

Chapter 1 : Keeping A Memory Alive Quotes, Quotations & Sayings

Alive in Memory is a grief-support site created by individuals experiencing grief due to the loss of a loved one. Articles and content are based on personal experience and intended to provide a sense of understanding and community for those experiencing grief.

I cannot share your grief, because no one could share mine. When one of your children goes out of your life, you think of what he might have done with a few more years, and you wonder what you are going to do with the rest of yours. And, perhaps, that is the reason for it all. After her passing, I realized I had two choices. I could focus on the terribleness of the day, the what ifs, the pain—or I could focus on the amazing memories she gave us, the indelible things she taught us, the joy she brought us. I chose the latter. My husband and I took a long car ride to visit family for the Thanksgiving weekend, just days after she left us. Miles and miles of numbness. Staring out the window wondering—“how did this happen? It all felt so incredibly unfair. It was on this car ride that we began thinking about how to honor her life. With her fourth birthday approaching the following April, we knew we wanted to do something special. Something that would be a celebration. Something that would bring joy to all who knew her. So, we decided, what better way to celebrate Sadie than to share random acts of kindness. Each team was challenged to perform as many acts of kindness as possible in a three-hour time frame. Some of the tasks included writing a letter to a soldier, paying for the person behind you in the drive-through, and donating items to an animal shelter. Click here to download a copy The story was picked up by bloggers , local newspapers , a website titled The Mighty , and even Khloe Kardashian true story. While the acts of kindness will never replace the hole in our hearts, they help to bring joy in. We parents of children who are medically complex travel a challenging path. Some call it chronic sorrow—a pain and loss that never subsides. Sadly, many of us will lose our children before they lose us. We celebrate the short life of Tess Gary first by talking about her on a regular basis to our other two children, especially to her identical twin sister, Kate. Tess was such a fighter, with clear determination and we compliment these same traits in Kate. Through the primary nurses who took such wonderful care of her, we became connected with a non-profit organization— Bee Mighty. Bee Mighty provides funding for medical therapy and equipment to Neonatal Intensive Care Unit NICU graduates and helps close the gap between needed therapies and the amount which insurance covers. Had Tess lived, she would have needed a lifetime of care and we could have benefited from Bee Mighty. Some of the families served by Bee Mighty unfortunately experience the loss of their child and we have been able to share our experience with them to help them in their grief process. The Tess Gary Memorial Scholarship Fund provides funding for students to receive a high quality undergraduate education and she will forever be known to those students who received scholarship awards in her name. Daily, through my work with Normal Moments, a nonprofit founded in her memory to support parents with critically ill children. Normal Moments helps to alleviate home stresses by providing services such as house cleaning and yard maintenance so parents can spend as much time as possible sharing normal moments with their child. Because, in her final days, Melissa went through septic shock with cascade failure of all of her organs, I donated a kidney to a child with polycystic kidney disease. I am still at a loss. However—and of course—we must go on. And going on requires honoring Danny. I talk about Danny—“inject him—“here and there when the moment is right. Emma passed away in the month of December, shortly before her eighteenth birthday, and every year before the holidays I schedule a solitary, two-day retreat at a nearby state park. Those two days are spent remembering, writing, reading, looking through photograph albums, and quietly celebrating her life. Just as each of our children are unique and different, so are the many ways in which we remember and honor them. A Life Unseen Author: Sadie was born on April 29, and earned her angel wings on November 19, Cathy is a freelance writer, grant writer and researcher. To learn more about Sadie and her adventures visit her blog at [http: Articles in This Edition](http://Articles in This Edition).

Chapter 2 : Remembrance Quotes (quotes)

The Crow Wicked Prayer Music. Our new desktop experience was built to be your music destination. Listen to official albums & more.

Unlike all of your brothers, who arrived in some form of chaos, you made a graceful entrance. Not too long; not too short. You were the only one who allowed me the comfort of an epidural. You came with a quiet but powerful presence. You were the daughter I had dreamed of since I was a little girl playing with dolls. While we will always celebrate your life and the joy it brought us, your birthday has become bittersweet. You are not here to celebrate it with us. You are not here to devour a cake covered with chocolate leaves, blow out candles, or tear through presents with glee. I am left with a heavy heart and millions of questions. What would you have looked like? I find myself looking at other girls your age with wonder. What clothes would you be into now? What music would you be listening to? Would you still be doing gymnastics? I know soccer was not your thing. You would have started second grade this year. Would you have friends who were mostly girls, or be friends with boys too since that is who you were used to at home? Would you only have a few close friends, or would you have figured out how to make friends with just about everyone so you could somehow be the queen bee? I know these questions will forever be unanswered. I am left with my precious memories of you, which bring comfort even on the hardest days. I will do my best to continue to write them down before they are lost over time. Even if I knew in advance how it would all end, I would have never traded a second of having you here with us for those four years. I love you more than words can ever convey.

Chapter 3 : 7 ways to keep your memory sharp at any age - Harvard Health

Your dad may be physically gone, but there are lots of ways to keep his memory alive. The best is to talk about him often with your children. If you have an important memento, display it in your house and tell your kids why it was special to Grandpa.

Sharing my journey through grief, in the hopes of helping others. We fear that we may forget what they look like, their fragrance, their smile or the sound of their laughter. For a while, those were my fears, I remember a dream I had with Rachel shortly after her death; it was a still photo. I awoke that morning thinking why a photograph, why was it a image of her only? What did it mean? Looking back now I realize that it was my fear of forgetting her, of not having my daughter physically present, only her photographs. She is on my mind each and every day, and simple things remind me of her presence. So many subtle reminders that she is still very much a part of my life. There are so many ways we can honor and keep alive the memories of those we love. As we approach our Memorial Day Holiday United States , we remember all those who have died to keep us free. We remember also our loved ones, who shaped us and helped us become the persons we are. This upcoming weekend affords us the ability to remember not only our fallen heroes, but all the heroes in our lives. But it does not have to be contained in one weekend per year, we can honor and remember our loved ones in various ways throughout the year. Others have set up scholarships, community drives, planted a garden or tree, and so many other ways that are too numerous to list. Photo published with permission of Normand Fontaine. Recently a friend, along with his family and friends, honored the memory of his wife, Janice, by participating in a fund-raiser, Purple Stride, to help find a cure for pancreatic cancer. It was something he knew that his wife would not only love, it would have been something she would do, and that she would be cheering them on. To make the day even more memorable, he had T-shirts made with a photo of Janice and what she meant to the wearer. It was a wonderful day in which he was surrounded by a loving family and wonderful friends, as you can see from the faces in the photo he forwarded to me. And I truly believe Janice was smiling down upon them, very proud of all of them. We are only limited to our own limitations when it comes to honoring and remembering our loved ones. Like anything else in our grieving, it is finding what is best for YOU, and what you are comfortable with. A simple memory garden may be all you wish to do; visiting the grave and insuring that there are always fresh flowers or that it is neatly groomed; all these are gestures of remembrance. They all serve to remind us that the person we love, the person who died, is still very much an important part of our lives; that they are not forgotten, and they remain ever present in our hearts. Love is felt even over the chasm that is left by death. We feel their presence, walking beside us, in even the most subtle of ways, and our memories and what we do to relive them, reinforces the love we shared and continue to share with our loved one. May your memories bring you comfort, and may we always remember our heroes, both national and personal. May their strength and courage serve as a reminder that we all survive, Blessings! So many of us gain insight and information from others. A journey shared makes the distance feel so much shorter.

Chapter 4 : 5 Ways to Keep A Person's Memory Alive After They Die - Too Damn Young

Keeping A Memory Alive quotes - 1. When someone you love becomes a memory, that memory becomes a wonderful treasure to always hold in your heart miss you forever & always. Read more quotes and sayings about Keeping A Memory Alive.

When I look back, I recall a beautiful family, a lovely brunch, a delicious cake Contributors control their own work and posted freely to our site. If you need to flag this entry as abusive, send us an email. And that made me feel wistful. And what about all of the years when I was growing up that I would walk to the local department store with my painstakingly saved allowance? I would carefully consider the options within my budget and then walk home with lovingly chosen gifts for my mom and grandmothers. I hope that all those who have their mothers will understand how fortunate they are and will show their moms how much they appreciate them. I know that I was blessed to have my mother for as long as I did. I will remember how she got on the floor and played with my children, even after two hip replacements. And how she never walked into my house without bringing a meal. Every time I eat a piece of chocolate, I think of how she passed along those taste buds to me. Most of all, I remember that she told me, "Your family is with you forever; be kind, understanding, and forgiving. Share stories and anecdotes about your mother. Make a memory book of happy times with your mom, and talk about the photographs, e. Write something -- a poem, a song, a recollection -- about your mother. Perform an act of kindness to honor your mother. Give to a charity in memory of your mother. After Meryl Ain lost both her father and mother within a year-and-a-half, she decided to research how others keep alive the memories of their loved ones. The Living Memories Project: Through the stories of 32 people, it shows how grief can be transformed into meaningful action and living legacies. The Living Memories Project Website:

Chapter 5 : Alive in Memory - Grief Support Articles

I don't want to see you or feel you. I don't want to look into your eyes. I don't want to touch you or miss you. I just want to love your memory tonight.

It takes time, patience, and, yes, lots of backward motion before forward motion occurs. Alan Wolfelt Losing someone we love is one of the most heartbreaking and difficult events we will ever face in life. Our relationship becomes one based on memory rather than physical presence. Wolfelt states above, the grief journey is a meandering way, filled with many steps. And part of the journey is traveling back into our memories in order to move forward toward reconciliation with our loss. That said, our loved one may be gone, but their memory need never die. But it can also be a special time set aside to honor the one you love. Every year, take a few moments to be thankful for the life they lived and the positive ways they impacted you. You can look back on the wisdom shared, the joyful moments, the love and support you received, and you can honor those memories by sharing that wisdom, love, and support with others. Were they a teacher? Provide backpacks full of school supplies to kids in need. Did they enjoy walking at a particular park? Did they volunteer at the local soup kitchen? Consider volunteering and invite a few friends to join you. For many people, a memorial or gravesite becomes that special place. If there is not a gravesite, installing a memorial bench at a significant place or planting a memorial tree may be an alternative. The child can see his or her loved one regularly and watch the video as much as needed. With a memory box, they can touch and hold items that once belonged to the person who died and create a connection in that way. Create your own tradition If your loved one enjoyed dominoes, play dominoes on their birthday. If your loved one enjoyed action movies, set up a monthly night to watch the newest one. Did your loved one just adore bananas? Set up an evening of banana-flavored foods with friends. Banana pudding or pancakes. The possibilities are as unique are your loved one. Visit special places If you and your loved one had places you always enjoyed going together, continue to visit those places. Did you have a favorite coffee shop or bookstore? Perhaps a favorite vacation destination or state park? Go to those places and enjoy yourself while also setting aside time to remember your loved one. You might even consider writing them a letter each time you visit, telling them about a specific time you visited together or sharing how much you miss them. The love stays with us. The relationship you shared is important and worth remembering and sharing with others. We all need an outlet to express what we are feeling on the inside, and these activities will help you do that. By taking part in any or all of these activities, you will feel closer to your lost loved one and create forward motion in your grief journey.

Chapter 6 : Evelina Christopherson Alive In Your Memory download mp3

during the time that anyone still alive can remember in your mind's eye if you can see someone or something in your mind 's eye, you can imagine or remember what they look like.

You may even miss an appointment because it slipped your mind. Most of the fleeting memory problems that we experience with age reflect normal changes in the structure and function of the brain. These changes can slow certain cognitive processes, making it a bit harder to learn new things quickly or screen out distractions that can interfere with memory and learning. Granted, these changes can be frustrating and may seem far from benign when we need to learn new skills or juggle myriad responsibilities. Thanks to decades of research, there are various strategies we can use to protect and sharpen our minds. Here are seven you might try. Keep learning A higher level of education is associated with better mental functioning in old age. Experts think that advanced education may help keep memory strong by getting a person into the habit of being mentally active. Challenging your brain with mental exercise is believed to activate processes that help maintain individual brain cells and stimulate communication among them. Many people have jobs that keep them mentally active, but pursuing a hobby or learning a new skill can function the same way. Read; join a book group; play chess or bridge; write your life story; do crossword or jigsaw puzzles; take a class; pursue music or art; design a new garden layout. Building and preserving brain connections is an ongoing process, so make lifelong learning a priority. Use all your senses The more senses you use in learning something, the more of your brain will be involved in retaining the memory. In one study, adults were shown a series of emotionally neutral images, each presented along with a smell. They were not asked to remember what they saw. They had excellent recall for all odor-paired pictures, and especially for those associated with pleasant smells. So challenge all your senses as you venture into the unfamiliar. For example, try to guess the ingredients as you smell and taste a new restaurant dish. Believe in yourself Myths about aging can contribute to a failing memory. People who believe that they are not in control of their memory function are less likely to work at maintaining or improving their memory skills and therefore are more likely to experience cognitive decline. If you believe you can improve and you translate that belief into practice, you have a better chance of keeping your mind sharp. Take advantage of calendars and planners, maps, shopping lists, file folders, and address books to keep routine information accessible. Designate a place at home for your glasses, purse, keys, and other items you use often. Remove clutter from your office or home to minimize distractions, so you can focus on new information that you want to remember. That way, you reinforce the memory or connection. Instead, re-study the essentials after increasingly longer periods of time – once an hour, then every few hours, then every day. Spacing out periods of study is particularly valuable when you are trying to master complicated information, such as the details of a new work assignment. Research shows that spaced rehearsal improves recall not only in healthy people but also in those with certain physically based cognitive problems, such as those associated with multiple sclerosis. Make a mnemonic This is a creative way to remember lists. Mnemonic devices can take the form of acronyms such as RICE to remember first-aid advice for injured limbs: Rest, Ice, Compression, and Elevation or sentences such as the classic "Every good boy does fine" to remember the musical notes E, G, B, D, and F on the lines of the treble clef. A guide to prevention and treatment Each year, osteoporosis contributes to more than 2 million bone fractures in the United States. This Special Health Report, Osteoporosis: A guide to prevention and treatment, can help you keep your bones strong and healthy, and avoid fractures. It describes how you can prevent and treat osteoporosis through diet, exercise, and medications. Warnings about the harmful effects of carbonated beverages on bone emerge from time to time. The theory is that the phosphoric acid phosphate used to enhance flavor in some carbonated beverages can interfere with calcium absorption and result in the loss of calcium from bone. Still, carbonated beverages have long been associated with low bone density and fractures in adolescent girls. To investigate this association in adults, researchers at Tufts University examined data from 2, women and men ages 49 to 69 involved in the Framingham Osteoporosis Study. They assessed dietary intake and measured bone mineral density BMD at the spine and hip. Non-cola carbonated drinks were not associated with low BMD, but cola intake was

associated with lower BMD at the hip though not the spine in the women, but not in the men. The more cola a woman drank, the lower her BMD. In , the British Journal of Nutrition published the results of a small clinical trial comparing healthy postmenopausal women who drank about one quart of noncarbonated mineral water daily with those who drank the same amount of carbonated mineral water. After eight weeks, blood and urine tests for bone turnover showed no difference between the two groups. Other studies have also reported an association between caffeine and lower BMD. In some cases, soft drinks displace calcium-rich beverages, such as milk, and experts think that this, rather than any direct effect of soft drinks on bone, may explain the effect on BMD in adolescent girls. And if you suspect that by drinking seltzer water, coffee, colas, or other soft drinks you may be reducing your intake of healthy beverages “ such as calcium-fortified juices or vitamin D”fortified low-fat or skim milk “ make sure you get enough calcium 1, to 1, mg per day from other sources to compensate.

Chapter 7 : 5 Creative Ideas for Keeping Your Loved One's Memory Alive

Better Angels: The adventures of Bob the (girl) dog is a story that keeps a loved one's memory alive. Shawna Nicols has written a book about her family's dog, Bob.

Or maybe we have a hard time bringing up our loved one in conversation. Each of us mourns in different ways. And these ways may change throughout the years. But our relationship with our loved one is never over. It continues to be a living, breathing thing. Journalist and author Allison Gilbert has written a beautiful book called *Passed and Present: Keeping Memories of Loved Ones Alive*. Create a biographical scrapbook Find photos of your loved one, along with letters, ticket stubs and any other flat memorabilia that bring back positive memories for you. Then find images of historical events that correspond with those dates. Connecticut jeweler Robert Dancik creates unique pieces from guitar picks, gears from clocks, and playing cards. Maybe you can have a jeweler create a unique piece for you that incorporates something that belonged to your loved one—whether it was jewelry or not. Or maybe you can create the piece yourself. Create a magical box for your kids If you have young kids, place a dozen objects in a small box for them to play with. She decided to create a refuge in their backyard on a hidden patch of land. She purchased an iron bench at a garage sale and laid out medium-sized stones as a path from the house to the bench. As the kids were painting the words on the stones, they also heard stories about their grandfather. For your own refuge, you might put a chair or blanket on the ground. Commit a random act of kindness Spread kindness to others in memory of your loved one. You can download a Kindness Project card here. And you can get more ideas of random compassionate acts here. Pick any ideas you like. Or let these ideas spark your own creative projects. Plus, take your time. Do what brings you meaning and joy. We can continue to cultivate our bond throughout the years. She also explores self-image issues on her own blog *Weightless* and creativity on her blog *Make a Mess*:

Chapter 8 : Caregivers & Community | Keep Memory Alive

The more senses you use in learning something, the more of your brain will be involved in retaining the memory. In one study, adults were shown a series of emotionally neutral images, each presented along with a smell.

It omits some details; others are exaggerated, according to the emotional value of the articles it touches, for memory is seated predominantly in the heart. The interior is therefore rather dim and poetic. Rather, memory is a glorious grab bag of the past from which one can at leisure pluck bittersweet experiences of times gone by and relive them. Andrews University, May 3rd It was as if some silver chime had waked a chord in his memory. An American Lyric, Golden threads of imagination will always be found woven into the fabric of a human life, and it affords one of the sweetest pastimes to old age to sit down and slowly unravel them, recalling the hours when first they were spun. We have all done things that make us flinch. You never can tell what small pebble it will pick up and store away among its treasured things. James Whoever snatched my formerly reliable, sharp short-term memory: SunWolf, September 2nd tweet, professorsunwolf. Britton "Long Ago" Point is, you hardly remember the perfect things. But when perfect goes wrong, those are the memories that last forever. They keep the wolf of insignificance from the door. It is the medium of past experience, just as the earth is the medium in which dead cities lie buried. He who seeks to approach his own buried past must conduct himself like a man digging. Recalling days of happiness, I haunt my memories. It leaves behind no fossils, except perhaps in fiction. A year impairs, a luster obliterates. There is little distinct left without an effort of memory, then indeed the lights are rekindled for a moment but who can be sure that the Imagination is not the torch-bearer? Stored in the refrigerator of the mind and the cupboard of the heart. Eliot With most men, scarce a link of memory holds yesterday and to-day together. They have ceased to retain their original smell and fragrance. Do you call it life this effort at the preservation of a phantom freshness in something that is withered and gone? One scent can be unexpected, momentary and fleeting, yet conjure up a childhood summer beside a lake in the mountains; another, a moonlit beach; a third, a family dinner of pot roast and sweet potatoes during a myrtle-mad August in a Midwestern town. Smells detonate softly in our memory like poignant land mines hidden under the weedy mass of years. Hit a tripwire of smell and memories explode all at once. A complex vision leaps out of the undergrowth. All we know is that recollection may not be within our power. Up to the present we have filled that gap in our power with the word "forget," just as if it were another addition to our list of faculties. It simply files things away. It keeps things for you, or hides things from you and summons them to your recall with a will of its own. You think you have a memory; but it has you! Therefore let the moon Shine on thee in thy solitary walk; And let the misty mountain winds be free To blow against thee: This we call memory. Memories smooth out the edges. It can overwhelm you in an instant or simply tease you, creeping into your consciousness slowly and evaporating almost the moment it is detected. Last modified Dec 05 Tue

Chapter 9 : Dementia patients 'come alive' in singing classes - BBC News

At MUSIC & MEMORY®, we help people in nursing homes and other care organizations who suffer from a wide range of cognitive and physical challenges to find renewed meaning and connection in their lives through the gift of personalized music.