

The Significance of Saying Goodbye

Whether it is a funeral, memorial, or celebration of life, people often look for moments to express the love, respect and grief they share after the loss of a loved one.

These events are important steps towards emotional healing after experiencing a loss. The aim of the bereaved is to create a meaningful experience with sound guidance and resources. If you chose to take the lead in planning your service, you and your loved ones can create the most meaningful experience that speaks to the life you have lived. 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.



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?

During a service or celebration of life, family and friends have the opportunity to relate to each other at the deepest levels and lean on their collective strength. 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.

Essentials of Self-Care

Caregivers offer much needed 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 and focus on yourself
- Practice stress reducers such as yoga, meditation, or prayer
- Identify and express your feelings
- Engage activities that bring you joy. This may include learning a new recipe, reading, or spending time with friends
- Prioritize your own health

Intentional Comfort

It can be hard to know how to help when a loved one is grieving. Here are some tips on offering support.

A simple, authentic 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.” People do not react 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. You may offer to help with daily activities, such as laundry, preparing meals, or running errands.

Extend invitations to help them change their environment. Sometimes grief can be overwhelming, confining, and isolating. Ask your loved one out for a quiet dinner or stroll. Don’t be forceful or offended if the invitation is refused. Just keep asking, and be there to lighten the load.



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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 preplanning.

Surviving Loss

Prioritizing yourself during the grieving process can make all the difference.

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

- If you have a normally busy life, rearrange it. Make an effort to create a more 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.



Life is a series of stages and experiences.

When you need to navigate through them, MyCoda offers informative articles, tools to assist in planning for later years, guides to help prepare final celebrations, advice to help manage estate planning, and much more. Peace of mind starts here.

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