

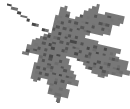
Volume 23, Issue 1

Fall 2016



EVANGELICAL LUTHERAN CEMETERY ASSOCIATION

# The TRIBUNE



## Notice



All decorations, *with the exception of wooden crosses*, will be cleared from the gravesites **November 5, 2016**

You may begin placing Fall / Winter decorations **November 15, 2016**

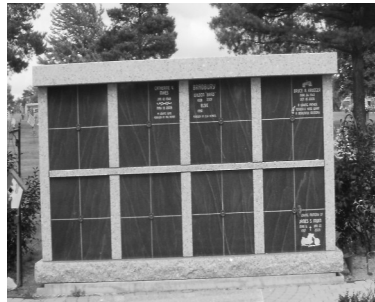
To avoid damage please turn all regulation vases to the stored position for the winter season

## New Columbariums

The Ev. Lutheran Cemetery Association is proud to announce the addition of two new columbariums. The columbariums will provide a fresh new look for both Hope Memorial Gardens and Lutheran Cemetery.

Lutheran Cemetery will be adding the third columbarium to their Cremation Garden toward the east end of the cemetery. This garden was designed in the mid 1990's with three phases and this completes phase three. Currently, Lutheran Cemetery offers inurnment in columbarium niches and traditional in ground burials.

Hope Memorial Gardens will be placing the first of the two-phase plan to add two double sided columbariums in front of the Crown of Life Chapel and Mausoleum. With the addition of this columbarium the options offered for cremation inurnment are outdoor niches, interior glass front niches in the Mausoleum, or traditional ground burials.



There is a national trend toward cremation and the cemetery association would like to be certain all options are always available to our families. For more information please call either office, Hope Memorial Gardens at 330-225-7040 or Lutheran Cemetery at 216-351-1308.

## DINING FOR DOLLARS

Thank you to all who participated in our Dining for Dollars fundraising event on April 19th at Applebees Restaurant in Brooklyn.

This event has proved to be a fun way to fellowship while raising some money extra dollars to improve the cemeteries.

Once again we will be hosting this event at the Applebee's in Brooklyn and we plan to take the event back to Brunswick in the Spring.

Please join us and encourage friends and family to join us. Please see the flyer attached. The flyer may be reproduced or we will be happy to supply additional flyers by calling 216-351-1308. *You Must Present the Flyer When Paying the Bill.*



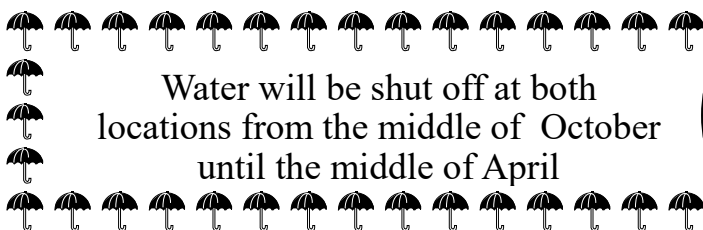
## PLANNING: AN OPTION OR AN OBLIGATION

Everyone travels through life with their eyes on certain goals. Whether the goals be in the near future, hour by hour, or the decade, or the century. The cemetery is constantly looking toward our third century of serving families. With one hundred twenty four years completed we feel obligated to always look to the current and future needs of our cemetery properties. We have developed funds for our beautification of the cemeteries (ie landscape and features) and for the operations of the cemeteries (ie roads, equipment and buildings). The association welcomes any donations by families, friends or the communities we serve. If the spirit calls you to be generous in this area please call either office for information on how you can impact the future for Lutheran Cemetery Association.

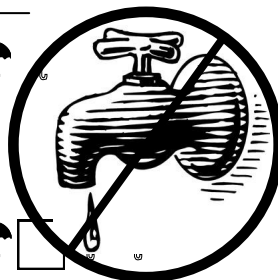
## Coping with Grief During a Holiday

By Kelly Baltzell M.A. & Karin Baltzell Ph.D.

1. Pace Yourself: You do not have to uphold all the obligations you did in the past. Allow yourself the luxury to slow down, release and let go of the old “should have” and “have to” concept.
2. To Say “No” is Okay: It is okay to tell others NO. This means you can reject invitations or visitors if you don’t feel up to it. People will understand if you are not able to attend every function or event.
3. Pamper Yourself: If you deplete your energy you will have less strength to care for yourself or others during any holiday celebration. Therefore, take extra time for you!
4. Tell People What You Need: Friends and family will not know how to help you or relate to you unless you are specific about your wants and needs. Tell others what you need. Ask for help. Then congratulate yourself when you do.
5. Make New Rituals: When you make a new tradition it signals to yourself and others that your life has changed. A new tradition does not mean that your old traditions are less important.
6. Honor Traditions: Traditions hold many emotions for people. After a loss some traditions may become more or less important. Let people know what traditions are meaningful to you and that you want to keep. It is okay to let some traditions go.
7. Remember Your Physical Needs: Eat, sleep, and drink plenty of liquids to maintain your physical strength. Be sure to keep your environment clean and orderly to help your emotions and keep you at an even keel.
8. Tell Others Exactly what Holidays are Important to You: You may take it for granted that others know what holidays and religious observances are landmarks for you. They don’t. Advocate and inform others. They will be grateful and so will you.
9. Crying is Okay: Let the tears flow. You need to feel comfortable expressing yourself wherever you are. Crying is a natural outlet of grief. Do not apologize.
10. Make Action Plans: During the holidays life can be busy and stressful. Before that special holiday you can make a plan regarding how you are going to cope with stress. Make a list of people you can call on if you need support and places you can go for solace and healing.
11. Lean on Your Faith: Remember to touch base with your source of spirituality. It will bring comfort, strength, and internal wisdom.



Water will be shut off at both locations from the middle of October until the middle of April



*Friendly Reminder. In order to keep our mailing list up-to-date, please contact either office with any changes.*

## OFFICE HOURS



**9:00 AM TO 4:00 PM  
Monday — Friday**

**\*\*SPECIAL NOTE\*\***

**BOTH OFFICES ARE  
ACCESSIBLE BY PHONE  
DURING THIS TIME.**

***WE ARE CURRENTLY  
SHARING STAFF.***

***PLEASE CALL TO VERIFY  
THE STAFF'S PHYSICAL  
PRESENCE BEFORE  
VISITING THE OFFICE.***

***THANK YOU FOR YOUR  
PATIENCE IN THIS  
MATTER.***



***When you are  
going through  
difficult times and  
wonder...***

***WHERE IS GOD?***

***Remember the teacher  
is always quiet  
during the test.***



# Dining To Donate

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**Enjoy A Meal That's Filling and Fulfilling.**

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*Evangelical Lutheran  
Cemetery Association*

**Needs Your Support**

**Applebee's® will donate 15% of your check when you dine at**

**Applebee's Restaurant**

**Ridge Park Square  
4800 Ridge Road**

**Brooklyn, OH 44144**

**Present this to your server or Carside To Go Specialist.**

*Tuesday,  
November 8, 2016*



Donation percentage excludes tax and tip. Valid ONLY at above mentioned location during specified hours. Must present flyer in order for organization to receive credit for purchase.

**Flyers are not to be distributed in the restaurant or within the perimeter of the parking lot. Doing so will result in a voided event.**