

SPOTLIGHT on our Staff...



Nicole Parent
Funeral Director Assistant

We've added another new member to our team! Nicole Parent was born and raised in Tecumseh along with her two sisters, Dana and Jody by loving parents, Roger and Linda St. Pierre. She attended St. Antoine Elementary, L'Essor Secondary, then graduated from St. Clair College with a certificate in Finance. With her French diploma, she has made her way successfully in the French community.

Nicole is a compassionate person that has worked with the public for over 17 years. She decided to pursue a career in the funeral industry after the passing of her much loved and missed grandmother.

Nicole and Ben, her husband of over 15 years, are raising their three wonderful children with a French background.

When she is not working, you can find Nicole helping them with their homework and shuttling them to their extra-curricular activities. Nicole enjoys swinging a hammer and painting while helping her husband with home renovations. Cooking and hosting special events for her family however, are her specialties.

President:

Jules L. Janisse

Managers:

Leon M. Janisse, Banwell
Philip A. Janisse, Main

Assistant Managers:

Julia Kelly Dion, Banwell
Tom (T.J.) Jagatic, Main

Pre-Planning and Insurance:

Gavin D. Stevenson
Chris J. Janisse

Administrative Assistant:

Barbara Harrington

Aftercare:

Marie J. Janisse

Funeral Directors:

John M. Bobaljik
Thomas Holisek
Kenneth Armstrong
Scott Walker
Julia Kelly Dion
Tom (T.J.) Jagatic
Marco Sperduti
Darrin E. Ellis
John W. Lalonde

Graphic Artists:

Paula M. LeBlanc
Erin Turner

Assistants:

Orlando Segatto
Jim Stewart
Scott Webster
Mike Viselli
John Cherwak
Paul Rivait
Dale Ramsey
Nicole Parent

Intern:

Elizabeth Pessotto

Receptionist:

Anne Robert

Windsor Chapel Funeral Home Ltd.
Main Location
1700 Tecumseh Road East
Windsor, Ontario
N8W 1C7

Windsor Chapel Funeral Home Ltd.
Banwell Chapel
11677 Tecumseh Road East
Windsor, Ontario
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Hope for the Holidays REMEMBERING THOSE WE LOVED

Much of this issue is devoted to giving our families some tips and ideas on getting through the upcoming holidays after the loss of a loved one.



We also try to give insight on how to help others who might be going through the bereavement process

during this time.

We hope you find some ideas to help you remember and honour those who have gone before you. Including these lost loved ones in your Holiday celebrations can be a rewarding way to start new family traditions and to remember old ones.

Give the Gift of Peace of Mind

For the Holidays this year, consider filling out one of our "Family Estate Planning Kits." This guide allows you to make known to your loved ones the location of your Will, Life Insurance Policies, Bank Accounts and Investments. Let them know your Power of Attorney for Care and for Finance. List your Veteran's and Canada Pension Plan Death Benefits. Put your wishes for organ donation down in writing. It also has a detailed section regarding your wishes for your funeral arrangements.

Prepared with the assistance of lawyers, accountants, bankers, clergymen, and estate planning experts, this kit will make it easier for you to share your feelings and preferences with your loved ones.

Contact us at (519) 253-7234 to discuss pre-planning your funeral or to receive a copy of our invaluable "Family Estate Planning Kit."

If you would like to be included in our mailing list for our quarterly Newsletter, call us at (519) 253-7234 or email your request to: w@windsorchapel.com.

Lest We Forget

To all of the service men and women who have so bravely risked their lives to better ours...

To the families who have so faithfully stood by their sides, and somehow held it all together while their loved ones were deployed...

To all of those who have lost loved ones in service of our country...

Thank You!

Let us never, ever forget to thank you for your protection, your service and your sacrifice.



Memorial Jewellery

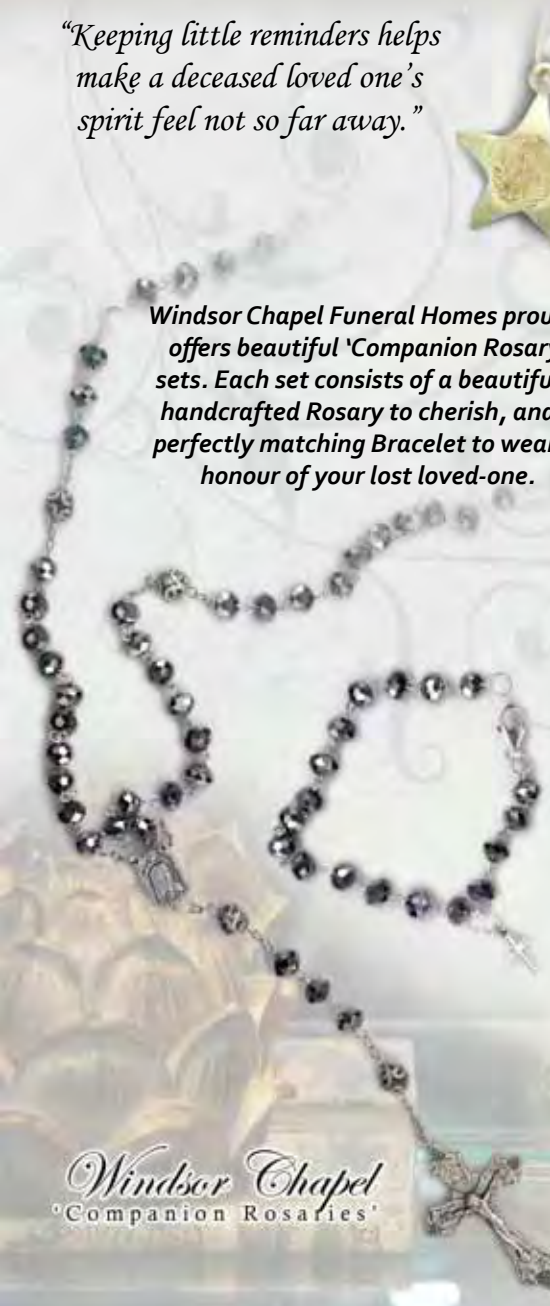
"Keeping little reminders helps make a deceased loved one's spirit feel not so far away."

Windsor Chapel Funeral Homes proudly offers beautiful 'Companion Rosary' sets. Each set consists of a beautifully handcrafted Rosary to cherish, and a perfectly matching Bracelet to wear in honour of your lost loved-one.

Windsor Chapel Funeral Homes is Windsor's authorized retailer of the Eternity's Touch Collection.

In a world of billions, the fingerprint physically identifies the presence of only one. Your loved ones are special, and we think so too! That's why we trust the only digital patent pending process that truly replicates their print onto handcrafted precious metal. The difference between Eternity's Touch Collection and the competition's products is the unparalleled integrity in the process. No other process in the world can match their accuracy and attention to detail. Guaranteed!

Windsor Chapel
Companion Rosaries



Senior Funeral Directors

With 125 years of combined experience in the funeral services, our Senior Licensed Funeral Directors set the tone for the compassion, understanding and unparalleled level of service people have come to expect from Windsor Chapel Funeral Homes. These gentlemen do not take for granted the confidence that is placed in them to attend to the funeral arrangements of someone's loved one. We are proud to have them on our staff.

John M. Bobaljik



John was born in Windsor, attended De La Salle Elementary School and Walkerville Collegiate Institute. He graduated from the Funeral Service Program at Humber College in 1978 and has been a Director at Windsor Chapel since 1980, and is the Past President of the Windsor-Essex Funeral Director Association. An avid golfer, John has been a member of Essex Golf Club since 1984 and resides in Windsor with his wife Judy of 28 years.

Thomas Holisek



Born and raised in the Windsor/ LaSalle area, Thom is a graduate of Sandwich Secondary School. He has served many families as a licensed Funeral Director in the Windsor area for the past 27 years; and has been employed by the Windsor Chapel Funeral Home since 1983. Thom is the proud father of Matthew, Daniel and Brittany, and currently resides in Lasalle with his wife Cristina.

Kenneth Armstrong



Ken started in the funeral service in 1962 after graduating from the Hon. W. C. Kennedy Collegiate. He entered Canadian School of Embalming the following year receiving his funeral directors license in 1965. Ken has been married to his wife Joyce (nee Kenney) for 41 years and has two married daughters: (Paula Hill and Stephanie Letkeman.) He is proud grandfather of 7 grandchildren. Ken is very active in his church, Oakwood Bible Chapel and serves as an Elder. He is also active in Gideons International In Canada and has served on the National, Provincial and local administration since 1979.

Scott Walker



Scott was born in Windsor, attended Hugh Beaton Elementary School and W.D. Lowe High School. He entered into the funeral services at the age of 18 and graduated from the Funeral Service Program at Humber College in 1989. He has been a Director at Windsor Chapel since 1991. Scott is an avid gardener and Detroit Tigers Fan. He currently resides in Windsor and is a proud parent of Mackenzie and Hunter. Scott enjoys performing random acts of kindness.

THE HOLIDAYS AND LOSS:

Rethinking Family Traditions After the Loss of a Loved One

Anyone can feel extra stress during the holiday season but for those who have recently suffered the loss of a loved one, this time can be especially difficult. It may be impossible as well as ill-advised to try to avoid the grief that this time might bring, but being prepared for it may help in your healing process.

Reassess Holiday Traditions

Remember that it is not necessary to keep up with all of your holiday traditions, especially if you are grieving someone who has recently passed away. Friends and family will understand if you cannot bring yourself to sending Christmas cards, baking cookies, or having holiday parties. They will understand if it is just too painful at this time. Prepare yourself for the fact that you might not feel up to celebrating your usual holiday traditions. There will come a day when you will be ready to start building new traditions.

Don't worry about what others think

Never feel ashamed of your emotions. You do not need to hide your feelings of sadness, even during the holiday season. Close friends and family will understand.

Honour and Celebrate

Use your memories to help you cope with the holidays. Light a candle, put up a special decoration, play your loved one's favourite music: anything that will help remind you of that person. Keeping little reminders helps make the deceased love one's spirit feel not so far away.

Lean on Others

Caring and understanding people can greatly help your outlook during the holidays. Friends, family, church groups, support groups can all form a much needed network of healing. Connecting with those care about you and understand what you are experiencing helps you focus on the wonderful things in your life that you still have.

Give Back To Others

Many people find that volunteering can help their outlook and their overall emotional well-being. You can keep your mind focused on the needs of others while experiencing the satisfaction that you can truly help others. You can volunteer at a local shelter, retirement home, or library or join your



place of worship's group. When weather permits, you might even join a beautification team and help clean up the parks and streets in your town where you may have shared time with the deceased. A little volunteering can make a big difference in your life as well as in your community.

Reward Yourself

Finally, don't forget to treat yourself on occasion. See a movie, go to a museum, or visit a friend or family member or take a day off of work. Whatever helps you address your grief in a positive way is a good thing. You must understand that it is perfectly normal to feel less than enthusiastic about celebrating the holiday season as you did in the past. The warm holiday feelings may just not be present this year. Know that you need to focus on things that feel healthy for you.

Remembering During the Holidays

When someone we love passes away, it is important to keep their memory alive even during the holidays when it may be especially painful to do so. Following are several ideas that can help you include your lost loved one in your own holiday traditions.

- **Purchase holiday presents in you loved one's honour. Find a local charitable organization that is asking for donations of new, unused gifts.**
- **Bring out a photograph of your loved one during holidays and special occasions. Light a candle, set a place setting or add a small flower arrangement to give your loved one a place of honour.**
- **Encourage friends and family to share memories that they have of your loved one. If talking about him or her is still too painful, share a moment of silence before the meal or gift exchange so that everyone can share a moment with their memories.**
- **If hanging stockings are a tradition in the home, consider hanging his or hers up. Instead of filling it with gifts, have friends and family fill it with written messages or memories.**
- **Hanging a special ornament in the person's honour can help us remember them, celebrate their life, and create a new tradition.**

It is important that we don't avoid thinking about a deceased loved one during the holiday season. Instead, try to work through your grief by including a loved one's memory into old and new traditions.

A Candle Lighting Ritual

The following can help you create your own candle lighting ceremony. As we light candles in honour of the ones we love, we light one for our grief, one for our courage, one for our memories, one for our love, and one for hope.

As you light each candle, you can say...

The **first** candle represents our grief;
the pain of losing you is intense.
This candle reminds us of the depth
of our love for you.



The **second** candle
represents our courage -
to confront our sorrow -
to comfort each other
- to change our lives.



The **third** candle is in your memory -
the times we laughed, the times we cried
- the times we were angry with each other
- the silly things you did, the caring and joy you gave us.



The **fourth** candle is the light of love. Day by day we cherish
the special place in our hearts that will always be reserved for you.

We thank you for the gift your living brought to each of us.
We love you.



The **fifth** candle is
the light of hope. It
reminds us of love
and memories of
you that are ours
forever. Let this
light also give hope
for renewal as we
continue life with-
out them, and gain
confidence and
courage to become
whole again.



Why Light Candles?

*The light of a flame has
always had symbolic mean-
ing to the world.*

*The eternal flame stands for
the memory of those gone
before us, and the light rep-
resents rebirth and renewal.*

*Let these flames signify the
ever-present love and mem-
ory of our beloved that will
always live on in our hearts.*

*Candle lighting is a ritual that
brings warmth and hope to
any celebration. This year, you
may choose to create a new
ritual that will honour your
loved one and include them in
your Holiday traditions.*



HOW TO HELP THE GRIEVING THROUGH THE HOLIDAYS

Not only do the bereaved need to take steps to cope with the holiday season, it is just as important for friends, family and other loved ones to help them as well. Remember that holidays and anniversaries are typically the most difficult occasions that a person grieving the loss of a loved one has to deal with. Bereaved individuals require support and encouragement from people they trust. This means offering sympathetic, caring and loving support.

Listen

The most important thing is to remember to listen. Be a trusted confidant. Don't attempt to change the subject or take over the conversation. You can remind them of some favorite holiday memories of the deceased or about the positive aspects of the season.

Comfort

Quality time can be very calming for a person under stress. Plan to watch a holiday movie together or share lunch and coffee. Sometimes what the bereaved need most during this time of year is help getting things done. Be available to run errands or help with housework if that is what is needed. It is both little and small things that can sometimes be overwhelming for those that are dealing with a death in the family.

Provide Encouragement

Exercise and eating healthy are natural antidepressants, so encourage

your friend to live well. The holiday season can bring about conflicting feelings in the bereaved; the joy and happiness of the holiday season is at odds with the grief and sorrow of having lost a loved one. However a good support group of people that love them will help make the season a little brighter.

Be Thoughtful

Write a note in your holiday card recognizing the holidays will be difficult without their loved one this year. Just this simple acknowledgement provides support. Recognizing the loss is validating and validation provides support. Send a gift in honor of the loved one the family is grieving. A remembrance album or a memorial garden kit are two thoughtful suggestions. A gift in honor of the deceased provides family and friends with a comfortable setting to reminisce and honor the memories of their loved one.

Support

Support the choices the bereaved is making in regards to changing holiday tradition. Many people find it too painful to participate in certain parts of the holiday ritual. Offer to go with the bereaved to holiday functions which can make many holiday gatherings easier.



Offer an Invitation

Welcome your bereaved friend to your holiday festivities, but don't pressure them to accept. They may have made other arrangements or just not be up for socializing. Remind them that they are still welcome to attend if they change their mind. Simply knowing that they have options can be a comfort to them.

Give them a call on the holiday and extend greetings if they weren't able to attend. Small gestures such as offering to bring some food over mean a lot. Make the offer, but don't force the issue or intrude on the person's privacy.

If the invitation is accepted, keep the festivities light, but don't sidestep the topic if it happens to come up. Acknowledge the loss and share a happy memory of the person who has passed on.

Special Celebrations and Holidays: Helping Bereaved Children

Robin F. Goodman, Ph.D., ATR-BC

The following are suggestions to help children deal with celebrations or holidays:

- Plan ahead as a family for the event.
- Respect everyone's individual feelings and wishes as much as possible.
- Be open to finding and developing new traditions for the event.
- Understand that plans do not have to be perfect; they can be changed over time as feelings and situations change.
- Get specific information about events and inquire about alternatives - e.g. are only fathers invited, can an uncle or close friend step in?
- Continue the same family or religious ritual while acknowledging the changes.
- Visit the cemetery or a favorite spot the family had enjoyed.
- Identify a new place to serve as a special memorial site.
- Start a new traditional activity.
- Write a letter about the favorite things about the day or person that made the occasion special.
- Make the person's favorite foods or meal in their honor.
- Start a diagram of the family tree.
- Review or make a new scrapbook with stories, drawings, photos.
- Do something in honor of the person who has died: volunteer, make a donation, bake cookies to raise money.