

TRANSITIONS

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“what is a friend? a single soul dwelling in two bodies” - Aris-

Losing a lifelong friend to death is a kind of grief that reshapes the landscape of the heart. It is not only the loss of a person, but the loss of shared history, private language, and a witness to who you once were. A lifelong friend knows the chapters of your life that no one else has read so closely, and when they are gone, those chapters suddenly feel unfinished.

Such a friendship is often built quietly over years—through childhood mischief, awkward adolescence, early dreams, and adult disappointments. Memories are layered one upon another: laughter that required no explanation, arguments that ended without apologies, and long silences that were never uncomfortable. When death takes that friend away, even ordinary moments become heavy. A song on the radio, a familiar joke, or an old photograph can reopen the wound without warning.

The pain is often complicated by disbelief. It feels impossible that someone who has always existed alongside you could simply stop. You may find yourself reaching for your phone to share news, only to remember there will be no reply. Grief comes in waves—sharp one moment, dull the next—and there is no fixed timeline for learning how to carry it. People may expect you to “move on,” but losing a lifelong friend is not something you move past; it is something you learn to live with.

Yet within the sorrow, there is also gratitude. To have known such a deep, enduring friendship is a rare gift. The influence of that friend does not vanish with death; it lives on in habits you picked up, values you share, and stories you continue to tell. Honoring them may mean speaking their name, laughing at old memories, or becoming more fully the person they believed you could be.

In time, the ache softens. The loss never disappears, but it changes shape, becoming a quiet companion rather than an overwhelming weight. Love, after all, does not end with death—it simply finds a different way to be present.



Related articles: <https://whatsyourgrief.com/when-your-best-friend-dies/>
<https://healgrief.org/grieving-the-death-of-a-friend/>

Resource: ChatGPT, December 16, 2025


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FUNERAL HOME, INC.
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bartolomeo.com

Greece, NY
(585) 720-6000


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(585) 352-1500

best practices to curtail your dementia risk

With our one given life we hope to live it to the fullest, however just like most things go, this doesn't come without tests. Finding balance is key so that we can move forward and enjoy life.

by
Andrea Ruggieri

In reading on the topic, the themes are uncommonly common from one source to another. Many of them you've undoubtedly heard before. "Repetition is the mother of learning, the father of action, which makes it the architect of accomplishment" - a quote from author and speaker, Zig Ziglar. So let's refresh through repetition and maybe learn a new thing or two!

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." Isolating yourself can lead to depression and increase your dementia risk.

Long-term health conditions management

Simply put, manage any and all persisting health conditions continuously, with the help of your healthcare professionals:

High Blood Pressure | Diabetes | Cholesterol | Obesity... etc.

Eat Well! Eat whole foods

The Mediterranean diet is heart-healthy eating which underscores vegetable, fruits, whole grains, beans, nuts and olive oil and moderate fish. The focus is on whole foods and staying away from processed foods. It helps cognitive function!

Stop smoking - Drink less alcohol

Smoking impedes blood circulation to the body and more importantly, the brain. Regular, heavy alcohol intake inundates your brain with harmful chemicals. Ironically, these suggestions are "no-brainers," so start new commitments for yourself!

Exercise, Exercise, Exercise!

Aerobic activity: dancing | cycling | vigorous walking... Add some weight training a couple times a week, and it will help your overall well-being.

Practice balance

Yes to yoga! Some studies have shown that adding balance practice to your health discipline also nourishes the brain.

Protect your head!

Sounds crazy, right?! Well, it's not - traumatic brain injury sites can become the starting point for Alzheimer's disease. The injury often encourages the growth of substances that cause the disease. This knowledge strengthens the case for the use of helmets in contact sports!

No matter what your age, take care of your eyesight and hearing

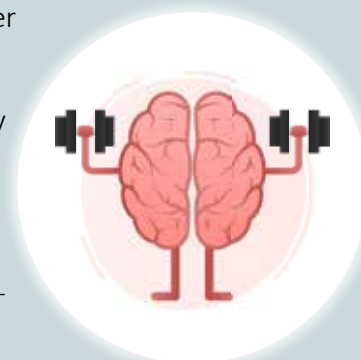
Don't ignore your imperfect eyesight- this can actually increase your risk of dementia. Hearing loss has been shown to be related to your dementia risk factor as well. Wear your hearing aids! Doing this may decrease your risk.

Air pollution

Some air contaminants have been correlated to an elevated risk. This is another reason to support better environmental ethics.

Now that your brain is refreshed with how you can help yourself, why wait? Start the new year with new routines, and keep repeating.
Here's to your health!

Resource: Alzheimer's Society | www.alzheimers.org.uk/about-dementia/managing-the-risk-of-dementia/reduce-your-risk-of-dementia





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Coming Soon

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resources for your **grief**

When enduring your loss, Bartolomeo & Perotto is here for you.

Though grief never truly ends, it does change with time. We hope that you will find relief with the provided resources below.

Online Grief & Healing:

- bartolomeo.com/grief-healing-help/
- centerforloss.com/grief/grief-mourning-basics/

Local Grief Groups:

- Griefshare.org

URMC:

- urmc.rochester.edu/home-care/hospice-care/bereavement

RRH: (See: "View a list of our current support groups")

- <https://www.rochesterregional.org/services/hospice-care/our-services/bereavement-services>

Substance-Related Loss:

- monroecounty.gov/addiction-grief-support

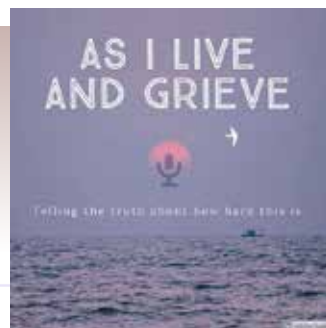
Find a Book:

- centerforloss.com/bookstore/

Grief Podcasts:

As I Live and Grieve Podcast:

- buzzsprout.com/1456690



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