



Laurel House Comfort Care Home | 224 Fair Street, Newark, NY 14513 | (315) 573-7028



The holidays are near! Seems everyone is feeling some emotion about loss, and memories this time of year. We tend to memorialize our loved ones more in this season. Know that you are not alone in feeling the loss and grieving. Hopefully this edition will offer tips and cheer you up!

Happy Holidays!

~Laci Graham, Executive Director

Shared moments.....

An entry from *Daily Meditations Healing After Loss*
by Martha W. Hickman



January 12

In the months after my daughter's death, I filled four notebooks with entries—writing sometimes daily, sometimes several times a day, sometimes only once in several days. I described feelings, the events of the day, occasions of recall, of sorrow and hope. It was a means of moving the grief away, getting it down somewhere else, siphoning it off.

---Martha Whitmore Hickman

It may not be writing that is helpful to you. Perhaps talking with

friends will have a similar effect. Or painting, or sculpture. The artist Kathe Kollwitz made a whole series of drawings in the aftermath of the death of her son.

The important thing for most of us is not that we have made something of artistic value, but that we have taken a grief that lies like a lump against our hearts, and moved it away from us.

The value of having some pages on which we have recorded our feelings—as opposed to talking with friends—is that we can go back to the pages if we want to. We may never want to, but it relieves us of the pressure of having so much unresolved turmoil in our heads. Try putting it on paper. It may help you sort things out, and you will be free to move on into the next moments of your life.



I will be open to new ways of resolving my grief



Timely Tips

How to Cope with Grief During the Holidays

Authored by -Dr. Tali Berliner

Set Boundaries with Holiday Events.

You can participate and not participate in whatever feels right for you. While there may be pressure to attend a holiday party, family gathering, holiday show

—remember to check in with your wants and needs to identify your readiness.

It may be helpful to commit to something that sounds fun while reminding yourself that you don't have to stay the entire time. It is also okay to opt-out of certain things altogether. Finding a balance between engaging and not pushing yourself is important.

Tune Into Your Grief Emotions

As mentioned above, grief does not take a back seat during the holidays and can often be magnified. It's important to acknowledge your feelings and not **avoid** them. You may experience both negative and positive feelings during the holidays while grieving and that is OK. Be kind to yourself and remember that all feelings can coexist.

For example, I can miss that person *and* enjoy the holiday at the same

time.

It may be tempting to numb out with drugs or alcohol during the holidays. Anticipating the difficult emotions and preparing ahead of time will help prevent negative consequences from occurring.

Plan Ahead to Fill Empty Holiday Roles .

Loss often means that certain roles will need to be filled. It is important to think ahead (especially with children) to consider who will fill those vacated roles (e.g., Dad always dressed as Santa or Aunt always cut the turkey).

Planning ahead can avoid unnecessary moments of grief and can help make the experiences more fluid and enjoyable.

Honor Old Traditions & Honor Memories.

It can be helpful to continue with old traditions that existed in order to honor and celebrate the individuals who are no longer here. This is a helpful way to keep their memory present.

Create New Traditions.

Creating new traditions can be healing for individuals who are grieving.

Making new memories does not erase old memories.

Remember, your loved one will want you to enjoy the holidays.

Acknowledge, validate and then challenge any feelings of guilt that may arise in the process.

Making new memories does not erase old memories.

Identify Grief Coping Skills.

Prior to the holiday season beginning, consider creating a list of go-to coping skills to use whether you are at home or at a social function.

It will be handy when the grief hits you unexpectedly. Some examples of coping skills are deep breathing, taking a walk, journaling, listening to music, practicing yoga, and saying positive affirmations.

Bonus: [here are our recommended affirmations](#) that are balanced and not overly positive.

Volunteer/Do Something Charitable.

Helping others helps alleviate your sadness while bringing joy into someone else's life who needs it. This is always a good idea. If you need ideas on how to give,

check out [this article](#) by The Shine Project with 51 holiday service projects.

Ask For Help When Struggling with Grief.

It is important to seek support from friends, family, coworkers and professionals if needed. Whether you have lost someone close to you or not, the holidays can bring up many complicated feelings.

It's completely normal and can be helpful to seek services from a therapist or psychologist.

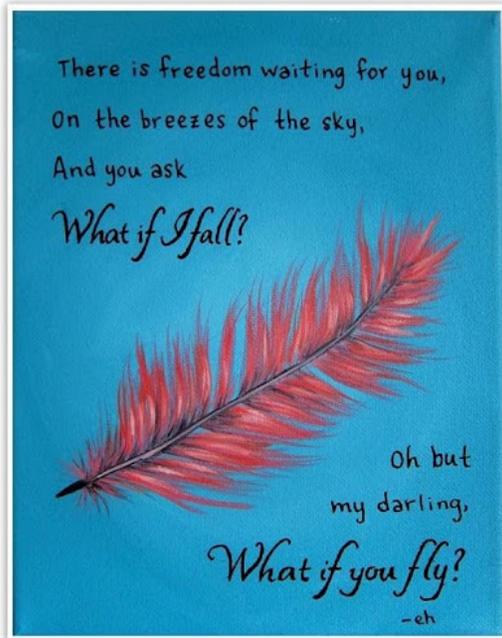
Conclusion

The holiday season is not always as merry as we want it to be. It is normal to feel apprehensive about it and you are not alone in feeling that way.

Please remember that there is no right or wrong way to approach the holiday season following the loss of a loved one.

If you experience happiness, allow it to enter into your grief space and be present with the people around you.

Be kind to yourself and try to take it one holiday party and one feeling at a time.



Understanding the Power of JOY



"Human joy is the most powerful of things I've seen. I'm amazed by it. When you have true joy in your being you become this radical force, this entity that is so much larger than your body and at that point you can change everything."
---Zach Bush, M.D.

So begins a delightful, refreshing look at the power of joy offered up in a video called UNDERSTANDING THE POWER OF JOY that originates from Canada. One moderator is a successful dance instructor of several decades who has taught the expression of joy through dance. She participated in the 1995 Beijing congress of women from all corners of our planet and taught these participants how to express joy through dance. Since then, she has learned the immense power expressing joy can bring, and as you see the video of their gathering it is possible to palpate the joy radiating out of people who were strangers to each other until almost that moment.

“The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking,” said Albert Einstein. Right now, we are adrift in the sorrow, worry, and fear that our world has/is experiencing from a pandemic, world migration issues, climate changes, and more that are the results of the world-wide chaos we are living. It is impossible not to think about it! Try as we might to turn our thoughts to joy, by deliberate choice, in this

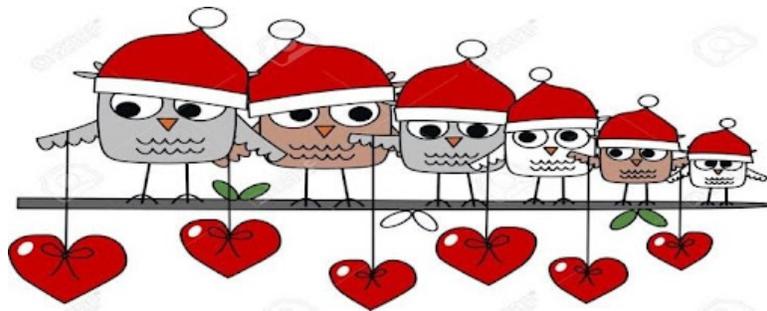
holiday season noted for its embrace of joy, our thoughts are positioned within the chaos we experience.

Tuning into this nearly 20-minute video, where we view people of all ages and cultures, expressing joy through the movement of their body as a buoyant moment, is in itself an act of joy. You can access this at:

<https://joyisthenewnormal.org/>. and we invite you to do so.

Beyond opening to the possibilities, the video suggests, we can further the power of joy by consciously choosing to experience joy every time we find our thoughts mired once more in sadness and worry. “ I choose to find a way to feel joy again. I don’t know how I’m going to do that, AND I choose to find a way now!” can become our tool for refocusing our thinking. Choosing over and over again tells our unconscious mind we are serious about finding a way; the results must follow if we but choose over and over again to do so.

All of us at Laurel House could wish nothing more than that all of you will find a pathway to greater joy this holiday season and for all the seasons to come!



Recipes to share...

Holidays mean cooking; are you tired of the same old thing?

Are you looking for simple but tasty? Look no further we have a few recipes to share We would love to hear from you as well with some of your favorite recipes; please share with Laurel House so we may pass them on...



Quick rigatoni bake with ricotta, spinach and pancetta

--Delicious

INGREDIENTS

- 400g rigatoni
- 125g pancetta slices,



Slice-and-Bake Shortbread Cookies

--Country Living Oct 2020

chopped

- 1/4 cup (60ml) extra virgin olive oil
- 200g baby spinach leaves
- 1 garlic clove, crushed
- Pinch of nutmeg
- Finely grated zest and juice of 1 lemon
- 250g ricotta
- 250g mozzarella
- Basil leaves, to serve

1. Preheat oven grill to medium high. Bring a large saucepan of water to the boil. Cook the rigatoni until al dente. Drain, reserving 1/3 cup (80ml) cooking liquid.
2. Meanwhile, place the pancetta and 1tbs oil in a cold frypan then place over medium heat. When the pancetta begins to sizzle, cook for 4-5 minutes, tossing, until crisp and the fat has rendered. Add the spinach and garlic and cook for 1-2 minutes until wilted.
3. Remove from the heat and stir through the nutmeg, lemon zest and juice and ricotta. Stir through the pasta and reserved cooking liquid.
4. Pour into an ovenproof dish or 4 individual 750ml dishes. Scatter over mozzarella and drizzle with remaining 2 tbs olive oil. Grill for 6-8 minutes until cheese is golden and melted. Serve scattered with basil.

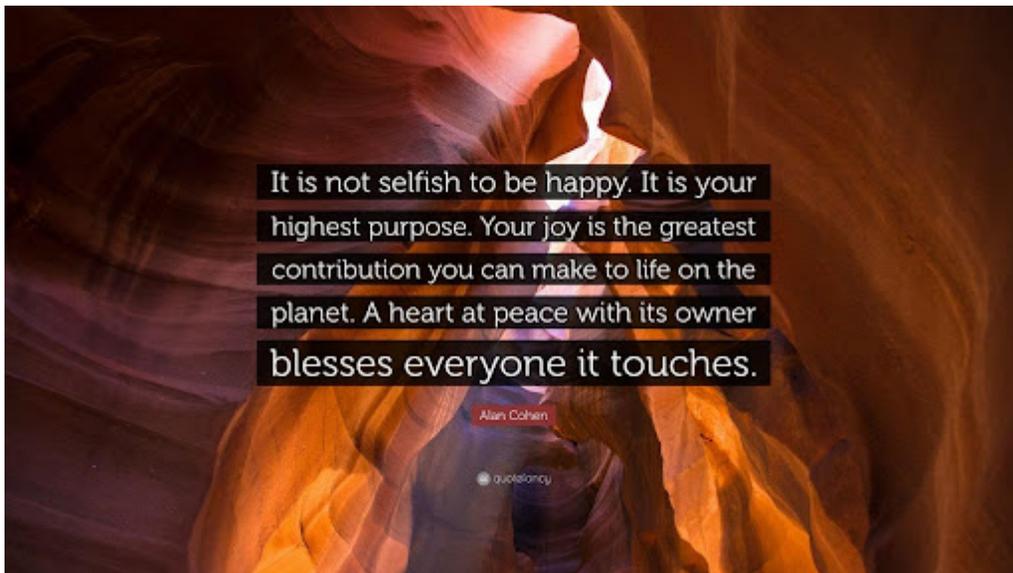
INGREDIENTS

- 2 c. all-purpose flour, spooned and leveled
- 1/4 tsp. baking powder
- 1/2 tsp. kosher salt
- 1 c. (2 sticks) unsalted butter, at room temperature
- 3/4 c. confectioners' sugar
- 2 tsp. pure vanilla extract
- 12 oz. bittersweet chocolate, divided
- Flaky sea salt (such as Maldon), for garnish

DIRECTIONS

1. Whisk together flour, baking powder, and kosher salt in a bowl. Beat butter and confectioners' sugar with an electric mixer on medium speed until light and fluffy, 1 to 2 minutes. Beat in vanilla. Decrease mixer speed to low and gradually beat in flour mixture until combined. Finely chop 4 oz. chocolate; stir into dough.
 2. Divide dough in half; shape each into a 7 1/2-inch-long, 13/4-wide log. Cover logs with plastic wrap and chill at least 4 hours or up to overnight.
 3. Preheat oven to 350°F. Line baking sheets with parchment paper. Slice each log into 1/4-inch-thick cookies and place 1-inch apart on prepared baking sheets. Bake until edges are lightly golden, 12 to 15 minutes. Transfer cookies to a wire rack to cool.
 4. Line a baking sheet with parchment paper. Microwave remaining 8 ounces chocolate in a bowl 30 seconds; stir. Continue to microwave and stir in 10-second intervals until melted. Dip half of each cookie into melted chocolate and place on prepared baking sheet. Sprinkle lightly with sea salt. Refrigerate until chocolate is set, 10 to 15 minutes.
- Fruit-and-Nut Slice-and-Bake

Cookies: Omit chocolate and sea salt and stir in 1/2 cup each chopped toasted nuts and dried fruit at end of step 1.
Lemon Slice-and-Bake Cookies: Omit chocolate and sea salt and stir in 1 1/2 Tbsp. lemon zest at end of step 1. Roll dough into logs, and roll logs in 1/2 cup yellow sanding sugar before slicing, coating edges.



Let's Play!
Can you name that tune Carol????



Christmas Carols in other words (answer key at the end of newsletter)
Grab a pencil and paper and translate these statements into the title of a holiday tune.

- 1. The primary carol.**
- 2. Embellish thew corridors.**
- 3. I'm fantasizing concerning a blanched yuletide.**
- 4. I apprehended my maternal parent osculating with a corpulent, unshaven male in a crimson disguise.**
- 5. During the time bovine caretakers supervised their charges after dark..**

6. Travel to the high place to relate it.
7. What offspring abides thus?
8. Removed in a bovine feeding trough.
9. The slight percussionist lad.
10. Father Christmas approaches the metropolis.
11. Icy personage.
12. European monarch of kind character.



Holidays bring Laughter and Tears

Laughter and Tears... like it or not they are connected. Did you know that a beloved comedian weighed in on this and as well, wrote the Song SMILE (When your heart is breaking)? We offer this viewpoint of the famous Charlie Chaplin for you to reflect on his wisdom...oh, so timely still.



Charlie Chaplin lived 88 years; he left us 4 statements: (1) Nothing is forever in this world, even our problems, (2) I love to walk in the rain because no one can see my tears, (3) The most lost day in life is the day we don't laugh, (4) Six of the best doctors in the world: 1. Sun. 2. Rest. 3. Exercise. 4. \$. Diet. 5. Self-respect. 6. Friends. Keep them in all stages of life and enjoy a healthy life...If you see a moon, you will see the beauty of God...If you see a mirror, you will see God's best creation. So believe it. We are all tourists, God is our travel agent who has already defined our routes, bookings and directions...trust him and enjoy life. Life is just a journey! So live today ! Tomorrow may not be.

SMILE

(Music by Charles Chaplin, Lyrics by John Turner and Geoffrey Parsons)

*Smile, though your heart is aching
Smile, even though it's breaking
When there are clouds in the sky
you'll get by*

*If you smile through your fear and sorrow
Smile and maybe tomorrow
You'll see the sun come shining through
For you.*

*Light up your face with gladness
Hide every trace of sadness*

*Although a tear may be ever so near
That's the time you must keep on trying
Smile what's the use of crying
You'll find that life is still worthwhile
If you'll just
Smile
~Copyright by Bourne Co*



"Kindness is loaning someone your strength, instead of reminding them of their weakness"

*If Christmas is hard,
If you've lost someone dear.
Just look in your heart,
And you'll know they're still here.*

*The star in the sky,
The light falling snow.
The robin outside,
It seems like they know.*

*If this is a time,
When you're struggling through.
Just do what you can,
For what matters, is you.*

*There's no need to be merry,
There's no need to be bright.
Just do what you can,
It will all be alright.*

Copyright Lorna Gibson



On The Lighter Side....



T-shirts
to
Make
you
Smile...



(T-Hee Hee).



Yes, I know they pick on you at school and call you names, but You still have to go. YOU'RE THE TEACHER!



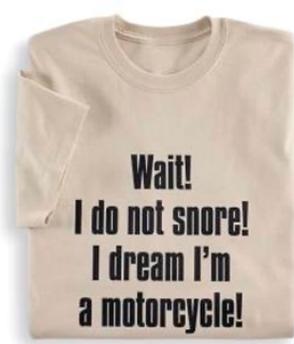
I don't have my Ducks in a row. I have squirrels. And they are EVERYWHERE!



*Dear Santa,
All I want is a FAT BANK ACCOUNT & a skinny body PLEASE DON'T MIX IT UP again like last year!*



Mothers of little boys Work from Son up to Son down.



As we continue to lean into the lighter side at the holiday time.....



"Aw, man, that's never coming out."



"Cherish this moment, because clearly our parents are getting a divorce."

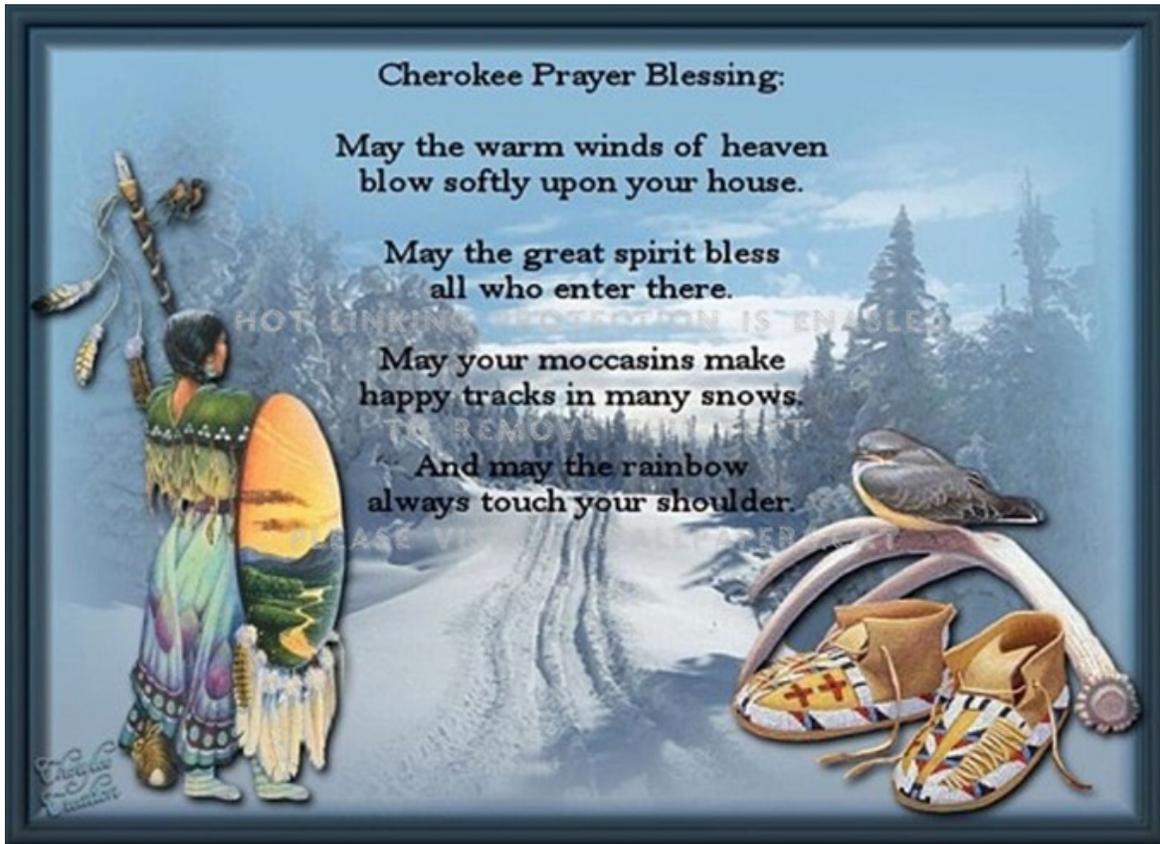


"And when did you first realize you weren't like other precipitation?"



"It's always 'Sit,' 'Stay,' 'Heel'—never 'Think,' 'Innovate,' 'Be yourself.'"

Blessing



Answer Key to Christmas Carols

1. The First Noel
2. Deck the Halls
3. Dreaming of a White Christmas
4. I Saw Mommy Kissing Santa Claus
5. While Shepherds Watched Their Flock at Night
6. Go Tell It on the Mountain
7. What Child is This?
8. Away in a Manger
9. Little Drummer Boy
10. Santa Claus is Coming to Town
11. Frosty the Snowman
12. Good King Wenceslaus

*Having trouble with the links? No problem!
Call 315-573-7028 and we will gladly mail you a print out.*

*If you feel someone could benefit from receiving this newsletter, please email:
director@laurelhousecomfortcare.org*



Laurel House Comfort Care Home | www.laurelhousecomfortcare.org | 315-573-7028

Laurel House Comfort Care Home | 224 Fair Street, Newark, NY 14513

[Unsubscribe director@laurelhousecomfortcare.org](mailto:director@laurelhousecomfortcare.org)

[Update Profile](#) | [About Constant Contact](#)

Sent by director@laurelhousecomfortcare.org in collaboration
with



Try email marketing for free today!