grace Hospice
Cassia ∽ Mount Olivet
weaving care, peace, and grace

WAYS TO REMEMBER

From photo collages at a memorial service, to planting a tree, there are many ways we can say, "I remember and love this person." As you consider how you might want to remember a loved one, here are some ideas to start with.

Consider:

- Lighting a candle in his/her memory
- Creating a memory book of photos of your loved one
- Donating a gift of money or time to those less fortunate
- Wearing a photo pin of your loved one
- Starting a memorial scholarship fund in his/her name
- Writing a poem or story about him/her
- Visiting a place you both liked to visit
- Hanging a special ornament on the tree in his/her memory
- Playing his/her favorite music
- Making a quilt from his/her favorite clothes
- Sharing memories of him/her with friends and family
- Providing memorial flowers for your loved one at your church or synagogue
- Creating a memory box of items that were special
- Honoring his/her favorite tradition
- Creating a new tradition in his/her memory
- Gathering your family together in celebration of memory of him/her
- Reading aloud his/her favorite story

AARP, Grief & Loss.

http://www.aarp.org/griefandlosss/articles/82_a.html. Retrieved 5/3/2004.