving is hard and demanding, with many ups and downs. It is also a process that is different for everyone. However, there are some definitive actions you can take to ease the journey.

- If you have a normally busy life, rearrange it. Make an effort to create a balanced schedule, one that works for you.
 - There is power in the word, 'no.' Lighten your commitments and allow yourself time to rest.
 - In addition to mental and emotional stress, physical health may also suffer. Make eating well a top priority. Plan time to exercise. It may help introduce a more positive energy and outlook.
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