

TRANSITIONS

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the importance of the eulogy by Andrea Ruggieri



*Happy
New
Year*

The idea of delivering a eulogy for someone who passed, and you deeply cared about may seem like a formidable task. As you begin to get words down, emotions are running high and will likely topple out!

This task will re-invigorate your feelings of loss, tears may come. On the other hand, maybe you find yourself laughing out loud at memories you thought you'd forgotten. It may be confusing, but it's okay. Everything that you are feeling is valid.

So why do we put ourselves through this? First and foremost, though it doesn't seem like it at the time, delivering a eulogy is a helpful part in acknowledging a death. Acknowledgement says, "it happened." Talking about their life encourages you to take those first steps in healing. The words in a eulogy encourage you to reflect and appreciate your loved one and this can be very therapeutic in turn. When we face those emotions, we begin to discover how to evolve to a new normal.

The definition of the word eulogize is simple, it means: "to speak or write about - to praise." In our act of giving praise for a life well-lived we honor them. Words in a eulogy give the deceased a proper "nod" to the life they lived and everything that entailed – that their life was meaningful, they had connections, they were important. Eulogizing helps us celebrate who they were and that their life mattered. It also provides a narrative to those there supporting you who didn't know them as intimately as you.

As you go through the motions, you may realize that preparing a eulogy is a burden worth bearing. As Nelson Mandela so poignantly stated, "It always seems impossible until it's done." This statement reminds us to persevere and be compassionate, no matter how hard the task. Though difficult, it gives you a very deliberate moment to say goodbye to your physical connection and begin on the path to a spiritual one.



Tips on writing a eulogy: untanglegrief.com/how-to-write-a-eulogy/


Bartolomeo & Perotto
FUNERAL HOME, INC.
A Life Remembered, Lives On.
bartolomeo.com

Greece, NY
(585) 720-6000


Walker Brothers
FUNERAL HOME, INC.
A Life Celebrated, Lives On.
walkerbrothersfh.com

Spencerport, NY
Churchville, NY
(585) 352-1500

keeping vitality in your golden years

by Andrea Ruggieri



“I’m 80 and I never felt more alive!”



“I’m 80 and feeling depressed and lonely.”

In navigating the latter part of life, the perspectives vary. We can hope for the former, but it requires some intention. I think many of us still feel youth inside us even though our bodies and health are changing with age. You may feel this frustration well before you hit 80. We can’t stop our bodies and minds from aging, but we can be purposeful in caring for both!

Keep up with relationships

Never give up connections with those you care about. Your family and your friendships are a large part of what colors your world. Continue to find things to do with “your people.”

Sleep

Sleep patterns change, but if you find you are getting very little sleep, don’t ignore it. Talk with your doctor to find a solution!

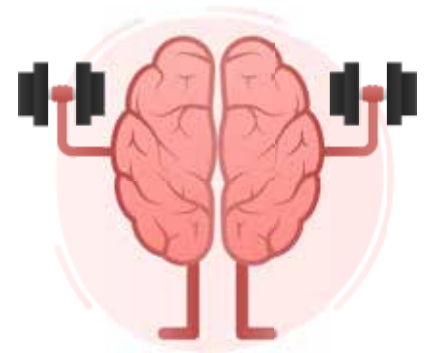
Don’t miss those doctor’s visits

For as much as they increasingly take over the calendar in the elder years, being evaluated at least annually keeps those health concerns manageable with medical care. Just go!

Your brain is just as important as your other organs

It is an organ, but also theoretically a muscle that needs to be exercised regularly! The brain needs stimulation to stay healthy. Being purposeful in lighting up the neurons should be an important daily ritual. There are many ways to help keep your brain able-bodied and fit:

- *Visit with friends*
- *Play games*
- *Learn a new skill*
- *Mentor someone*



Eat well

By rounding out a well-balanced diet with nutritious foods, your body has the building blocks it needs to function better and resist age-related breakdowns. Foods high in antioxidants often are also high in fiber and low in fat and cholesterol, as well as a source of a variety of vitamins and minerals. As suggested by the Mayo Clinic, here are some antioxidant-rich foods:

- *Whole grains – top winners: buckwheat, millet, barley*
- *Nuts, Seeds – top winners: walnuts, pecans, sunflower seeds*
- *Tomatoes – cooked is best, or raw*
- *Sweet Potatoes - cooked*
- *Yellow and Orange vegetables - cooked together*

- Carrots, red/green peppers, kale, spinach, broccoli - cooked
- Blueberries, blackberries, raspberries, strawberries, cranberries - fresh or frozen
- Green or black tea, coffee (in moderation), fruit juices like orange, cranberry, tomato, pink grapefruit, mixed berry, beet, pomegranate, green juices made from spinach, kale or cucumber
- Red wine, beer (in moderation)

If you're ever in doubt, plant-based foods come out on top as an amazing source for antioxidants. So reach for those fruits and vegetables, nuts, seeds, herbs, spices and whole grains!

(For more detailed information, visit information source: [mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/add-antioxidants-to-your-diet/art-20546814](https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/add-antioxidants-to-your-diet/art-20546814))

Practice balance

You may find that keeping rooted to the ground as you age is not as easy as it once was. Practicing balance becomes more important to help prevent injury from falling. The injuries that result may change your lifestyle in ways you don't like. First, keep moving! Take walks, swim, try yoga – it doesn't need to be vigorous, but moving is key. Balance exercises can help with flexibility and strength, but these types of exercises are best if supervised.

(For more detailed information, visit information source: [aginginplace.org/top-10-elderly-balance-exercises-to-improve-balance-and-coordination/](https://www.aginginplace.org/top-10-elderly-balance-exercises-to-improve-balance-and-coordination/))



Safety first

Whether there is physical or mental decline, thinking about safety becomes important. This may be a hard pill to swallow, as no one likes to admit to infirmities as we age. It's best to move past this and avoid a hospital stay or lifestyle change! Reduce the source of falls by getting rid of clutter, throw rugs or anything that could be a trip-hazard. If driving becomes a danger, let it go and let friends and family chauffeur you!

Scams and fraud are at an all-time high and the elderly are a target. The days you may remember of trusting almost anyone is not the case anymore. If there is a phone call, text or email from someone you don't recognize, their intentions could be nefarious. Whatever the source, it's best not to give out personal information unless you are 100% certain they are who they say they are. Get out of the habit of clicking on links in emails/texts and end phone calls when you don't know who you're dealing with. Ask someone you know and trust if you are unsure.

Estate and Funeral Plan

Not everyone is a planner, but getting your affairs in order and preplanning your funeral are two gifts you can give your family. This will eliminate legal complications and allow your family to focus on celebrating your life!

Purpose

At any age and with any limitations you may have, still try and find things that bring you purpose. The meaningful things you engage in will evolve according to what you are capable of. Just don't give up on finding your purpose!

help your grief



local support groups - Rochester, NY

University of Rochester Medical Center

UR Medicine Home Care, 2180 Empire Blvd. Webster

Mondays at 1pm. This group [provides support to young adults who have lost a spouse/significant other](#). Facilitated by Michele-Allman, LMSW VNS Bereavement Coordinator

UR Medicine Home Care, 2180 Empire Blvd. Webster

Tuesdays at 11am. This group [provides support to anyone who has experienced a death of a loved one](#). Facilitated by Michele-Allman, LMSW VNS Bereavement Coordinator

St. Thomas More Church, 2617 East Ave. Rochester

Wednesday at 2pm. This new group [provides support to anyone who has experienced the death of a loved one](#). Facilitated by Nora Fennessy

St. Thomas More Church, 2617 East Ave. Rochester

Tuesday Evening at 6pm. This group [provides support to anyone who has experienced the death of an adult child](#). Facilitated by Bonnie Serio

Zoom Meeting: Tuesday at 6pm Group [provides support to anyone who has experienced the death of a parent](#). Facilitated by Maura Hollaran

Questions | Make Reservations

- Call Michele Allman (Monroe County), LMSW at 585-274-4069. One to one supportive counseling is also available.

Rochester Regional Health

BEREAVEMENT GROUPS for people who've lost a loved one (any relationship, any time). No fee.

- Please call the Center for Compassion and Healing at 585-475-8800 to register for all of support groups.

HEALING AND HOPE

Every Thursday, 5:30-7pm. Meets at the Center for Compassion & Healing, 45 Goodway Dr, Rochester

WESTSIDE GROUP

2nd & 4th Tuesdays, 5:30-7pm, Gates Presbyterian Church, 1049 Wegman Rd, Gates

DAYTIME/WESTSIDE GROUP

2nd and 4th Fridays, 1-2:30pm, John Knox Presbyterian Church, 3233 W. Ridge Rd., Greece

SURVIVING SPOUSES BEREAVEMENT GROUP

8-week series for widowed men and women. **Offered five times a year, and meets Wednesdays 5:30-7pm.** Call for more information and to register. \$49 donation requested for the series.*

DAYTIME SURVIVING SPOUSES GROUP (SENIORS)

Meets 1st and 3rd Mondays, from 1:30-3:00 p.m. No fee.

JANUS GROUP AND "AMONG FRIENDS"

For surviving spouses who have completed 8-week series. JANUS & "Among Friends" offer a continuation of grief work. \$5 donation requested per session.*

YOUNG WIDOWS/WIDOWERS BEREAVEMENT GROUP

Surviving spouses ages 20 to 45 meet **1st and 3rd Tuesdays at 6:30-8pm** at the Center for Compassion and Healing, 45 Goodway Dr, Rochester. \$5 donation to hospice requested.*

YOUNG ADULT PARENT LOSS GROUP

For [young adults approximately ages 18-35](#). **Meets 2nd and 4th Tuesday of each month, 5:30-7pm** No fee.

STANDING TALL: A VETERANS SUPPORT GROUP

Facilitated by Veterans for [Veterans who have lost a love one of any relationship](#). Meets the **2nd and 4th Mondays from 1-2:30pm**. No fee.

PARENT LOSS BEREAVEMENT SUPPORT GROUP

For [adults who have lost one or both parents](#). Meets **1st and 3rd Tuesdays, 6:30-8pm**. \$3- \$5 donation requested.*

A CARING PLACE

Professionally-led, [age-related structured sessions for children, teens and their parents or guardians](#). **Offered several times a year.** Suggested donation of \$10 per family.***Call 585-214-1414 to register.**

BREAKFAST AT BAYFRONT

This group gathers the **1st Tuesday of each month at 8:30am**. at Bayfront Restaurant on Empire Blvd.

WRITING: A WAY THROUGH GRIEF

8-week series offered twice a year. [No writing skills necessary and topics will include tips on journaling, reprints and suggested books](#). \$5 donation requested.*

HEALING AFTER SUICIDE LOSS

Meets 1st and 3rd Tuesdays, from 6:30-8:00 p.m. No fee.

HEALING AFTER LOSS FROM ADDICTION OR OVERDOSE

Meets 1st and 3rd Thursdays from 5:30-7p.m. No fee.

Wayne and Seneca County Support Groups

STEPPING STONES

Professionally-led, [age-related structured sessions for children, teens and their parents or guardians](#). **Next series begins in February on Tuesday evenings.** *Call 585-214-1414 to register.

NEWARK SUPPORT GROUP

Meets on the **1st and 3rd Thursdays each month from 6:30-8:30pm**. Lifetime Care Office, 800 W. Miller St., Newark

ONTARIO SUPPORT GROUP

Meets on the **2nd and 4th Thursdays each month from 6-8:00pm**. Located at St. Maximilian Kolbe Parish of St. Mary's on the Lake, 5823 Ontario-Walworth Rd.

WATERLOO SUPPORT GROUP

Meets on the **2nd and 4th Mondays each month from 7-8:30pm**. Located at the Seneca County Office for the Aging, 2465 Bonadent Drive, Suite 4.

**for updated information: call or visit University of Rochester Medical Center or Rochester Regional Health, bereavement page on websites.*