

Acknowledging Anniversaries

At Ele's Place we think it is important to acknowledge the anniversary of the date of your person's death. During the school year, you have an opportunity to remember the person who died and commemorate their life by sharing your thoughts, feelings, and memories with your other group members. Since our summer program has a different structure, we encourage you to think about other ways to honor and remember this person. Below is a list of different possibilities. Please remember that there is no right or wrong way to acknowledge an anniversary. What's important is that you do something that feels right to you and your family.

1. Take flowers to the grave site, memorial site, or another place where you go to remember your person.
2. Look at old photos and/or home videos.
3. Volunteer with a charity or cause close to your person's heart.
4. Reach out to someone else grieving the loss of this person via a letter, a card, a phone call, or e-mail.
5. Host a dinner party and invite those who knew your person best.
6. Cook your person's favorite dish, use one of their recipes to prepare a meal, or host a pot luck and ask people to bring a dish your person liked.
7. Light a candle in honor of your person.
8. Visit or spend time in a place where you feel close to your person.
9. Read old notes, letters, or e-mails from your person.
10. Watch your person's favorite movie.
11. Make a mix CD or playlist of music that reminds you of your person.
12. Create a new ritual to celebrate your person's life and repeat it in the years to come.
13. Do something your person would have enjoyed doing.
14. Build a memorial with portraits, personal items, and objects that remind you of your person.
15. Spend time journaling about your person.
16. Plant a tree in your person's name.
17. Celebrate the strengths you have developed as a result of your person's death.
18. Make a keepsake box of things that remind you of your person.
19. Finish a project your person was working on.
20. Continue to work towards a cause with which your person was involved.