



# DAYBREAK

In touch during a time of grief

## Make Every Day Count

*In **Make Every Day Count**, persons who have lost a loved one share their experiences. This month, we include some reflections from Joan K., who established a Tribute Fund to support Advocate Hospice in memory of her sister.*

“When my sister died of cancer two years ago, our family decided to celebrate her memory with a Tribute Fund to support Advocate Hospice. Giving back in this way is something she would have done if she had the chance. Now, when I miss her, I can think of the good we’re doing when we make a gift to her Fund.”

## A Difficult Milestone

You are now approaching a difficult milestone. Soon, you and your family will mark the one-year anniversary of your loved one’s death. As you prepare for this date, you should think back on the past year and all that has been accomplished.

You got through it. You have had a difficult journey through the grieving process, and you should feel a sense of pride in your own personal growth. Think back on the past eleven months and about all that has happened. Jot down your accomplishments, the difficulties you have overcome, and any new goals you have set for yourself in the coming year.

## Prepare to Commemorate the Date

Now is the time to think about whether you want to mark the anniversary date in a meaningful way. Perhaps you would like to join with friends and family in a church service. Many people mark the anniversary with a trip to the cemetery or with the lighting of a candle at home. If writing is a positive outlet for you, this would be a good time to share your memories of your loved one, and your thoughts on the year that has passed with others who are important to you.



*continued on back*

## Giving the Gift of Gratitude

Many families express their desire to give thanks for the care and emotional support they and their loved one received in a variety of meaningful and impactful ways. In addition to a heartfelt thank you to caregivers, families may choose to make a donation to support hospice patients and make every day count.

Gifts of gratitude help sustain vital programs that make this journey a time of peace and comfort for those who need us, regardless of their ability to pay. Your gift to Advocate Aurora Hospice will help support critical programs and services including:

- enhanced bereavement services for loved ones
- recruitment, education and training for our team members and volunteers
- advancements in technology, virtual support and home equipment
- complementary therapies and holistic support to ease a patient's experience

## It's Up to You...

For more information or ways to express gratitude, please contact Tiffany Tannhaeuser at [tiffany.tannhaeuser@aah.org](mailto:tiffany.tannhaeuser@aah.org) or 414-615-5935.

"Hospice caregivers gave me the power and strength I needed; they gave me reassurance, understanding and a sense of security. They were all such amazing people, and I couldn't have done it without them." - Jan, loving wife

## We Are Here To Help

It's important to talk about your loss with compassionate friends and family. Many people also seek the comfort of support groups during this difficult time. The Daybreak Bereavement Program, provided by the hospice services of Advocate Aurora Health at Home, offers a wide range of opportunities for individual or group support. For more information, or talk to a bereavement counselor, please contact:

- Illinois 800-813-5185
- Wisconsin 800-862-2201