

Creating a Legacy to Honor Your Loved One

The end of a loved one's life, however long and well lived, brings with it a sense of loss and sadness. Managing important events like holidays or the anniversary of their passing may be especially challenging.

You can keep your loved one's memory alive by creating a positive, lasting legacy for yourself and others to remember them throughout the year, including on the anniversary of their passing.

Remembering on Holidays and Anniversaries

Choosing how to honor a deceased loved one on special days during the year is different for each person. Some will spend time in quiet reflection, some may prefer a brief acknowledgement and others may want to focus on their deceased loved one's memory. Consider creating a comforting new ritual to celebrate the life of your loved one, perhaps one that can be repeated in the years to come.

Consider the following ways to honor and remember your loved one during holidays or on the anniversary of their passing:

- Take flowers to the gravesite, or memorial site
- Look at favorite photos and videos, either alone or reminisce with loved ones
- Turn digital photos into a photo album
- Donate some of your loved ones belongings to a shelter or charity
- Make a charitable donation or establish a scholarship in their name
- Volunteer with a charity or cause that was important to your loved one
- Plan a memorial service on the anniversary of their passing
- Update a memorial website with new memories or share condolences from others
- Reach out to someone else who has experienced a similar loss
- Host a dinner party and invite those who knew your loved one best

- Cook your loved one's favorite meal, use one of their recipes to prepare a dish, or host a pot luck and ask people to bring something that your loved one enjoyed
- Light a candle in honor of your loved one
- Visit or spend time in a place where you feel close to your loved one
- Read special notes or a letter, email or card from your loved one
- Connect with friends, go to the movies or take a short trip
- Watch your loved one's favorite movie
- Make a CD mix of music that reminds you of your loved one
- Do something your loved one would have enjoyed
- Create a personal memorial or keepsake box with photos and personal items
- Spend time journaling about your feelings and memories of your loved one
- Make a toast or say a prayer or blessing in their honor
- Plant a tree in your loved one's name
- Celebrate the strengths you have developed as a result of your loved one's death
- Finish a project your loved one was working on

Please visit: www.passare.com for more information and expert resources on many End-of-Life topics.