

# Ways to help them - Remember



## Things that can help:

- As you move through the grief process, you may want to do something special to honor or remember your loved one.
- Books, movies, and music can also be sources of healing.
- Remember, the following rituals, books, movies, and music do deal with grief and loss, and may be very emotional for you. It is important that you have someone to talk to or "lean on" after you use any of these ideas.

## Special ways to remember your loved one:

- Make a memory book.
- Talk with friends and family about your favorite memories.
- Plant a special garden, tree, or flower.
- Watch home videos or look through pictures.
- Create a memorial web page.
- Write a poem, letter, or song.
- Light a special candle.
- Release a balloon.
- Make a tape of your loved one's favorite songs.
- Donate books or clothing in your loved one's honor.
- Wear a special piece of jewelry that belonged to your loved one.

## Some books that deal with grief:

*(fiction)*

- Adam's War**, by Sonia Levitin
- Blackberries in the Dark**, by Mavis Jukes
- Bridge to Terabithia**, by Katherine Paterson
- Fig Pudding**, by Ralph Fletcher
- What's Heaven**, by Maria Shriver (picture book)
- Just One Tear**, by K.L. Mahon

*(non-fiction)*

- The Courage To Grieve**, by Judy Tatelbaum
- Tuesdays With Morrie**, by Mitch Albom
- Part of Me Died, Too**, by Virginia Lynn Fry

## Some artists whose songs deal with grief:

- The Beatles
- Sarah McLachlan
- Pete Seeger
- Judy Collins
- Natalie Merchant
- James Taylor

## Some movies that deal with grief and loss:

- Always
- A River Runs Through It
- The Big Chill
- Field of Dreams
- Little Women
- One True Thing
- Stepmother
- Stand By Me
- Titanic
- Terms of Endearment
- Truly, Madly, Deeply

From: *I Will Remember You*,  
by Laura Dower

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