

## *If people ask, "What Can I Do?"*

**Child and pet care.** Pick up kids from school or babysitting, walk the dogs, clean out the litter box, not just for the next days but also in the coming days and weeks when you need to spend some time alone to grieve.

**Meals.** Ask those who want to help with meals to spread their help out over the weeks (or even months) to come. It will be more useful to you than a lot of food all at once right now. Also, ask people to put small servings in a Ziploc freezer bag with a label and date.

**Paper Products.** You may have multiple people visiting and supporting you. This is not the time to worry about dishes. Give yourself permission to use paper plates, utensils and cups. Let others provide these materials.

**Home maintenance.** Help with grocery shopping, organize the mail, assist with the laundry and keeping the house clean. For many people, less clutter means less stress during an already overwhelming time period.

**Yard work.** Rake the leaves, clear the sidewalk, mow the grass, shovel the driveway. This will relieve you of some strenuous activity and reduce some of the stress of cleaning your home.

**Driving.** Dropping off and/or picking people up from airports, funeral homes, motels, etc. You may want someone to drive you as well as concentration may be impacted.

**Referrals.** Have others help find references for doctors, therapists, funeral homes, flowers, etc.

## *Fayette County LOSS Team*

**Please accept our deepest condolences in the loss of your loved one.**

**Our group consists of agencies and people from the community.**

**Many of our members have lost a loved one.**

**We are here and would like to help you with your journey to find resources and hope.**

**Please remember, you are not alone.**

You can begin your journey in many different ways. After a difficult loss, it may feel selfish or silly to take care of yourself..... please know that it is neither selfish nor silly in any way.

Please remember to try and live each day as normally as possible:

**Support System:** contact those who support you for fun or just to chat.

**Daily Living Activities:** fulfill something from your To-Do list (don't beat yourself up if you don't get to everything).

**Physical Health:** try to have a regular bedtime routine, eating schedule, and get your heart rate up.

**Productive/Creative Life:** do something today that gives your life meaning.

## *Come Join Us*

Come share with others who have suffered with the grief, the misplaced shame, and the misplaced guilt...

- ◆ Receive comfort and encouragement.
- ◆ Benefit from understanding in a non-judgmental way.
- ◆ Don't bear the pain alone. We know the hurt.
- ◆ If you offer support, compassion, and encouragement to others, they will offer you the same.

Caring Connections Support Group meets every 3rd Thursday of the month in the back dining area of the Uniontown IHOP from 6:00 p.m.—7:30 p.m.

\*No Meeting in December

You may RSVP to: Regina Donkers  
724-425-2441

Or just come if you feel the need, someone is always there.

IHOP, Uniontown  
Fayette Crossing  
702 Walmart Dr.  
Uniontown, PA 15401

