



formerly HospiceCare of Boulder & Broomfield Counties

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HOLIDAY MEMORIALS IDEAS FOR MEMORIALIZING YOUR LOVED ONE DURING THE HOLIDAYS

There is power and comfort in personal rituals and memorialization. There is often a desire to memorialize the person who died during the holidays and special days. Deciding how to commemorate their loved one during the holidays is a personal decision for each family. The following are suggestions of how some bereaved people have found some sweetness in remembering and honoring their love ones during the holidays.

- Start a meal or a celebration with a moment of silence. Someone can offer a toast or prayer whenever it seems appropriate.
- Place a single rose on the festival table in memory of the deceased.
- Ceremoniously put a special ornament on the tree to symbolize a favorite hobby of your loved one.
- Dedicate the 'shammes, the 'servant' or 'pilot light' from whose flame the other Chanukah candles are lit.
- Write special notes to the deceased, put them in his/her Christmas stocking, and then read them out loud during dinner.
- Go around the table, starting with children to adults and tell stories of the person who died. It can be a memorable and spontaneous stream of stories that bring enjoyment, laughter, and pleasure. (A tape recorder may be placed near each speaker to be transcribed at a later time in a permanent scrapbook of memories.)
- Offer the chair where the deceased sat at the dinner table to the youngest grandchild to designate the continuity of generations.
- Make a special dish or offer a food item that the person who died particularly loved.
- Look through photo albums and/or show home movies to recall the good memories.
- Write a poem and read it in memory of your loved one.
- Play a favorite recording of a song that your loved one enjoyed.

