

Holmes Shirley Law Newsletter

Grief, Loss & Love - Legacies and Resources

October 2014

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OFFICE HOURS:

The Castle Rock Office is
regularly open as follows:

Mondays 9am - 4pm

Tuesdays 9am - 4pm

Thursdays 9am - 4pm

Fridays 9am - 4pm

Wednesdays, Evenings &
Weekends by Appointment
Only

Dear Reader,

Humans by nature are loss averse, and the death of a loved one is one of the hardest losses each of us face. Doing estate and business succession planning, I help others prepare for this every day.

And yet the recent death of a client made me acutely aware of life's fragility and how much small acts of kindness, shared stories and memories, and personal connections can touch your heart in ways you aren't always consciously aware of. His death reminded me that grief isn't a neat linear process but unique to each of us and our relationship with who or what we have lost. It can be triggered by a scent, a seemingly familiar gesture or a date each year on a calendar.

In sharing about our loss(es) and resources, Kari and I have found some comfort and healing. We hope you too will find something useful to help with your own grief or to share with someone you know struggling with it.

warmly,
Karen

A Five Year Tribute from a Daddy's Girls

by Kari Simons

Wills, Wealth & Wellness

October 20th 6:30pm
Wealth Protection

Please join me, along with Susan Trost & Dr. Joe Schmitt for the second in this free monthly community educational series. Come for a jam-packed hour of important information & strategies to help you protect your wealth, health and family.

Learn more on [Rock'a My Baby's Facebook Page](#) and rsvp there or by calling 720-883-2133. Childcare (by request) and tasty treats from Cookies'n Cream will be provided.

UPCOMING EVENTS

Oct. 22nd: Digital Assets Planning w/ Shane Philips & Karen Shirley, Widow and Widowers Group, [Heartlight Center](#)

Oct. 25th: [Miller Activity Complex \(MAC\) Grand Opening](#)
8am-6pm Free Activities
All Day

Oct. 31st: Trick Or Treat Street,
2-5pm Downtown Castle Rock
Join me at [Rock'a My Baby](#) for a photo booth, treats



September 30, 2014 marked 5 years since my dad's death and this year, as happens every year at this time, I find myself reliving the emotions I had on the day he passed.

On the anniversary of the day he died, I give myself permission to be as sad as I want to be. On his birthday and other holidays, I remember all of the fun things we did and traditions we created as a family but I give myself September 30 to really just be sad.

As an only child, I was particularly close with my dad and looked up to him as any "daddy's girl" does. So losing him literally shook my world and made me question how things could possibly go on without him. When he died, I was engaged and about 10 months from walking down the aisle.

The first few days after he died, everything was pretty much a blur. Family friends brought over precooked meals so that my mom and I could just reheat food when we felt like eating. People sent condolence cards and often included a memory of my dad, which was great because they were oftentimes stories I'd never heard.

My mom and I both met with a grief counselor for several weeks (even longer in my mom's case). I think that was extremely beneficial in order to make sense of all of the emotions we were feeling at the time but also because the counselor helped prepare us for what we would feel in the future.

Two very close friends of mine also lost their fathers at a young age and shared some helpful ways to deal with what I was feeling.

One told me to allow myself to feel whatever I was feeling no matter where I was. So, on multiple occasions, I would be somewhere and something would remind me of my dad. Rather than try to hold back

and Halloween Fun

November 5th:
Estate Planning Basics
9:30am [Cookies & Crema](#)
4282 Trail Boss Rd, Castle
Rock, CO

November 20th:
Kids Protection Planning
Seminar for [Moms Club of
Castle Rock](#)

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what I was feeling, I just allowed myself to cry. It really helped to just let it out right there in the moment.

My other friend encouraged me to look for things that reminded me of my dad, even if at first it made me sad. She said that it was her way of keeping him with her and after a while, the sadness turned into a smile. I still do this and actually look forward to finding things that remind me of him.

How I deal with grief has changed in the 5 years since my dad died. I have learned that everyone deals with loss in their own way and I shouldn't be hard on myself for still having sad days. It's never easy to know what to say or do when someone you know experiences a loss but in my opinion it's important to continue to ask the person how they are doing not just in the immediate days following the loss, but for months and years to come.

When my friends ask me how I'm doing, I am happy to share all of the ways in which my dad's legacy lives on. Although I miss him every day, I am incredibly thankful for my two beautiful kids who each possess some of his traits and my son who carries on his name.

GRIEF RESOURCES

There are lots of resources available to assist those dealing with grief, but often it is taking small actions that can be helpful to those grieving. A few of our favorite tips are:

(1) Check in regularly. Specifically, put on your calendar time after the funeral to call, stop by or see if they want to get a cup of coffee/tea or see a movie.

(2) Listen. In expressing sympathy, we often forget to simply ask, how are you and listen to the response. You cannot take away their pain and often, with the best of intentions, our words of condolences hurt.

(3) Offer to do something very specific. Telling someone to call if they need anything or that you are there to help is just vague enough that someone grieving will be unlikely to reach out, especially if/when they are struggling the most. Instead, offer to come walk the dogs on Friday morning, take the trash out Tuesday, or bring dinner on Sunday.

(4) Ask if they want to share memories. When someone dies, it is often healing to share memories or stories and simply to hear a loved one's name and know they have touched others' lives. This is individual to each person, however, but asking shows you care and are thinking of the loss.

For other tips click: [20 Helpful Tips for Grieving & Loss](#)

Here are a few organizations we have also found helpful:

- [The Heartlight Center](#)

This Colorado based non-profit provides affordable grief support and education for adults in our community who are experiencing the pain and sorrow following the death of a loved one. They also have children's grief support available through the [Starfish program](#).

- [Legacy Hospice](#)

While most individuals think of hospice as only covering end of life care for individuals and families, the good providers - like Legacy - also provide on-going grief assistance for the families.

- [Rainbow Bridge Pet Loss](#)

This is an online community supporting those who have recently lost a pet. We found the "I Miss My Pet" workbook for kids to be helpful when we lost one of our cats last December and in discussions around our aging dog.

Most of my new business comes from referrals from happy clients or other professional advisors. This month I would like to take a moment to thank the following individuals for giving my name to their family, friends or clients:

Kathleen Holmes

Susan Trost, Modern Woodmen

Kathryn Truax, Wells Fargo Advisors

