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# The Monthly Haven

## Safehavenforwidowed.org

### Beat the heat



The sunny skies are perfect for beach trips, picnics and other outdoor adventure, and you can't wait!

But before you go out and enjoy, make sure you're protected from extreme heat that the summer season can bring.

As temperatures rise in many parts of the country, we become vulnerable to heat cramps, exhaustion, dehydration and heat stroke.

Older adults (ages 50 to 70) and kids must be especially careful as they are more prone to these.

According to studies in America, hundreds of people around the world also die every year from heat-related conditions, which can be completely avoided if preventive measures are taken.

To avoid these conditions, "Good News" here is some tips that can help you stay cool and comfortable even under the summer heat.

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### *Beat the heat:*

Keeping cool when temperatures reach record highs isn't just about comfort. Dangerously high temperatures can result in heat-related illnesses ranging from heat cramps to heat exhaustion and heat stroke.

The following tips can help you keep cool all summer long.

#### 1. Spend time in cool and air conditioned places

Air conditioning generates cool air around the house that serves as protection from the heat outside.

Those who do not have air conditioner at home may choose to hang out in air-conditioned places like cafes and malls. Many cities have cooling centers that are open to the public on sweltering days.

For those who want to stay home, create a DIY air conditioner with a bowl of ice cubes and a fan. When the fan's breeze blows across the cubes, it will melt and evaporate, causing the ice-cooled air to spread and help cool off an area.

#### 2. Always stay hydrated by drinking plenty of water along with sports drinks or other sources of electrolytes.

Staying hydrated is a must during this season. Make sure that you drink plenty of water; better if you take in more than the standard eight glasses a day to avoid rapid fluid loss.

Other cold beverages and sports drinks rich with electrolytes can also help replace minerals and cool down the body temperature at any time.

#### 3. Avoid caffeine and alcohol as these will promote dehydration.

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### *Beat the heat:*

#### 4. Wear loose-fitting and light-colored clothing

Tight and dark-colored clothes tend to trap heat coming from the sun, keeping our body feeling warm. For protection when outside, it's best to cover yourself up with loose-fitting and light-colored clothing which reflects heat, Cotton clothing will keep you cooler than many synthetics helping the body maintain normal temperatures

#### 5. Try storing lotions or cosmetic toners in the refrigerator to use on hot, overtired feet.

#### 6. Another simple yet effective way to lower the body temperature is by spraying yourself with cold water from a spray bottle in the refrigerator.

Spraying water over the body's pulse points like the neck, wrist and temples of the head where blood vessels are closer to the surface of our skin can help the body cool down.

#### 7. Consume cold and frozen treats

Frozen treats like ice cream and popsicles can bring delight during hot and humid days, so fill up your refrigerators with these refreshing goodies during summer.

Here's a simple and healthy popsicle recipe you can try at home:

Cut up fresh fruits (best are pineapple, oranges, strawberries and grapes). Squeeze pineapples and oranges to make the juice. Put the fruits into popsicle molds, leaving some space at the top to be filled with the juice. Add the liquids. Wrap each mold with plastic wrap and place in the freezer until firm.

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### *Beat the heat:*

#### 8. Take a cool shower everyday

When all else fails, taking a cool shower once or twice everyday never disappoints. Frequent showers help lower body temperature while also rinsing off body sweat, making you feel a lot more comfortable even during hot days

#### 9. Fans can help circulate air and make you feel cooler even in an air conditioned house.

#### 10. Make your refrigerator your friend

You can put household items inside the refrigerator to cool them off. Want to have a good night's sleep during summer time? Chill your bed by placing folded sheets and pillow casings in plastic bags and letting them cool off in the fridge for a few hours. Pull them out just before going to bed for a cool and comfortable sleep.

#### 11. Enjoy an ice cold water spa

Relaxing at an Ice cold water spa helps spread refreshing feeling all over the body, starting from the feet.

To do this at home, simply soak your feet in a half-filled pail with ice cubes and water. Our body radiates heat from the palms of our hands and feet, our ears and our face, so cooling down any of these parts will eventually cool the entire body.

#### 12. I learned this trick from a tennis pro: if you're wearing a cap or hat, remove it and pour a bit of ice cold water into the hat, then quickly invert it and place on your head.

#### 13. Instead of hot foods, try lighter summer fare including frequent small meals or snacks containing cold fruit or low fat dairy products. As an added benefit, you won't have to cook next to a hot stove.

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## *Beat the heat:*

### 14. Turn off appliances when unused

When appliances run on electricity, they create their own heat. So turn appliances off - laptops, lights, television - when not in use. By turning them off (and unplugging them), heat circulating within the area can be reduced.

### 15. Slow down

Strenuous activities should be reduced, if not eliminated, during hot days, especially during the sun's peak hours (11:00 a.m. to 4:00 p.m.). If these activities cannot be avoided, do them during the coolest time the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.

Finally, use common sense.

If the heat is intolerable, stay indoors when you can and avoid activities in direct sunlight or on hot asphalt surfaces.

Pay special attention to the elderly, infants, and anyone with a chronic illness, as they may dehydrate easily and be more susceptible to heat-related illnesses.

Don't forget that pets also need protection from dehydration and heat-related illnesses too.

Enjoy the summer the best we can and let's all try to stay cool during these hot, humid days of summer now and be safe too.

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## *No One Has to Grieve Alone*



Grief does not end, but grief can be transformed. Grief can soften. We can learn to accept our grief. It can take on another shape, rather than taking over your life. The key to resolving your grief is for someone to validate your feelings.

To resolve means to settle, to work out, or to find meaning. It does not mean to erase, or to end. You can carry grief differently after working through feelings and finding resolution. But grief does not end.

The great healer of your grief is validation, not time. All grief needs to be blessed. In order to be blessed, it must be heard. Someone must be present, someone who is willing to “hold” it by listening without judgment or comparison.

As you grieve you need both verbal and non-verbal permission to feel whatever feelings arise during grief.

Your personal way of experiencing your loss needs to be given consent and validation.

The ways you “know” your grief should be honored.

You need to be encouraged to express your grief in ways that are most comfortable for you, through words, tears, song, art, movement, or activity.

### Bottom of Form

While grieving, you need a sense of a compassionate presence. That is a person who provides a healthy relationship and companionship. It is the person who can “just be” with you in whatever way is helpful throughout your journey.

There may be several people who support you with their ability to be present, and each may offer different aspects that are needed.

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## *No One Has to Grieve Alone*

The bereaved need:

- To be cared for through a sense of presence, permission, patience, predictability, and perseverance.
- To have their feelings acknowledged and their loved one remembered.
- To have their feelings and needs normalized.
- To be heard.
- To be seen and acknowledged.

How can we help the bereaved? We can each help those in mourning by learning how to be present without judgment or assumptions about their grief.

We do not have to be professional listeners or health care practitioners in order to show our support. We can learn what it means to follow the pace of the bereaved; to listen without trying to "fix"; and to give the bereaved our undivided attention without interjecting our own story.

We can learn what it means to follow the pace of the bereaved; to listen without trying to "fix"; and to give the bereaved our undivided attention without interjecting our own story.

Validation is a standard of care and an action that we can implement.

Validation sounds like supporting the bereaved perspective;

listening "between the lines" for what is and is not said;

listening for symbolic language and what it means to the person;

asking open-ended questions;

clarifying what you have heard;

and asking to hear their story as many times as they want to tell it.

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## *No One Has to Grieve Alone*

Validation looks like direct eye contact; gestures of affirmation such as nodding; appropriate gentle touch; and a posture of leaning toward, rather than away, from the bereaved. You can use these guidelines to help another person feel heard, understood, and supported.

Those who are working through their grief are more likely to feel heard when we do not try to change, fix, or interpret their feelings or experience.

When we are present to their truth and allow for it to change and evolve is to support grief as the personal, dynamic, and vital process that it is.

If you love, you will grieve. You deserve a hundred opportunities to tell the story of love remembered and a person honored.

## *Gone But Not Forgotten*

The years we've shared have been full of joy.  
The memories we've made will go on and on.  
I haven't stopped crying since you went away,  
and I've asked God time and time why couldn't you stay.  
You lit up my life, my hopes, and my dreams.  
You've opened my eyes to see what it all means.  
So now that you're gone how can I forget;  
Because you were the greatest out of all I have met.

by: Cecilia M. Kocher

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*Helping Teenagers Cope with Grief*



Each year thousands of teenagers experience the death of someone they love.

When a parent, sibling, friend or relative dies, teens feel the overwhelming loss of someone who helped shape their fragile self identities. And these feelings about the death become a part of their lives forever.

## **Many Teens Are Told To “Be Strong”**

Sad to say, many adults who lack understanding of their experience discourage teens from sharing their grief. Bereaved teens give out all kinds of signs that they are struggling with complex feelings, yet are often pressured to act as they are doing better than they really are.

When a parent dies, many teens are told to “be strong” and “carry on” for the surviving parent.

They may not know if they will survive themselves let alone be able to support someone else. Obviously, these kinds of conflicts hinder the “work of mourning”.

## **Teen Years Can Be Naturally Difficult**

Teens are no longer children, yet neither are they adults. With the exception of infancy, no developmental period is so filled with change as adolescence.

Leaving the security of childhood, the adolescent begins the process of separation from parents.

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## *Helping Teenagers Cope with Grief*

The death of a parent or sibling, then, can be a particularly devastating experience during this already difficult period.

At the same time the bereaved teen is confronted by the death of someone loved, he or she also faces psychological, physiological and academic pressures.

While teens may begin to look like “men” or “women”, they will still need consistent and compassionate support as they do the work of mourning, because physical development does not always equal emotional maturity.

### **Teens Often Experience Sudden Deaths**

The grief that teens experience often comes suddenly and unexpectedly.

A parent may die of a sudden heart attack, a brother or sister may be killed in an auto accident, or a friend may commit suicide.

The very nature of these deaths often results in a prolonged and heightened sense of unreality.

### **Support May Be Lacking**

Many people assume that adolescents have supportive friends and family who will be continually available to them. In reality, this may not be true at all. The lack of available support often relates to the social expectations placed on the teen.

They are usually expected to be “grown up” and support other members of the family, particularly a surviving parent and/or younger brothers and sisters.

Many teens have been told, “Now, you will have to take care of your family.” When an adolescent feels a responsibility to “care for the family”, he or she does not have the opportunity or the permission to mourn.

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*Helping Teenagers Cope with Grief*

Sometimes we assume that teenagers will find comfort from their peers. But when it comes to death, this may not be true. It seems that unless friends have experienced grief themselves, they project their own feelings of helplessness by ignoring the subject of loss entirely.

## **Relationship Conflicts May Exist**

While teens strive for their independence, relationship conflicts with family members often occur. A normal, though trying way in which teens separate from their parents is by going through a period of devaluation.

If a parent dies while the adolescent is emotionally and physically pushing the parent away, there is often a sense of guilt and “unfinished business”.

While the need to create distance is normal we can easily see how this complicates the experience of mourning.

## **Signs a Teen May Need Extra Help**

As we have discussed, there are many reasons why healthy grieving can be especially difficult for teenagers. Some grieving teens may even behave in ways that seem inappropriate or frightening. Be on the watch for:

symptoms of chronic depression, sleeping difficulties, restlessness and low self esteem

academic failure or indifference to school-related activities

deterioration of relationships with family and friends

risk-taking behaviors such as drug and alcohol abuse, fighting, and sexual experimentation

denying pain while at the same time acting overly strong or mature.

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*Helping Teenagers Cope with Grief*

To help a teen who is having a particularly hard time with his or her loss, explore the full spectrum of helping services in your community. School counselors, church groups and private therapists are appropriate resources for some young people, while others may just need a little more time and attention from caring adults like you.

The important thing is that you help the grieving teen find safe and nurturing emotional outlets at this difficult time.

## **Caring Adult's Role**

How adults respond when someone loved dies has a major effect on the way teens react to the death.

Sometimes adults don't want to talk about the death, assuming that by doing so, young people will be spared some of the pain and sadness.

However, the reality is very simple: teens grieve anyway.

Teens often need caring adults to confirm that it's all right to be sad and to feel a multitude of emotions when someone they love dies. They also usually need help understanding that the hurt they feel now won't last forever. When ignored, teens may suffer more from feeling isolated than from the actual death itself. Worse yet, they feel all alone in their grief.

## **Be Aware of Support Groups**

Peer support groups are one of the best ways to help bereaved teens heal.

They are allowed and encouraged to tell their stories as much, and as often, as they like. In this setting most will be willing to acknowledge that death has resulted in their life being forever changed. You may be able to help teens find such a group. This practical effort on your part will be appreciated.

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*Helping Teenagers Cope with Grief*

## **Understanding the Importance of the Loss**

Remember that the death of someone loved is a shattering experience for an adolescent. As a result of this death, the teen's life is under reconstruction. Consider the significance of the loss and be gentle and compassionate in all of your helping efforts.

Grief is complex. It will vary from teen to teen. Caring adults need to communicate to children that this feeling is not one to be ashamed of or hide. Instead, grief is a natural expression of love for the person who died.

For caring adults, the challenge is clear: teenagers do not choose between grieving and not grieving; adults, on the other hand, do have a choice—to help or not to help teens cope with grief.

With love and understanding, adults can support teens through this vulnerable time and help make the experience a valuable part of a teen's personal growth and development.

## *Widower Grief, or Coping with the Loss of a Wife*



Widower grief is such a cold title for what describes sorrow for the death of a loved one.

Many men will not relate to this term, especially those who have suffered the tragic loss of a wife at a young age.

But this is the term we have kept to describe the sad feelings of men who have been unfortunate enough to be widowed.

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## *Widower Grief, or Coping with the Loss of a Wife*

We hope this article will be of some practical use in helping men to cope with the challenges of widower grief, or loss of their life partner.

Over the years we have known many friends or family members who have lost their wives.

The ones who were totally overwhelmed during the first few months and years were those whose homes, family and garden were one hundred percent their everyday life. Some of them just could not cope with being alone and were lucky enough to meet and marry again in the next couple of years.

Many men find that they are alone for the first time in their lives. Lots of men go from living with parents to living with a partner without ever having experienced living alone.

This too can be daunting, especially for those who have spent many years with a partner and growing family.

If being alone is a problem some people like to get a pet. But remember they can be a tie when you want a vacation and vets costs can be expensive.

Widower grief of young men with children

Young men are often left with young families and full time work to cope with.

This is a huge challenge as the children are grieving too. A good support network is needed in this situation and men shouldn't be afraid to ask for help from aunts and uncles, grandparents and schools. Many single parents have these challenges.

The loneliness and quiet around the home can be isolating, however with time your own routines and hobbies take up time and you eventually enjoy the time which is your own.

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## *Widower Grief, or Coping with the Loss of a Wife*

Loss of wife close to retirement  
From childhood to manhood lives follow routines.

Then suddenly losing a partner leaves a huge gap in your life. It's a huge lifestyle change if this loss is at the same time as retirement, with the combined loss of workplace colleagues too.

Often children have grown up and moved on with their lives and the sudden isolation may seem overwhelming.

Many firms today give courses for preparing for retirement. They can be full of useful ideas, as the sense of grief for this lifestyle change can be serious.

When men leave the services this same loss can be felt. Their lives have been regimented for many years.

How personality affects how individuals cope with the loss of a wife

Personality plays a part in how, as individuals, we cope with grief. An outgoing socialite still has a group of friends.

The golfer and other sportsmen still have their pursuits to occupy their days. But those who were quiet, home loving folk may find it more difficult to adapt.

Most of us have school, then work, and very little time for ourselves. We have not had many choices on how to fill our time. This can be a difficult skill to learn a new, especially late in life.

How to cope with widower grief day to day

Often setting some routines can help.

- day to shop,
- day to do the finances,
- day to do the cleaning,
- day to wash the car,
- day to do the gardening

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## *Widower Grief, or Coping with the Loss of a Wife*

But it is important not to spend too much time alone. Make time to get out and meet family and friends. Leave time for hobbies and have a serious think about your options and your interests.

It can be difficult suddenly being a single person among couple friends, and sadly sometimes the invitations tend to drop away, as people can be afraid of what to say to you. So it's a good idea to find some activities where you are among groups.

Don't be afraid to join a group where you will meet people. Socializing with friends is important when you live alone.

Organize nights out with friends or invite them to you, some men are not used to this role as it was their wives were the social secretaries but you can do it.

This is your time now.

Eat when you like, sleep when you like. Go on holiday if you want. Go fishing with friends.

None of us know how long our lifespan will be so try to take life a day at a time and enjoy what you can. Enjoying yourself again will creep in when you least expect it.

The going may get tough, so don't be afraid to talk to friends and neighbors, but it is you that has to come to terms with the situation that is now. Anger and totally negative thoughts won't help.

Men are allowed to cry and often it can be good for your health and you may feel better afterwards.

You may find talking through your anger, your thoughts, feelings and fears may help.

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## *Widower Grief, or Coping with the Loss of a Wife*

Or perhaps expressing these feelings through writing, art, or some physical activity would be more suited to your temperament.

Give yourself permission to be happy again. Would your beloved partner have wanted you spend the rest of your life being unhappy?

Would you have wanted that for your partner if you had died first?

If you're coping with widower grief it's important to get out and keep busy

Take up bowls or golf. Join a cycling club, have bridge lessons.

There are local hiking groups, carpentry classes where men get together and repair or make toys for children.

The University of the 3rd Age have brochures full of interesting courses. Learn a language, or a new skill.

Join an automobile club, or a collector's club. Some groups get together and have remote controlled cars or boats.

Charity shops and hospitals, or meals on wheels always need volunteers.

If you are a grandparent get involved with the grandchildren if possible. Visit school events and watch their sports.

Make a wish list and treat yourself, your time is precious. One friend even went and got a pilot's license, something he had always dreamed about but never had the time.

Learn to combat widower grief with relaxation techniques and exercise

It has been discovered that men too are finding yoga and meditation a huge help in relieving stress. The exercises help the physical health, and the relaxation techniques relieve all the built up anxiety. It helps to get rid of the negative thoughts and anger you may feel. It is a valuable tool and a good way to learn to do relaxing therapy at home yourself.

Don't be afraid to walk along the pathways of grief. Acceptance is ahead but you will never forget your loved one. Enjoy those memories. Don't just give up.

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## *A Gift Of Angels For Comfort And Solace*



Angel gifts are among the most popular and special forms of sympathy expression.

Unlike any other symbol, angels represent peace, comfort and a unique connection to the one we've lost.

Whether the deceased is an adult, child or even a pet, we can find solace in the thought that they are now with the angels in heaven and even looking down on us as angels themselves.

This lovely sentiment has taken many different shapes, from inspirational sayings to figurines and garden statues. All of them offer a personal way of demonstrating your care and understanding during a time of tremendous pain and loss.

It can be a particular source of comfort knowing that friends and family are reaching out in such a thoughtful way.

Stemming from the Bible itself, the image of angels watching over and protecting us is one that has lasted over the years and appeals to a wide range of people.

Angel gifts pick up on that feeling and add to it with words and images that pertain to a specific situation. You can find something that speaks directly to the mourner, offering a sense of connection to the loved one they have lost.

There are even angel figurines and ornaments that are designed for very specific situations, such as the loss of a child, which can be particularly difficult.

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## *A Gift Of Angels For Comfort And Solace*

It can be especially hard to figure out what to say to parents who have lost a child or experienced a miscarriage.

A remembrance of their own little angel who is now watching over them can help to ease that pain.

Angel gifts can serve to ask for protection for deceased loved ones or be reminders of the loved ones themselves.

They can speak to us in many different ways and be a lasting keepsake to ease the grieving process in the quiet times as well as the more immediate moments right after a loss.

Because grief is not something that comes and goes quickly; it can be a long, slow process that requires patience and care.

That's where sympathy gifts really make an impact. Instead of just a fleeting token like a card or flowers, a special gift can stay with the mourner and remind them that they are not alone in their grief.

It can also help to keep the memory of the deceased alive, allowing their life to have an impact well beyond death.

While writing a note of sympathy can seem more personal, sending a gift can carry weight far beyond that of words.

Angel gifts in particular can express emotions and sentiments that we might otherwise be unable to convey adequately. It can be a touching way to extend arms, or wings, of comfort and lessen the ache of loss.

No matter how harsh the loss or how deep the sorrow, you can be a solace to your loved ones by sending them a personal and meaningful sympathy gift.

And for a truly special message, consider choosing something related to angels.

It will show your loved one that you are thinking of them and offering your support in the most thoughtful manner possible.

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## *Don't be Afraid to Relive the Memories*



Are you afraid to relive the memories of your departed loved one? Maybe you didn't consciously know that you were afraid, but the fact that you haven't looked through your photo albums since you lost your loved one suggests that you might be.

It's very common to shy away from the memories as a way to protect yourself from inflicting more pain.

But the truth is, you need to remember these moments in order to keep the spirit of your departed loved one alive within you.

**When you're ready**, don't be afraid to relive the memories of the time you shared with your loved one here on Earth.

### **What's Holding You Back?**

The thought of living out the moments you spent with your departed loved one might sound like a painful experience.

Or maybe you're holding back for the sake of protecting someone else.

Are you worried you might not be strong enough to face the memories without breaking down?

Well, it's okay to break down, you're allowed to if that's what it takes to remember your departed loved one.

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## *Don't be Afraid to Relive the Memories*

### **Ways to Remember Your Loved One**

1. Talk to them
2. Go through pictures as a family
3. Watch your home videos
4. Spend time in their room
5. Throw a party in their honor and make time to talk about your favorite memories as a group
6. Create a shrine in your house featuring pictures of your loved one and their favorite belongings
7. Dedicate a wall in your house to pictures of your departed loved one with each member of your family
8. Where a locket or other piece of jewelry at all times to serve as a constant reminder of your loved one
9. Write down your memories in a journal
10. Engage in their favorite hobby or activity

The sound of their voice, the sight of their signature smile, and the touch of their belongings is bound to stir up a flood of emotions, including pain.

However, once the initial shock subsides and you realize that you're going to be okay, you'll find comfort knowing that you still have these wonderful memories to remind you of the time you got to spend with your departed loved one.

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## *5 Ways to Help Your Kids Remember Their Lost Loved Ones*



A child's memory of their departed loved one will fade fast if they don't make the effort to remember. A young child hasn't had the luxury of time with their loved one and the years and years of memories that you may have stored away.

For example, a 5-year-old may only have one or two years of concrete memories of their grandma.

As their parent, it's up to you to help solidify those few memories don't slip away as time goes on. Here are 5 ways to help your child hold on to these precious memories of their departed loved one.

### 1. Write a Memory Every Day

It's best if you can find a way to turn your child's memory preservation into a fun project. Take the time to help your children write a memory of their loved one everyday. You can take each memory and turn it into a memory book, complete with pictures and photographs of their loved one. Your children will have fun making the book and it will help them to keep the memories of their loved one vividly in their minds.

### 2. Make a Picture Book

If your children aren't old enough to write, help them to make a picture book. Spend some time each day talking about their loved one and then have them draw pictures of those memories. These pictures can also be turned into a book, or you could find a special place in your house to display them. Your child would love to see their work framed, and the pictures will always remind them of their loved one.

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## *5 Ways to Help Your Kids Remember Their Lost Loved Ones*

### 3. Frame a Picture of Your Child with Their Loved One

Looking at pictures of your loved one every day is a great way to keep their memory alive. Frame a picture of your child with the departed and hang it in your child's room.

The picture will help your child remember that specific moment with their loved one.

### 4. Help Your Children Pray for the Departed

When you tuck your children into bed at night, say a prayer with them and pray for your loved one. It will get them into the habit of saying their daily prayers, and it's a great time to reflect on their departed loved one.

### 5. Talk About Your Loved One Every Day

Simply talking about your departed loved one is one of the best ways to keep the memory alive.

There are going to be days that you may not feel like talking about your loss. Don't force it if it's too painful at this point, but as you start to work through your grief, try talking to your children about the departed.

Whenever your loved one crosses your mind, say that thought out loud. For example, if you see something in the store that your loved one would have liked, tell your children, "Oh look, your dad would have loved that Packers sweatshirt!"

Your children want to remember the departed, but they may not know or understand that in order to do that, they have to make a conscious effort. Help them make this effort and keep the memory of their loved one alive. These projects will help you make time for your children and create new memories with them.

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## *“Words From Our Administrator”*

Dear Members and Staff,  
Thank you so much for your love and support during this difficult time, it is so greatly appreciated.

The beautiful flowers and sympathy cards. And thoughtfulness and kind words were of great comfort to me and my family.

On behalf of my family, thank you.

Warm regards,

Tracy Crain

Don't forget our other resources on the site that are very helpful and are very informative and secured also.

1. **Forum:**  
With many topics where you can post memorials, prayer requests, and expressions of love and honor for your loved ones or read information and resources on grief and related topics that will help you on your journey.
2. **Light a Virtual Memorial Candle:**  
For your loved one who is in heaven, or a family member or friend that is sick.
3. **Articles:**  
Different articles wide range that are added monthly

Plus more resources in a secured, confidential, environment

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### *“Words From Our Administrator”*

The hardest words for us to hear are “We wish we have had known about you earlier.”

If you have family members or friends that have lost a loved in death no matter how long ago who need support from those that understand and do get it.

Invite them to come to our website  
[Http://www.Safehavenforwidowed.org/](http://www.Safehavenforwidowed.org/)

For all who've lost a partner: women, men, and straight, LGBT, all ages, kids of all ages, no kids, unmarried, all religions or no religion non discriminating or judgmental.

Join others also on the same journey and path, who totally understand. You can find members to chat with in or chatroom, we also have forums to participate in, and posts to read or write plus offer other resources.

Also have a youth room chatroom for youths that are grieving the loss of a loved one.

Our website and chatrooms are safe, secured, and confidential, moderated, and monitored. 7 days a week, 24 hours and 365 day a year.

No one has to be alone we do understand and we do get it, and if you need to let it out or vent this is the place in safe, secured, confidential environment where these if not judging, discrimination in a friendly family environment.

# *The Monthly Haven*

*Saf havenforwidowed.org*

## *“Words From Our Administrator”*

New members that have registered later than April 20<sup>th</sup>, 2014 please make certain that your user profile is complete, feel free to ask anyone of the moderators or administrators for assistance or help with this.

Takes less than 1 minute to do.

Sincerely,

Tracy Crain  
Assistant Director  
Saf havenforwidowed.org  
Email:Tracy@Saf havenforwidowed.org

There is a new category to the forum called Monthly Haven Newsletter. Here you will discover archived copies of the previous Monthly Haven Newsletter that you can download to read again or share. They are archived by months.

Sincerely,

Tracy Crain  
Assistant Director  
Saf havenforwidowed.org  
Email:Tracy@Saf havenforwidowed.org