Twelve tips for doing right things around those grieving

The holidays are quickly approaching, and while many people look forward to yearly traditions, to the gatherings with family and friends and to the general good feelings associated with the season, some people dread the holidays.

For those who have lost a loved one during the past year, the holidays may emphasize their grief.

The holidays, especially the first ones after losing a loved one, are especially difficult for those who are grieving. Often, friends and family members of those affected by a loss are unsure how to act or what to say to support their grieving loved one during the holidays.

Many people are not aware that Hospice Services is a valuable resource that can help people who are struggling with grief and loss. Hospice Services provides bereavement support to the families served by hospice and also offers services to other members of the community

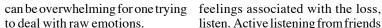
To help a grieving loved one during the holidays, here are 12 tips for saying and doing the right things:

1. Be supportive of the way the person chooses to handle the holidays. Some may wish to follow traditions; others may choose to change their rituals. Remember, there is no right way or wrong way to handle the holidays.

2. Offer to help the person with

hospice services inc.

end-of-life care



- 3. Offer to help him or her decorate for the holidays.
- 4. Offer to help with holiday shopping or give your loved one
- that may be helpful. 5. Invite the person to attend a religious service with you and your
- home for the holidays. 7. Help your loved one prepare
- and mail holiday cards. 8. Ask the person if he or she is
- interested in volunteering with you during the holiday season. Doing something for someone else, such wrong thing, because making an as helping at soup kitchens or working with children, may help your loved one feel better about the holi-
- memory of the person's loved one. volunteers offer care and comfort to Remind the person that his or her special person is not forgotten.

10. Never tell someone that he or baking and/or cleaning. Both tasks give the person hope that, eventu- services are available at home or in

again.

11. If he or she wants to talk about the deceased loved one or

listen. Active listening from friends is an important step to helping him or her heal. Don't worry about being conversational — just listen. 12. Remind the person you are

catalogs or on-line shopping sites thinking of him or her and the loved one who died. Cards, phone calls and visits are great ways to stay in

In general, the best way to help 6. Invite your loved one to your those who are grieving during the holidays is to let them know you care. They need to be remembered, and they need to know their loved ones are remembered, too. Friends and family members should never be afraid of saying or doing the effort and showing concern will be appreciated.

Hospice is a philosophy of care for patients with life-limiting illnesses. 9. Donate a gift or money in A team of professionals and trained patients and their families when a cure is no longer possible.

Fully covered by Medicare and she should be "over it." Instead, most insurance companies, hospice

will enjoy the More information is available loholidays cally from Hospice Services, Inc. 8898. (785-543-2900 or 800-315-5122) or from the National Hospice and

ing the HelpLine at 1-800-658-

Palliative Care Organization's Web Inc., Box 116, Phillipsburg, Kan.

ally, he or she a facility such as a nursing home. site, www.caringinfo.org or by call- 67661. Contact her or Julia Schemper at 800-315-5122. Hospices serves northwest and Written by Sandy Kuhlman, ex- northcentral Kansas and has been ecutive director of Hospice Services providing end-of-life care for more



CHRISTMAS SALES

Come in and see us at Taylor Motors, we have an excellent collection of preowned vehicles to chose from.

Bring the above Taylor Motors' "Big Buck" and receive an additional \$500 off any pre-owned vehicle.

Sale runs from December 5th through December 31st.

Bus: 800-(834)-2338 Bus: (785)-460-3317 Fax: 785-(460)-3983

Terry Bahe, Sales Chevrolet ~ Buick ~ Cadillac ~ Dodge ~ Jeep 1000 Taylor Ave ~ Colby, KS 67701

www.taylor-motors.com

Res: (785-890-6393 Cell: (785)-821-2844 terryb@taylor-motors.com

The Goodland Star News Service Directory 785-899-2338

Your KEY to business success.

Have your name up front when a customer needs you.

Repetitive advertising is the key to opening the door to new customers.

A reminder about individual health insurance. A "take your pick" reminder.

"Seek Shelter Today!"

Jim Alcorn, Agent 1624 S. Main Street

Goodland, KS 67735-0727

Business: (785) 899-2553

Home: (785) 899-3974

www.shelterinsurance.com

LIFE · HOME · CAR · FARM · BUSINESS

A Health Savings Account combined with a High Deductible Health Plan from American Family may lower and where to spend your health care dollars—while the dollars you don't spend accumulate tax-free. To learn more call your American Family agent today. So you can check

© 2005 Policy Form H-600 001740 - 7/0

about the 900 lb. Gorilla? Call for details! 899-

Have you heard

Knott Just Books has gone online

Order at knottjustbooks.spreadtheword.com or call Linda at 785-890-6444

Reading — a part of life!

Combined rates are available to feature your services in the **Star-News and The Country Advocate. Let Advertising work**

Call Mona or Yvonne Goodland Star-News

for you!

785-899-2338

American Financial Group

"Investments for a Better Tomorrow"

Stock market have you SCARED? See us for Alternative Investments!!!

www.lamerican-financial.com

Sheryl Davis

Registered Representative 1109 Main • Goodland, Kan. • 785-890-6942

Ringneck Country

Dealer for Black Gold

and National dog foods.

of dog training supplies.

Rex and Sandi Murray

www.ringneckcountry.com

785-899-5882.

We also provide a full line

Mike van Maarth Registered Principal 470 14th St. • Burlington, Colo.

• 719-346-9435

Ringneck

HEALTH **INSURANCE OF WESTERN KANSAS**

AFFORDABLE

Major Medical Coverage Let us shop for you! Toni Eder, Agent (Thispensor)

1-877-587-2535

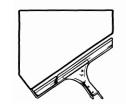
v & D Builders Michael Downing

General Contractor

Concrete Work • Patios & Decks

 Garages & Etc. · Remodels & Additions ·

785-626-3529 or 785-626-0060



NEW SYSTEM WINDOW

Schedule your Fall cleaning

650 N. Grant Colby, Kan.

Commercial - Residential Free Estimates

785-462-6995 or 1-800-611-6735 Serving NW Kansas & Eastern Colorado

Chris & Beth Lewon • "We do windows"

Brandon's Carpentry **Drywall • Painting • Flooring • Roofing** Doors • Windows • Siding • Decks • Ramps **Small Building Construction • Garages and More**

BRANDON LEE St. Francis, KS 67756

Serving the tri-state area.

Drop off at our location or we can steam clean at your location Truck Lettering 800-886-2423

Carpet and Upholstery Steam Cleaning Specialists!

Call for This Month's Steam

Cleaning Special!

785-462-8313 · Cell: 443-1091

Toll Free: 1-800-473-4138

Commercial and Residential Carpet Office and Dining Room Chairs

Recliners - Sofas - Autos

AWARD WINNING SIGNS AND PINSTRIPING SINCE 1974

Hot Brush

204 W. 4th Box 309 Bird City, Kan. 67731

This space could be yours! **Call Mona or Yvonne**

Goodland Star-News 785-899-2338

Residential & Commercial

DUNO

Local DURO-LAST Contractor

Murray Roofing

740 E. 4th Colby, KS 67701

® Duro-Last Roofing, Inc.

FREE ESTIMATES

800-794-3204

785-462-6908

Jeff Dreiling/Sales

unique medical situations requiring unique medical solutions.

Customized

patients with

prescriptions for

Bison Rx compounding & Therapy

James E. Hampton, RPh, PCCA Member

Atwood, Kansas 67730 (785) 626-3237

Bison Rxcompounding@atwoodtv.net

(785)332-3370

Cell: (785)332-5264

416 State Street, Suite A

(800) 696-3214