

Welcome Issue

Reflections *of life* MAGAZINE

Thoughts and
ideas to help
you through
your journey

- **Grief is the Price for Love**
- **Handling the Holidays**
- **Ceremonies Anchor Our Lives**
- **Cherishing Memories**
- **Remember Me - Planning Ahead**

You just received our small gift



This magazine is a gift from REMCO to you.

If you have recently visited Remco, we are providing you with a complimentary subscription to Reflections of Life Magazine. If this is not the case, and you would like to be added to the mailing list, please contact us. The service is provided at absolutely no cost to you. We trust you will enjoy every issue.

In the publication you'll discover ideas that can be of special interest and real value.

It's another way we can support you and your family.

If at any time you no longer wish to receive the magazine, just notify us or the publisher listed on the facing page.

Life is precious. And it's always rewarding to reflect on our lives, and the lives of those we love.

With our thanks for inviting us to serve you,

A handwritten signature in black ink that reads "Dave Reeson". The signature is fluid and cursive.

Dave Reeson
President

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Reflections of life MAGAZINE



Editor's Message

Reflections of Life magazine has been created to provide a source of comfort and information to

individuals and families who have recently experienced loss.

We want to support you in the days and months ahead, by providing editorial content that has meaning for you.

In this issue we're pleased to present articles by two special contributors – Darcie D. Sims and Todd W. Van Beck.

We encourage you to give us feedback so that we can provide articles that will be timely and relevant.

Brenda Caswell

Respectfully,
Brenda Caswell
Managing Editor

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Reflections of Life

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The Reflections of Life publishing team at HJ Linnen Associates

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Grief: The Price

Darcie D. Sims, Ph.D., CHT, CT, GMS
President, Grief Inc.



Grief is a natural and normal reaction to loss, loss of any kind. It is a physical, emotional, spiritual and psychological response. The death of a loved one is perhaps the most devastating loss one may experience. Yet, grief occurs following any change in our lives. Even positive changes can bring a momentary grief response.

Grief is a complex process, guided by our past experiences, our religious beliefs, our socio-economic situation, our physical health and the cause of the loss. Love, anger, fear, frustration, loneliness and guilt are all part of grief. It is important to understand that grief is not a sign of

experience headaches, tightness in the throat or chest, muscle aches, or burning sensation in your stomach. Grief hurts! You may, for a while, become preoccupied with images of your loved one. You may “see” or sense your loved one’s presence. You may begin to wonder if you are going crazy.

You can help yourself through grief.

1. Acknowledge the loss.
2. Accept the pain of grief.
Try to live through it, not avoid it.
3. Share your thoughts and feelings.
Find enough compassionate listeners.
You can talk – more than one person can listen!
4. Understand that each person has an individual timetable for grief. Each person grieves separately and differently.
We move through grief at our own pace.
5. Find your sense of humor.
Try to hang on to it!
6. Get some physical exercise.
If nothing else, jog your memory.
7. Learn to hug again.
8. Accept yourself. Understand you are someone new. Acknowledge that change.
9. Begin to become the person you already are...
10. Remember, though death comes,

We Pay For Love

weakness nor a lack of faith.

Grieving may cause physical and behavioral changes such as: sleep irregularities, changes in appetite, gastro-intestinal disturbances, “heart ache”, restlessness, and spontaneous crying, irritability, sighing or muscle tension.

Anger and guilt are common emotions. You may feel angry with God, your spouse, your children or with others, either involved or totally separate from the death. You may be angry with yourself. Guilt feelings often accompany or follow anger. You may want to withdraw and be left alone.

Depression, feelings of emptiness or hollowness may temporarily overcome you. You may

Cherishing Memories

Memories
are precious.
And creating a
personal memorial
is a wonderful way
to preserve memories
of a loved one.



All of these products lend themselves to creativity in the design and application of images, so that a truly personal and fitting tribute results.

While many families still choose the more traditional stone memorials,

today there is a much broader definition of memorialization – and a wealth of products available to help you tell the story of an important life.

Creating a perfect tribute takes time and thought. Every person has a distinct set of talents and interests, personal history and accomplishments. As you take time to recall memories and reflect on your loved one's life there are many areas you may want to consider.

Close to our hearts are memories of family and special celebrations – weddings and anniversaries, birth days and birthdays, vacations and holidays.

We can remember a special sense of humour, a genuine interest in others, generosity, or love of children and animals – each person has character traits that make him or her unique and special.

Personal accomplishments can be portrayed, whether they are interests or hobbies, career achievements or social and civic contributions.

Once these personal tributes have been considered, review your product options.

New choices in memorial products have been designed for home or garden environments or other spaces.

Many of these can be created in multiples so that each family member has a personal memorial of the loved one.

All of these products lend themselves to creativity in the design and application of images, so that a truly personal and fitting tribute results.

Your home can be a suitable place to display tributes such as memory candles, granite plaques, and porcelain photographs.

Commemorative sundials, birdbaths, stepping stones, benches and rolling sphere fountains can be incorporated into the garden. Or you might consider a granite boulder with engraving.

An even more personal choice would be a miniature porcelain photo encased in a locket.

Advances in technology, like laser engraving, have been combined with time-honoured craftsmanship. Today even the most conventional form of monument can be creatively designed in new ways. Unique shapes and sizes, as well as intricate designs and images can be combined with words to create a very personal tribute.

And you are not alone as you explore. Trained memorialization specialists can assist you as you travel your journey of memories to find the right ways to create a permanent tribute.



Self-care is important in the days and months following the loss of an important person in your life.

There are many activities that can contribute to self-care such as eating healthy food and exercising daily; spending time with family, friends and pets; reading; gardening; or focussing on special interests.

Ahh...the Spa!

The goal of a spa is to enhance your feeling of well-being by pampering your body.

One other activity you may want to consider is to visit a spa. The goal of a spa is to enhance your feeling of well-being by pampering your body. There are many different types of spas, offering a wide range of treatments.

In your community, or at travel destinations, you may find day spas, resort/hotel spas, or cruise spas. Some spas are a destination in themselves – where accomodation is provided along with the variety of treatments.

Many spas are based around water such as pools, steam rooms and saunas. Some are mineral springs spas – with natural mineral, thermal or seawater that is used in hydrotherapy treatments.

Often cosmetic treatments such as facials, manicures and pedicures are also offered.



There are many different types of spas, offering a wide range of treatments.

A basic treatment found in most spas is massage.

Massage comes in many forms – Swedish, deep tissue, sports, hot stone, aromatherapy, reflexology, and many other exotic and specialized types.

Swedish massage is very popular – very relaxing and a great introduction to massage. Deep tissue and sports massages work on specific problem areas of the body. Heated smooth stones retain heat, and when placed on one's back help release tight muscles and improve the flow of energy in your body.

Reflexologists concentrate on the pressure points in your feet to positively affect other extremities and body organs. And aromatherapy is used to reduce pain and improve mood by using essential oils from plants.

Other hydrotherapy treatments you might want to experience include body wraps, steam rooms and steam baths, water jets and pulsing showers, and mineral pools.

How do you choose a spa?

If you have some choice of spas in your community, decide what you'd like to accomplish with your spa visit.



Do you want to be cured, just enjoy a peaceful day, be pampered or get fit?

Other things to watch for are a clean facility, and friendly, knowledgeable staff.

Here are some tips for spa etiquette.

Arrive early so you can begin to relax before your appointment time. There's no point in arriving late and stressed when your goal is to relax. And make sure to turn off your cell phone.

When you need a break for a bit of self-care, a visit to a spa can be a refreshing and healing experience.



Handling

All of us have our own ways to celebrate the holidays and occasions that we honour as individuals, families and communities. Holidays hold countless memories of family, friends and special times. They are marked by traditions that are eagerly anticipated. Anticipation and planning may start months in advance. No matter how long holidays last they are over too soon. They are the signposts that mark our personal history.

"The holidays" are different for each of us. There are days and seasons that mark religious occasions and historical events – the holidays we celebrate in our own communities. But there are also days and times that are special just to us. The weekend when we open or close the cabin, planting the garden, the sporting event everyone gathers to watch, even the first warm day of spring or cool evening in the fall can have a special meaning and create a flood of memories.

The anticipation, the traditions and the memories that holidays and special occasions call to mind make these the times when the loss of a loved one can be felt most keenly.

There is no simple way to make it easier to deal with the emotions and memories that are stirred by the holidays. We are all different.

Remember that the right way to deal with your feelings is the way that works for you.

Here are some thoughts that can help you plan the best ways to deal with the holidays.

The anticipation, the traditions and the memories that holidays and special occasions call to mind make these the times when the loss of a loved one can be felt most keenly.

the Holidays

No matter how long they last, holidays are over too soon. They are the signposts that mark our personal history.

Plan ahead. As difficult as it may be, think about upcoming holidays and occasions well in advance. Accept that this will probably be a difficult time and try to decide what will help you to get through it. Don't assume that something will be too great an imposition on family or friends. Remember, the people who care about you want to find ways to help and support you, so don't feel you're being selfish if you consider your needs and ask something of them.

Don't be afraid to ask for help with holiday and special occasion preparations.

Tasks you could breeze through before may suddenly seem overwhelming. Asking family or friends to share the work can make your life a little easier.

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You may even find that getting together to decorate, fix a meal, shop or even clean your home become its own holiday tradition.

Don't feel obligated to do things the way they have always been done.

Perhaps you have always hosted a holiday meal or gathering. While doing things the same way may be a source of comfort to you, it is also perfectly all right to suggest a change. Don't feel this is an imposition on your family and friends or that you are letting them down. This is a chance for them to support you and help you through a difficult time.

Consider creating new traditions to celebrate the memory of your loved one.

It could be as simple as buying a new holiday decoration or symbolic item every year. It could mean a visit to your place of worship specifically to honour this individual's memory. You might choose to visit a place that was significant to both of you every year and spend some quiet time reflecting on his or her life. You might make an annual donation to a charity or organization that was special to your loved one, or volunteer your time.

Coping with holidays and special occasions after losing a loved one may be one of the most difficult challenges any of us will face in our lives. Yet over time, you will find that the pain and sense of loss softens as remembering and celebrating the life of your loved one becomes a positive part of your "new" celebrations.



Remembering and celebrating the life of your loved one.



Remembering Now & Forever™



“Thank
goodness we
planned this
together”

Planning your memorial together now means they'll know your wishes have been honoured... and you'll know you've made things easier for them.

Find out what pre-planning can mean to you and your family. Contact your Authorized Remco Memorial Counsellor.

See the yellow pages for your authorized Remco Memorial Counsellor or visit www.remco-memorials.ca.



Ceremonies Anchor Our Lives

Todd W. Van Beck,
Author and presenter



Ceremonies are formalized ways of recognizing major events and occurrences in our lives. While some might say they're not necessities, we keep expecting them and participating in them. The fact is, ceremonies are precious because they satisfy our deep emotional needs.

It's true you can get a diploma without attending a commencement ceremony. Yet "graduation days" are wonderful occasions that no student (or parent) wants to miss. Ceremonies mark important milestones in thousands of young lives every year.

And, yes, some couples obtain a marriage license, spend a few minutes with a justice of the peace, and they're as legally married as anyone else. So why do most of us chose a church service and an elaborate reception? Why do we plan events with gowns and tuxes, flowers and dinner, solemn rituals and noisy dances ... and all those people on that invitation list? And why do we make sure every moment is captured in stacks of photos?



The fact is, ceremonies are precious because they satisfy our deep emotional needs.

An elaborate wedding ceremony may not be legally necessary, but it serves a most important purpose in the lives of the participants. The event confirms all the meaning that marriage entails, making visible all the dignity, tradition and joy everyone feels.

A ceremony's value can't be measured in dollars and cents. It's an investment in meaning.

All human beings have emotional needs and every civilization or culture has its own well-understood ceremonies, from the very simple to the lavish. The quiet joy of a baby's baptism in a local church. The thunderous pomp and circumstance that surrounds the crowning of a monarch. In every case, the value of the social ceremony is not in its costs, but in what it does for people.

What a ceremony does is help our emotional health. Restoring peace and balance. Sharing joy. Confirming the way we belong to others and to common beliefs.

Like all healthy ceremonials, funerals serve a powerfully valuable purpose. A healthy funeral provides a setting where we can easily express our legitimate feelings about the loss of a person who was significant in our life.

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An elaborate wedding ceremony may not be legally necessary, but it serves a most important purpose in the lives of the participants.



What a ceremony does is help our emotional health. Restoring peace and balance. Sharing joy.

A funeral serves as a healthy ceremonial when it helps the individuals in a community accept their far-reaching emotions. It serves healthful ends when it creates an atmosphere that permits facing both personal and social reality in a positive way. Marking the fact of a death through a ceremony involving a group of people makes it increasingly difficult for one or two members of the group to deny it.

This acceptance is a step towards being able to grieve, to begin to recover, and to move on with hope.

A healthy funeral makes it possible for the group to verify its faith in the future by saying to the family, in effect, "We know what is happening to you, for we have been through it ourselves. We know that you can handle the crisis and meet the future, for we ourselves have been able to do so. Our presence at this funeral is verification of your ability to find your way through even so devastating an experience as this." That's powerful stuff, and often just what we need at a time of loss.

The healthy funeral depends less on what is said than on the way the participants, as a group, share an expression of their own experiences, and on

A funeral serves as a healthy ceremonial when it helps the individuals in a community accept their far-reaching emotions.



the way we share recognized, ritualized expressions of faith and feeling. Such expressions vary widely, but their meaning is universally understood and accepted.

This ability to communicate thought and feelings through acts that are commonly understood give the funeral its special value.

Over the years I've identified three psychological imperatives that I believe the funeral has for the mourners. The first is to help enable the frank facing of a painful reality. The second is to help the living realize that they are now separated from the one who has gone, both physically and in the emotions that are no longer dependent on that person. And the third is to set the living in the direction of life.

The funeral offers us a healthy mechanism that our personality uses to cope with a great emotional challenge. The events surrounding our rituals and ceremonies for the one we've lost are, in truth, rituals and ceremonies for the living.

COMFORT FOOD

IDEAS AND RECIPES

Contributed by Bill & Lorna Quine

Comfort foods are the edible equivalent of a warm, familiar hug. And there are times in life when a hug is exactly what we need. These dishes tend to be simple, straightforward fare that use a relatively small number of ingredients, don't take hours in the kitchen and can be made in varying quantities.

The following recipes are at the top of the comfort food list in our household. They use simple, easy to find ingredients. They also reheat and freeze beautifully.

Creamy-Creamy Macaroni and Cheese

Macaroni and cheese may be the closest thing there is to a universal comfort food. This recipe is a bit more work than some, but it is well worth the effort.

- 2 cups elbow macaroni
- 4 tablespoons butter or margarine
- 4 tablespoons all purpose flour
- ½ teaspoon salt
- ½ teaspoon white pepper
- ½ teaspoon Worcestershire sauce
- ½ teaspoon mustard powder
- 2½ cups milk
- 2 cups good quality cheddar cheese, or a combination such as cheddar, gruyere and parmesan to equal 2 cups (grated)

Cook macaroni in boiling salted water. While macaroni is cooking, prepare béchamel sauce as follows. Melt butter or margarine over medium heat, add flour and combine. Cook for two minutes, stirring, before adding mustard and worchestershire. Add milk and bring to a boil, whisking until smooth and thick.

Drain macaroni and return to pot. Add sauce and combine well. Put half of mixture in a greased loaf pan, top with half of the cheese and repeat. Bake in a preheated 350° oven for 40 minutes to one hour, until cheese is brown and bubbly.

Serves six.

Italian Sausage and Peppers

Use hot or sweet sausage in this dish depending on your taste for spice. A good quality bratwurst can also be used. This dish also freezes well.

- 4 Italian sausages
- 1 large green pepper
- 1 large red pepper
- 1 large clove garlic
- 1 15 oz. can crushed tomatoes

Salt and pepper to taste

Brown sausages and remove from pan. Seed peppers and cut into large chunks. Saute in the same pan that you browned the sausages along with the garlic, just until the garlic becomes fragrant. Add the tomatoes, bring to a boil, reduce heat and simmer, uncovered for about ten minutes. Return sausages to the pan, pushing them into the sauce to cover them and cook for an additional ten to fifteen minutes until the sausages are cooked through and the sauce has thickened. Season with salt and pepper to taste.

Serves four or two (generously)!

This can be served on noodles, mashed potatoes, or our favourite – grilled polenta.



Remember Me

Planning Ahead



The idea of memorialization is not new, in fact, it's been around for centuries. Now a new concept in memorialization is gaining favor and with good reason.

More and more people are adopting the attitude that a memorial or monument is just like many other things they can plan for during their lifetime, such as estate planning, life insurance, a retirement fund or funeral arrangements.

Planning your own memorial has many advantages. It's an opportunity to work with your loved ones to tell your story, and to choose from a wide variety of memorialization options available today. Planning ahead can save your family the stress of making these decisions during an already difficult time. And there are also financial

considerations – by planning ahead you can purchase your memorial at current prices and take advantage of financing options.

Who knows your life story better than you? No one! Your life is a collection of experiences and memories that make you unique. Planning your memorial in advance gives you time to ponder about your most significant milestones, activities, and achievements. Time to think about what brought the most joy and meaning to your life. And time to think about how you want to be remembered.

Your memorial speaks best when you guide the choices for wording and design, creating your message for future generations.

Your family will appreciate your guidance in the creation of your memorial. Later, when you are gone, your family will have enough to cope with without worrying about what memorial would be right and what should be put on it. They will appreciate your invitation to join with you in recalling and celebrating the things that meant the most to you and deciding how best to capture those things, forever etched in stone.

Purchasing ahead gives a person, or family, the advantage of purchasing a suitable monument at the current price rather than waiting into the future with the uncertainty of tomorrow's inflation. Your family will not need to deal with the financial burden of a memorial. And also worth considering is that the leading monument companies offer you financing on the purchase of a pre-need monument through an insurance vehicle.

“This free
Planning Guide
put our minds
at ease.”



The death of a loved one can be one of the most difficult things a family has to face. Making funeral and monument arrangements in advance eases the burdens – both emotional and financial – on your family members.

For your copy of the Wishes & Memories guide, call us:
British Columbia: 604-525-8964
Alberta: 888-257-2279
Saskatchewan: 800-661-8959
Manitoba: 888-690-7188

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turned our
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