

Practical Suggestions

“Courage is being afraid and saddling up anyway.”

- John Wayne

Below are some ideas of things to do that might bring you some comfort, or even enjoyment during difficult times, or when you are just thinking about your loved one.

- **Light a candle** on special days, such as a birthday, anniversary or holidays; or simply on days when you miss your loved one.
- **Make a toast** to them on special occasions (or anytime you wish).
- **Remember birthdays and anniversaries** of friends and family. Don't forget to focus on others.
- **Buy a gift for yourself** on days you would have received a gift from your loved one.
- **Write a letter to the person who has died.** It's a great way to let out your emotions and feel more connected to them.
- **Make your loved ones their favorite food** (especially their favorite dessert).
- **Avoid rebound relationships,** big decisions and anything addictive.
- **Wear a favorite piece of jewelry or clothing** that your loved one wore.
- **Go to a place that reminds you of them,** or makes you feel closer to them.
- **Laugh!** Watch a comedy. Read the funny papers. Have fun (it's okay).
- **Call others** who knew them and share memories or stories.

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- **Brighten up your surroundings.** Paint the walls, get a new bedspread, rearrange the furniture, or buy a new wall hanging.
- **Organize pictures** into a photo album or make a DVD. Share this with others.
- **Plant something** in the yard or indoors. Nurture its growth.
- **Re-read sympathy cards** and the personal notes people wrote inside.
- **Call a friend** and invite him or her to lunch, a movie, a play or a sporting event.
- **Get outside of the house every day**

Cedar Valley Hospice offers a variety of Grief Support Services:

- **Individual Counseling** - Provided by our Grief Counselors, we conduct one on one counseling with phone or face to face sessions. Counseling for couples and families are also available.
- **Grief Groups** - We provide general six week groups as well as groups for specific kinds of loss.
- **Social Support** - We offer coordinated social events that meet on a regular basis to provide support and friendship to members.
- **Eucalyptus Tree Program** - This program is offered to address the needs of children. We offer family educational sessions, grief mentors and individual support to provide children with ways to process grief issues. Visits from Katie and Quincy Koala open conversation and provide encouragement to younger children.

For more information, contact your nearest Cedar Valley Hospice office or visit cvhospice.org.

Waterloo: 319.272.2002

Waverly: 319.352.1274

Independence: 319.334.6960

Grundy Center: 319.824.3868

Toll-Free: 800.617.1972

NOTE: On behalf of the Cedar Valley Hospice Grief Support Services Program, grief mailings are sent for 13 months following a death on our hospice program. These mailings offer additional support and advice to help families on their grief journey. If you would prefer to not receive these mailings, please let us know by calling Nathan Schutt at 319.272.2002.