



*Safe Haven For Widowed*  
*Giving Comfort and Support  
 To All Those  
 With Grieving Hearts  
 that have lost loved ones.*

Available 24/7 365 days a year  
[Http://www.Safehavenforwidowed.org](http://www.Safehavenforwidowed.org)  
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# *The Monthly Haven*

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### *Surviving Valentine's Day.*



If you've lost your Valentine, February 14th can be a very lonely and painful day. Cupid's arrow can pierce your heart in a very different way on February 14th. A holiday that once was of "warm fuzzies" can turn into a day of sorrow.

The pain and loss you feel when you lose your life partner is magnified every time you see one of those advertisements for heart-shaped jewelry, chocolates and romantic dinners, or walk into

the store and see all them romantic cards, flowers, candy and etc. can bring one's grief to the surface very quickly.

The sadness, pain and loneliness that often follow a loved one's death can feel unbearable amid the in-your-face retail campaigns pushing romance and couple hood.

For new widows and widowers, this can be one of the most painful of all holidays. When someone we love dies, our emotional heart is broken. The heart—the very symbol of the Valentine's Day celebration—is the aspect of our being that is most damaged by the death of a spouse. The romantic arrows from Cupid's bow now become painful darts that rip through our hearts.

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Compounding the heartache is the fact that there is very little societal awareness of the pain being experienced by widows and widowers that first Valentine's Day after their spouse of many years has died. Even surrounded by family and friends, they may feel isolated, alone, and as if no one understands. And those feelings can extend long past the first year for many years.

Here are some suggestions for coping with grief on Valentine's Day s. These are suggestions and each one of us are different on this journey so some may fit your preferences and some not and that is fine so if you can't bring yourself to do any of these things, that's OK too..

Give yourself permission to experience your grief.

Acknowledge that this Valentine's Day will not be the same without your significant other. Allow yourself to feel whatever may come up that day sadness, longing for the person who died joy for having been a part of that loving relationship. It's all a part of good grieving.

Handle the holiday in whatever way feels right to you.

Spend the day alone in quiet reflection, or surround yourself with family and friends you decide.

Honor your significant other and the relationship.

Death doesn't mean an end to the love you shared, just an end to the way you can express it. Gather with those you feel close to and share aloud some of the special qualities of your loved one or your relationship. Or, establish some private rituals as a way to keep that special connectedness for years to come.

Visit the cemetery and place a single rose – or something else that symbolizes your love on your loved one's grave. Talk aloud, relaying how you've been feeling since their death. It can be cathartic.

Start writing an annual Valentine's Day journal.

In your first entry, explain to your loved one why you need to do this. Write down everything you wish you had the chance to say before he or she died. Date each entry as a way of charting your healing over time.

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Write a letter or a poem to your loved one. Go outside, tie the written piece to a helium balloon, and release it heavenward.

Light a memorial candle near a framed photo of your loved one. Just sit near it for a while. Reminisce. Cry some. Laugh some.

Honor your relationships with those who are still alive.

Valentine's Day is not exclusively for couples. It also provides an opportunity to let others know how special they are.

Make time to look up from your pain and realize how many other people love and care for you. Find ways to tell them "I love you" or "You are special to me." For example, send children's valentines to adult family members and friends, writing personal notes on each. The cards will remind you both of a simpler, whimsical time in life.

Love yourself.

Find a way to be appreciative of yourself and the love and effort you put into your relationship. Make a list of the five qualities your significant other loved best about you. Or make a list of positive, loving things your significant other would have said to you this Valentine's Day and read them aloud to yourself.

Buy yourself a present that you think he or she would give you, such as jewelry or a CD by your favorite artist; think about him or her each time you wear or use it.

Pamper yourself.

Treat yourself with feel-good things. Send yourself flowers. Get a massage or spa treatment. Play your favorite music loudly. Dance wildly. Take a relaxing bubble bath; maybe throw in some flower petals. Wear your warm, fuzzy slippers all day. Watch TV with a big bowl of popcorn.

Share your early romance with your children. If you and your significant other had children, tell them stories about the romantic side of their deceased parent before they were born. Share old photos of when you both were young and madly in love. They'll get a kick out of it, and you'll get to stroll down memory lane with your loved ones.

Spend some cuddle time with an animal companion. If you don't have one, visit a friend who does. The unconditional love will do wonders. If a live pet is not available, do the same with a big stuffed animal.

Do something heartfelt for someone else. Make a point of keeping your heart open on this day. Volunteer somewhere. Visit an elderly relative. Take cookies to work.

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Redefine the purpose of the holiday. Don't think of this as a day just for lovers, but as a day to openly express your love to those important in your life. Keep the day's romance focus in perspective, too. Don't let all the hoopla force you into thinking about starting a new love relationship. It's not a decision to be made lightly. Only you will know when the time is right to open your heart again.

If you're really hurting, plan ahead. If you're not emotionally ready to deal with the day, plan activities for yourself that don't have a hint of romance—play board games with a friend, organize a messy room, read a book, pay some bills.

Seek support if you feel overwhelmed. Your grief is your own, but you do not have to go through it alone or pretend you're okay. Reach out and continue to build a support system. Talk with someone who understands and is willing to listen to you without judgment. Family, friends, support group example [www.Safehavenforwidowed.org](http://www.Safehavenforwidowed.org) A confidential, support group for Widows, Widowers, Youth, or anyone that has lost a spouse, partner, or a loved one, going through the grief process. So they do not have to travel this road alone and there are others that understand and are ready to help you navigate this road you find yourself on and not alone.

In a safe confident, private, secured environment where everyone understands. Safehavenforwidowed.org offers two separate chat rooms, Widowed and non-widowed and also have a special chat room geared just for our young people who have experienced loss, also have a Forum and Bulletin Board with many topics when you can post and leave memorials and offer other information and resources on grief etc.

Grief Is Normal And Natural - Not Defective! Grief is the normal and natural immediate reaction when your spouse dies or a loved one. The range of emotions that encompass grief is very wide, and is not limited to sadness. The feelings are a reflection of the many different aspects of your relationship with your spouse.

That range of feelings is also the normal and natural reaction when you are reminded that someone who has been such a big part of your life is gone, even if the reminder is months or years after their death.

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### *How to Create Kids' Routines That Will Make Your Life Easier*



Creating routines will help your children to know what is expected of them at all times. In addition, having structured morning routines, after school routines, and bedtime routines will make your life a lot easier.

Your life probably revolves around routines already from where and when you drink your morning coffee to how often you walk the dog. But when it comes to your kids' routines, cultivating the habits you want them to develop takes effort. The following routines will make your life and your kid's' lives easier.

#### Kids' Routines to Make Parenting Alone Easier

Why do your kids need routines? Because knowing what you expect of them from when to brush their teeth to what they're allowed to do after school makes it easier for them to meet those expectations.

#### Morning Routine

Get a 12-hour jump start on your morning routine by making lunches and laying out clothes the night before. Make sure each person has their own alarm clock, too. And if you have a habit of hitting the snooze button, try setting multiple alarm clocks (on your cell phone or iPod) one minute apart. Be clear about what you need your kids to do in the morning, too. From brushing their hair and teeth, to reviewing their spelling words, post a list of everyone's morning responsibilities in a prominent location like taped to the bathroom mirror.

#### Bedtime Routine

Whether your kids are toddlers or teenagers, they'll benefit from a consistent bedtime routine. Creating space for the mental shift from daytime to nighttime is essential to getting enough sleep.

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This means setting aside a big chunk of time in the evening for winding down. Turn off the TV, computer, and all handheld screens an hour before you want them to go to sleep. Encourage them to use this time to read a book, draw, or play quietly.

#### Kids' Homework Routines

Set a time by which homework needs to be completed whether that's before dinner or before your kids can use the TV or computer in the evenings. Carve out a little nook for doing homework, too. Keep a well-stocked pencil box (with pencils, pens, crayons, scissors, glue sticks, and colored pencils) by the kitchen table to turn that space into a daily homework spot. Make sharing their homework with you part of the routine, as well, so that you'll know what your kids are learning and whether they need help studying or managing projects.

#### Chores

Give your kids a regular set of chores to do each week. For example, making their own beds, setting the table for dinner, and dusting. As they get older, add "big kid" chores like vacuuming and laundry to the list.

#### Parenting Time

Here's a kids' routine that's often overlooked: time with you. Find an activity you enjoy together and make time for it each week. You'll be surprised by how much your kids will be willing to tell you about their lives once you block out all other distractions and spend a little time together.

#### Down Time

Everyone benefits from me time now and then including your kids. Avoid the temptation to schedule each moment of their lives and, instead, make sure they have plenty of time for playing and daydreaming. This is especially key for kids who tend to be easily overwhelmed.

#### Practice Time

Another regular routine kids need is time to practice new skills. From sports to musical instruments, make practice time part of your family's regular routine will ensure that your kids have time to build on the skills they're learning.

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### Pre-visit Routines

Set aside a decent chunk of time for packing before each transition, so that important items don't get left behind. If your kids are old enough to pack their own stuff, create a checklist of items to pack, and teach them to use it to back their stuff for the return trip, too.

### Post-visit Routines

Establish a regular routine you can repeat each time your kids come back to your house, too. For some, this might mean making the kids' favorite meals, scheduling a family movie night, or giving the kids space to think and readjust.

### Goodbye Routines

Particularly with young kids, developing a consistent method of saying good-bye can be reassuring. For example, when my daughter was little, I'd ask her each time whether she wanted a hug, a kiss, or a high-five. Sometimes she's pick all three, and the simple act of giving her the choice gave her renewed strength for saying goodbye.

### Communication Routines

Finally, develop routines for communicating with your kids having the complete freedom to communicate can be both reassuring and empowering.

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### Words From Our Administrator”

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Giving grief support to all those that lost loved ones in death.



#### Memorial Tribute Video/Page

Safehavenforwidowed is creating a memorial tribute Video/Page in remembrance of your loved one. The project will be completed and released on February 14<sup>th</sup>, 2014 Valentine's day. You can have up to 3; just need to fill out a form for each one with the information and picture. Loved ones can be as we know anyone, from a spouse to a friend. Timeframe doesn't matter either. Here is a link to the form also it can be found in the forum also under the topic Special Interest. <http://www.safehavenforwidowed.org/memform.html> Cut off for this is January 12<sup>th</sup>, 2014 in order to have everyone including in this. Please fill out the forms completely also any question we will be in contact with you.



**Jane Doe**  
December 7, 1976 - December 15, 2004

Jane Doe was a wonderful mother who worked along with her family until their unexpected departure. She raised her children and her husband. Jane Doe loved playing games and growing plants, singing, and watching movies, and looking better than you are tonight. Mostly she loved her family of whom she spent her life. She found the instant "Forever Memory" link and loved it because she never missed her in the book.

Remember it was our intention to be in the top of any video your choice of words. Any questions please see my address for help.

Safehavenforwidowed.org      Link to form  
E-mail: [Admin@safehavenforwidowed.org](mailto:Admin@safehavenforwidowed.org)      <http://www.safehavenforwidowed.org/memform.html>

A form has to be submitted for each individual one up to 3 request.

This is available all the time to new and old members all year round. To view the pages that have been click on In Loving Memory on the main page and click on the Angel you will also like to view.

Also your Angel's photo will be shown on the main page with our other Angels for others here to see.

Here is the link in case you don't have it you also get to it by going to the main page on the website under forms.

<http://www.safehavenforwidowed.org/memform.htm> at no cost or fees all free and professional done.

Reminder if you would like to have a webpage Tribute in memory of your loved one or loved ones. Made at anytime you can request up to 3 websites by clicking on the menu bar on the page under form and click on the Memorial Webpage Tribute Page filling out the quick form for each tribute you would like done. Also there will be a webpage Tribute on memory of your loved one too so please chose a song you like for each page.

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### *“Words From Our Administrator”*

Just little reminder on Chatroom Room Etiquette and Procedures.

How to Use Proper Chat Room Etiquette

Do introduce yourself to everyone in the room in the chat room.

When a member or a moderator or admin welcomes you into the room acknowledge them they are human give them respect don't be rude our moderators and members at times sit in here for hours alone with no one to talk too and when they say Hi and get no answer does make them feel hurt just like it does us when we say Hi and they are tried up or have walked away from spending hours sitting in here already with no one. Just because they are not properly who you are looking for in there doesn't mean they are not human and don't have feeling's either to don't be rude this is not a grocery store. we are not going to allow this continue either. Members that start or are showing a pattern of this will be banned from the website.

Be patient

Try to be patient and wait if a user is slow to respond to you during a conversation.

Remember that this is a person

Also you can click on their user name on the right column there and see their status it will say if they are available or away in the lower profile\action box on the right side under the user names it will show their current status.

1. Give the room a chance to answer you. Patience is a virtue.
2. If you want to PM someone, that is chat privately, like in an IM, ask first. It is an invasion of privacy to assume that you can open an instant message window with someone you do not know.
3. Typing using CAPS (capitol letters) Typing in all 'CAPS' or capitol letters is usually considered 'shouting' in text. Many users consider it to be rude to 'shout' in text. Use 'caps' to emphasize words, but try not to type entire sentences in capital letters.

Don't make personal attacks\drama on others in the room Personal attacks, drama or negative references to other participants of the room is usually considered to be rude and will probably result in a warning or even a kicked from the room by one of the room moderators or admins.

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5. Room moderators and admins rule over the room Challenging the authority of a room moderator or admin, or trying to tell them how to run the room or website is usually NOT a good idea. Telling someone how to run the room or the website will usually result in a long lecture or a kick from the room.

The proper way to handle this is goto the web pages <http://safehavenforwidowed.org> to forms on the top menu bar an select Suggestions and Feedback fill out the form and then submit. And any complainants you may have regarding a moderator or a staff member all information is private and confidential and has no reflections on you this is your website we to know your suggestions and complainants want to hear them so we can improve and make it better. Nothing is crazy or picky either or bothersome so don't be afraid to suggestion also your ideas.

Other option is in the forum in the Suggestion category which is not private or confidential.

Chat room moderators and admins have certain controls that allow them to control the chat room.