

Hospice and Palliative Services

Embrace the memories



Listed below are some rituals to help you remember and pay tribute to the one who died. Whether public or private, spontaneous or planned out, create the rituals that will have the most meaning and significance for you and the friends or family you wish to share them with.

- Plant a tree or rosebush in memory of your loved one.
- Buy a unique candle and light it on special occasions – birthdays, anniversaries, holidays or anytime.
- Visit the cemetery or the place where your loved one's ashes are scattered.
- Release a balloon with an attached note to your loved one. (Children, in particular, enjoy this one!)
- Talk or write about the favorite times you shared.
- Donate an item to a favorite organization in your loved one's name – a bench along a river or ocean, a wheelchair to the local hospice, a book to the library.
- Retain special keepsakes that belonged to your loved one.
- Display a photo of your loved one. Tell him or her about your day.
- Visit places that stimulate memories of good times together.
- Create a "memory book" of special photos you have selected. Write briefly about the memory reflected in the picture. Review the photos on special occasions.
- Contribute money to a charity, scholarship fund or other worthy cause in your loved one's name.
- Continue to wear your wedding ring or have it made into a pendant.

*"You are not lost.
You continue
in every hearty
laugh, in every
nice surprise,
and in every
reassuring
moment of
my life."
– Molly Fuima*