

WAYS TO KEEP ALIVE THE MEMORY OF A LOVED ONE

1. Talk with your family about the person you lost. Remember and laugh about the things he or she did. Come up with traditions to honor them.
2. Write a letter to the loved one. Explain what the person meant to you. Keep your loved one's photograph near your letter.
3. Take up a hobby or activity that reminds you of the person you lost.
4. Plant some bulbs in the person's memory that will bloom each spring.
5. Keep a collection of things that you and the person shared together.
6. Do a good deed in the person's name. If the person died from a disease, you might join in a money-raising activity—like a walkathon—for a charity that is working to find a cure.