



# Notices



All decorations, with the exception of wooden crosses, will be cleared from the gravesites  
November 5, 2019

You may begin placing  
Fall / Winter  
decorations  
November 15, 2019

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

## A MEMORIAL DAY THANK YOU!

We would like to give a big Thank You to all the volunteers who came out on May 22nd and 23rd to place flags on over 1,300 of our veterans graves. We really appreciate your time and support. We look forward to seeing you next year!

### **PART-TIME OFFICE POSITION AVAILABLE**

There is a part-time position available at Lutheran Cemetery (3 days a week from 9:00 am to 4:00 pm). We are looking for someone with computer and phone skills, along with a caring heart to assist our families. If you are interested please contact Roberta at 216-351-1308.

#### FREE FILL DIRT

FILL DIRT IS AVAILABLE  
AT EITHER LOCATION.  
NO LIMIT



# *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.