

Navigating Grief through the Summer

UNDERSTAND that it's okay to not want to spend the months feeling sunny and celebratory.

UNDERSTAND that it's okay to indulge in your favorite summer time activities, even though you are grieving.

Enjoying yourself does NOT mean you are not grieving. It does NOT mean that you stopped loving or missing your loved one. It means that you are willing to still try to do what you enjoy. After all, you are still alive.

UNDERSTAND that healing begins with taking care of yourself too. That includes getting fresh air as well as vitamin D from the sun, taking advantage of the nice weather to take a walk and get moving a little. Fresh air and outdoors can clear your head too, and make you feel a little lighter during tough times.

BE CREATIVE. On a good day, you might want to take a favorite activity and do it in a special way to honor your loved one. If you spend some playing tennis with him or her, try to play a game or two and do it in their honor.

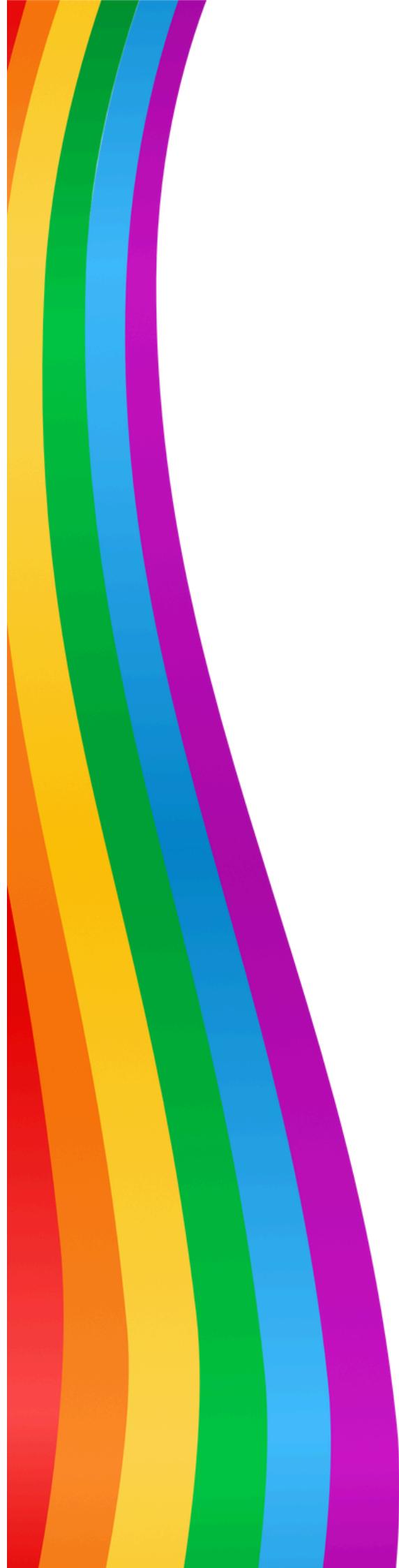
If the summer included at least one lobster roll meal, or a soft ice cream cone, treat yourself to whatever it is that helps you remember and be comforted by that special memory.

TRY SOMETHING NEW. Decide to start a new summer ritual. Make new memories with new people. If you feel up to it, take a trip. Meet new people. Take up a new activity. It will help lift your spirits in a healthy way.

REMEMBER that summers will get better. Grief feels like it will ever end, but it will ease up and become less painful as time goes by.

Most importantly, let yourself do whatever makes you feel as okay as you can feel.





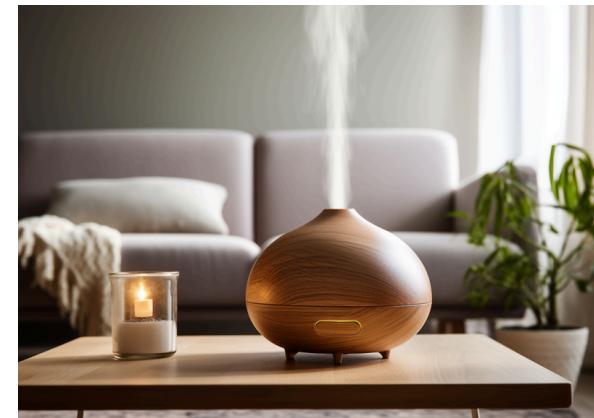
**You can find my Love in Rainbows
You can hear me in your heart
Although I am in Heaven
We are never far apart
As starlight dances in the sky
Or raindrops touch the ground
That is me, sending you my love
So you may feel me all around
I know that you sure miss me
And you cry for me each day
I'm right here watching you go on
I never went away**

**When you feel the sun upon your face
Or see a bird in flight
Please know that it is me there
Loving you with all my might
Sometimes you wonder why the signs
From me just aren't the same
Please know that I still send them
And your grief is what we'll blame
You see, the tears you cry for me
Are made of pure sweet love
It's normal for those tears you cry
To block my signs from up above
Just trust that I'm right next to you
I want to see you smile
And celebrate the time we shared
If only for a while**

**Then one day when your time is through
You'll no longer ask why
And we can make rainbows together
We'll shoot them straight across the sky**

**Written with love,
Fara Gibson Psychic Medium**

Aromatherapy has been shown to have numerous benefits for mental health, including reducing anxiety and depression symptoms, improving mood, and promoting relaxation. Several essential oils are commonly used for emotional support during grief:



Lavender Oil: Known for its calming properties, lavender can help reduce anxiety, stress, and promote relaxation.

Frankincense Essential Oil: Frankincense can promote spiritual connection, inner peace, and help calm the mind.

Chamomile Oil: Chamomile has a long history of use for calming chaotic emotions and bringing a sense of peace.

Bergamot Oil: This citrus oil is known for its uplifting effects, helping to alleviate symptoms of depression and anxiety.

Ylang Ylang Essential Oil: Ylang Ylang can help balance emotions and reduce feelings of anger and sadness, promoting a sense of comfort and tranquility.

Sandalwood Essential Oil: Sandalwood has grounding and meditative properties that can help calm the mind and enhance focus.

Cypress Essential Oil: Cypress can help with transitions, especially during the grief process.

Vetiver Essential Oil: Vetiver can help ground and stabilize emotions, especially when feeling overwhelmed.

Citrus Oils (Lemon, Orange, Grapefruit): These oils are uplifting and energizing, ideal for combating fatigue and sadness.

Methods of Use:

Diffusion: Use a diffuser to disperse the aroma of essential oils into the air.

Topical Application: Dilute essential oils with a carrier oil and apply to pulse points, temples, or the back of the neck.

Aromatherapy Baths: Add a few drops of essential oil mixed with carrier oil or bath salts to a warm bath.

Massage: Combine essential oils with carrier oil and massage into the skin

ALWAYS WITH LOVE, WE REMEMBER THEM

Monika Kozaka honors **Isabella**.

Christine honors **Jakeb**.

Susan honors her grandchild, **Hayley**

Irene Ploskina honors her son, **Mikey**.

Melinda honors her daughter, **Charlotte**

Dawn Stephens honors her son, **Spencer**.

Pamela Scholund honors **Steven**.

Valerie LaBoy honors her son, **Daniel**.

Stacy Becker honors her son, **Ryan**.

Linda Goodwin honors her son, **Trey**.

Joni and Tom honor their daughter, **Kellie**.

Cynthia Mascola honors her son, **Michael**.

Mae Serrano honors **John**.

Dorothy Gray honors her son, **Chuck**.

Judy Dawley honors **Chris**.

Pamela McMinn honors her daughter, **Danielle**.

Tammy Brooks honors **Tuano**.

Bonnie Car honors her son, **Troy**.

Charise & George Augustine honor **Tiffany**.

Denise Rado Amendola honors her daughter, **Dana**.

Mialy Garcia honors her brother, **Aiden**.

Linda Wildes honors her son, **Max**.

Michelle Roy honors her daughter, **Mikayla**.

Jenn and Eric Winship honor their son, **Jakeb**.

Mike and Ellen Stevens honor their son, **Ryan**.

Arlene Spadone honors her granddaughter, **Olivia**.

Francisco Villafane honors his son, **Jomar**.

Briana Murphy honors her daughter, **Lexi**.

Robin and Richard Server honor their daughter, **Brooke**.

Karla Relyea honors her daughter, **Megan**.

Sherri Pinna honors her son, **Ryan**.

Beth & Steve Wooten honor their daughter, **Kenna** and unborn **grandchild**.

Angela Daubaras honors her daughter, **Melanie**.

Gail and Ken honor their sons and grandson, **Tony**, **Jason**, and **Jay**.

Harry Moore honors **Buster**.

Heather Pope honors her son, **Eric**.

Chuck Henneke honors his daughter, **Kelly**.

Pat Haupt honors her granddaughter, **Lauren**.

Jo Marie Cook honors her sons, **Gregory** and **James**.

Kim and Pat honor **John** and **Jesse**.

When you are grieving, it is alright to...

Scream in the shower
Yell in the car
Cry anywhere you like
misplace your glasses
lose the car
forget your own name
put milk in the cupboard,
toilet paper in the refrigerator
and ice cream in the oven
beat up a pillow
stomp on the ground
throw stones in a lake
change grocery stores if it hurts
wear one black shoe and one navy
have tear stains on your tie
eat french fries for breakfast,
toast for lunch
and peanut butter for dinner
(as long as you eat)
write him a letter
bake him a cake
smell his clothes
celebrate her life on her birthday
talk to your pets; they understand
leave his room the way it is for as long as you like
say her name just to hear the sound
talk about him to others
tell loved ones what you need
say no when you feel like it
cancel plans if you want
have a bad day
it's alright to hurt.....(continued)

And one day, when you're ready.....

It's alright to.....

laugh again

dance again

feel pretty

have a good time

look forward to tomorrow

sing in the shower

smile at a friend's new baby

wear make up once more

go for a day

a week

and even a month without crying

celebrate the holidays

forgive those who hurt or failed you

learn something new

look at his pictures

And remember with happiness

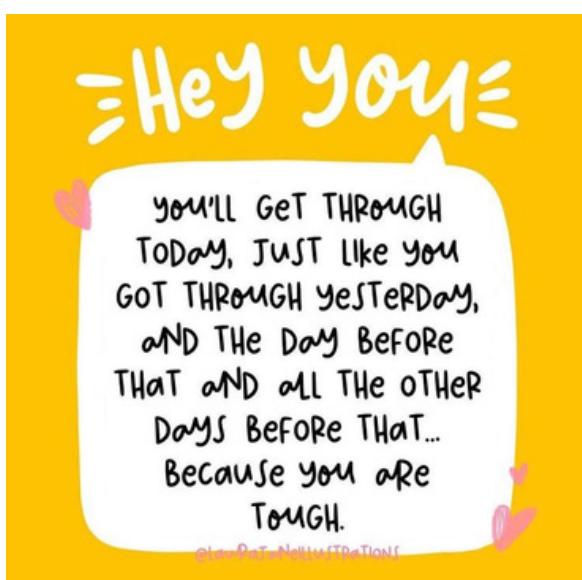
not pain

cherish the memories

And one day, when it's time...

it's alright to love again!

~Vicki Tushingham



A note from our Editor - Dawn....

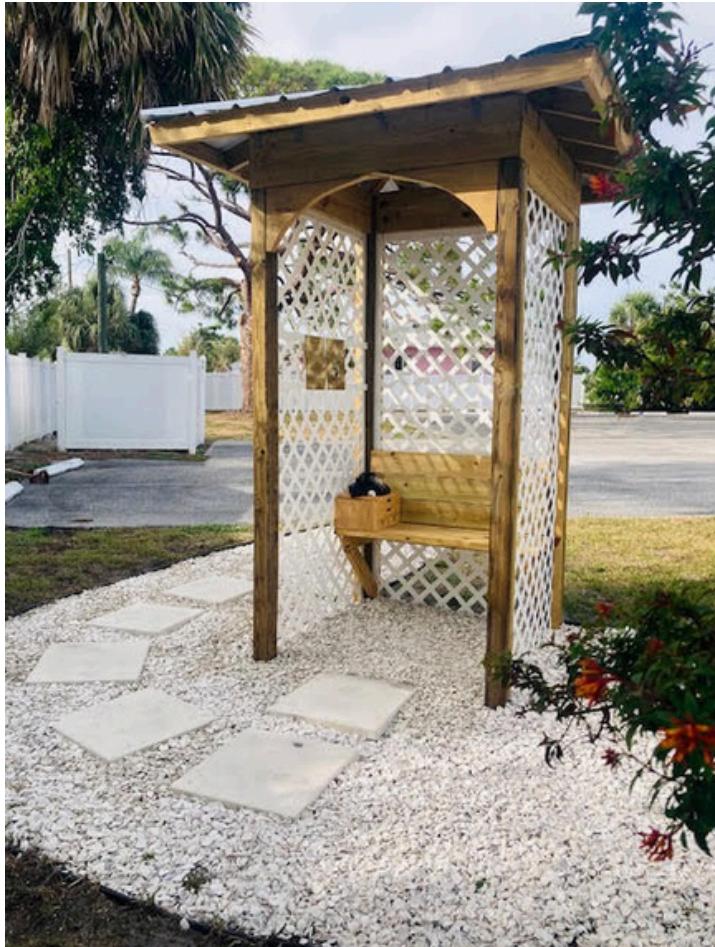
My first Mother's Day without Spencer I was desperate to feel connected to him. How could I celebrate Mother's Day when one of my children is in another realm? How do I include him? I remembered reading about a wind phone, where a gentleman in Japan lost his cousin in the Tsunami's and created a wind phone to let the wind carry his words to his cousin. Wherever he may be. I quickly did my research and discovered there was one in Safety Harbor, FL. Off we went to see what it was all about.

One by one we took a turn. My husband, my daughter, and myself. We cried, we shared our heart, we told stories, and we just had a quiet moment with Spencer. Walking out of that wind phone, I felt peace. I felt calmness. I felt less heavy. I felt a little closer to Spencer. It was exactly what I needed.

When I left - I made it a goal to build one here. For my community. For everyone who's ever lost someone they love. I wanted everyone else to have that experience.

Englewood now has a Wind phone. For holidays, birthdays, angel dates. Tough days. Days where the tears just fall. When the weather is bad and the depression takes over.

When you just want to talk to your person. Visit the Wind phone and call - from here....to ANYWHERE!



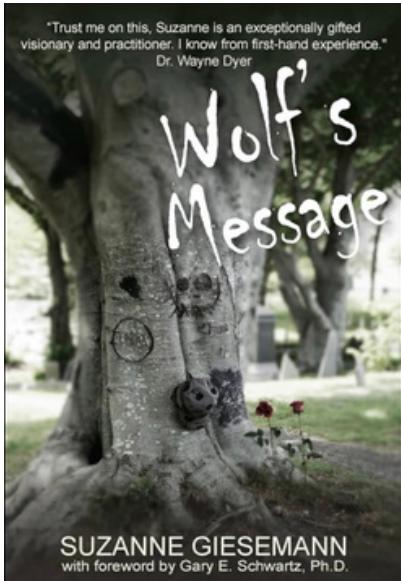
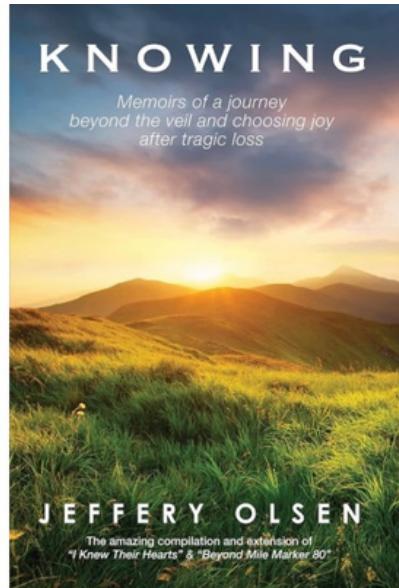
Created by Spencer's family
and maintained by our
Non-Profit.

I hope you find some peace
when you visit. Just like I did.

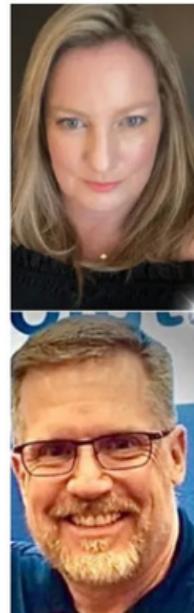
Located at:
350 S. McCall Road,
Englewood FL 34223



Book Recommendations:



Podcast Recommendation:



sometimes
we honor them
in big beautiful ways.
we write, we paint, we sing.
we share their story, their picture.
we do good things in their name.
and sometimes we honor quietly.
we cry, we break, we get out of bed.
we try to stay alive and love them.
we can honor a person's life by
sharing things, creating things.
and we can also honor a life by
surviving in a world without it.

s a r a r i a n



The Poetic Pulse

We're not apart; we're just loving each other from different angles of the same sky.

When love gift donations are made to your local chapter in loving memory of your child, at the same time it is helping to fund the work of your local TCF chapter. Each chapter is run by Volunteers. If you wish to donate, checks can be made out to: North Port Compassionate Friends.