



2026

What comes to your mind when you think of the month of August? I think of “the dog days of summer.” That was how my mom and dad referred to August. That sounds a bit ominous to me now. However, August is usually thought of as hot, dry, and the final days of summer. Last minute vacations, season-ending festivals, preparing for the new school year, and thoughts of fall become dominant themes. We are preparing to say goodbye to summer and to welcome fall. Yikes! Summer is quickly passing by.

I love fall, but I will miss summer. However, the month of August reminds me of something we call **anticipatory grief**.

Anticipatory grief = *The grief that occurs prior to death. It is often referred to as “preparatory grief.” One can observe the same dynamics as seen in grief after death.*

Anticipatory grief is common and expected, but we must be careful; we don’t want to miss August as we prepare for fall. While we know the end of the season is upon us, we do not want to make the mistake of being so focused on the end that we miss the present. While our loved one is still with us, we can create opportunities to talk, visit family, do something fun, check off some bucket-list items and make special memories. If we fail to take advantage of the time we have been given, we will bring deep regrets into our after-death grief.

Many of you who have lost loved ones can share how you would like a do-over. You and I would do things differently if we had a second chance. We need to make sure to share this with our friends and family who are battling anticipatory grief. Let’s all be reminded that every day is a gift and should never be taken for granted. Every moment is a sacred opportunity to love and be loved. No regrets.

Upcoming Events: (Support group attendees purchase their own meals)

- **August 5 – (first Wednesday) @ Noon at Tlaquepaque in Barnesville.**
- **August 12 – (second Wednesday) @ Noon at Mr. Lees in Cambridge.**
- **August 19 – (third Wednesday) @ 9am at Patty's Place in Caldwell.**
- **August 22 – 7th Annual Legacy Ride. Registration begins at 8:00 AM and we ride at 10:00.**
Place: Kennonsburg Church, Salesville, OH. Motorcycles and all vehicles are welcome.

If you have any questions, call me on **740-432-7440**. I am also available for one-on-one meetings. Remember that together and with support, we can make it through each new day.

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