

Seniors

SPECIAL ADVERTISING SECTION

Thoughts to Consider



EDWIN SULEWSKI
Funeral Director

When should we get bak to a regular routine after a loved one dies?

No two people react in exactly the same way to the death of a loved one! Some people do well by plunging into old routines or setting up new ones. Others need time to adjust without the deceased. They need time to express feelings, to learn new ways of doing things and to put affairs in order. The critical matter is that the grieving person be aware of and willing to deal with the changes death has created. Activity solely for the the purpose of escaping feelings and running from the pain will not work. On the other hand inactivity can further depression. The newly bereaved should take time to deal with feelings and then begin the tasks necessary to make life meaningful.

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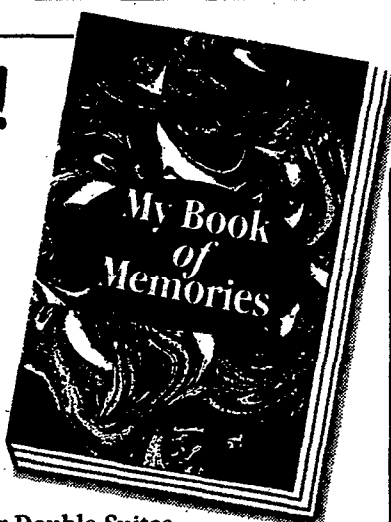
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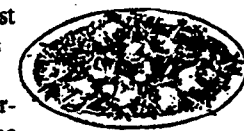
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