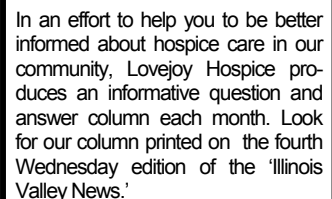


Obituary

**Questions and
Answers**
by Cheryl Valentine
Executive Director
Lovejoy Hospice



Answer: Dr. Alan Wolfelt, a noted grief educator, states that you must honor your pain (as strange as that may seem). People who have experienced the death of a loved one experience grief in ways unique to each individual. Yet it is a common human experience to have a rise in memories that are happy and poignant and sad during times such as holidays, birthdays, or special family events. Sadness and tears give value and respect to the loss of the presence of someone you cared very much for. It shows your capacity for love, and you have permission to love in this way.

Have a gentle and loving holiday. You are loved.

If you have a question about hospice care for the column, please phone (541) 474-1193 or 1(888) 758-8569 or Email me at: christina@loveiovhospice.org

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