



Honoring Your Loved One's Memory



As the one-year anniversary of our loved one's passing approaches, it can sometimes bring with it mixed emotions. People are often surprised by how they react to the date. What we've learned over the years is that it's best to plan for the day in advance so that you can make it meaningful for you.

Here are a few ideas to get you started:

Release Butterflies: Take a handful of butterflies to the gravesite or your favorite spot to commemorate the memory of your loved one. You can arrange the purchase of butterflies through a local florist.

Play Their Favorite Song: Listen to your loved one's favorite song or artist. Call the local radio station and ask them to play it in memory of your loved one. You can also post the video of the song to your social media channel as a dedication.

Take the Day Off: If you can afford it, this is a perfect time to take a break from work. Spend the day doing activities that you would have done together. Or, you can just make it a "relaxation" day in honor of your loved one.

Look Through Old Photos: Pull out the old albums and go through the photos. If you have a smart phone, take pictures of your favorites so you can post them online with captions.

Create an Online Memorial: You can share a post, write a blog, or build an online memorial that allows visitors to reminisce and share as well. Check out <https://memoria.com/> as one option

Donate Some of Their Belongings: Are there items of clothing or furniture that could benefit a local family? Contact your local veterans group, Salvation Army, or domestic violence group to schedule a pick-up.

Volunteer Your Time to a Charity: Did your loved one belong to a civic or religious group? Perhaps you can volunteer for the day in their name.

Host a Dinner Party: It is likely that you are not the only person grieving the loss of your loved one. Invite a handful of your loved one's friends over for dinner to commemorate together.

Prepare Your Loved One's Favorite Dish: What was their favorite meal? Make that meal for them in their honor, and invite a few friends over to help you make it.

Take A Vacation: What's on your bucket list? Where did your loved one want to go "one last time?" Take the trip in their honor. See everything through their eyes.

Establish a Scholarship in Their Name: You can pay it forward by contributing to a scholarship fund. You may be surprised by how a seemingly small donation to an organization of your choosing can change a life in the name and memory of your loved one.



If you are grieving the loss of a loved one and need someone to talk to, please know that The Washington Home & Community Hospices is here for you. Feel free to contact our Bereavement Team at any time to schedule a visit.

