

"We begin to remember not just that you died, but that you lived.  
And that your life gave us memories too beautiful to forget."  
— Anonymous

# TAPS

TRAGEDY ASSISTANCE PROGRAM FOR SURVIVORS

## FAMILY NEWSLETTER

January 2024

### GROW



#### Living Legacies, Meaningful Healing

No matter where you are on your journey with grief as we begin a new year, these four survivor stories are sure to fill your heart with the hope of healing. Reading these unique pursuits of healing and honoring fallen loved ones may inspire you to honor your own loved one in a way meaningful to you, or they may just be something positive to hold in the early days of grief.

[Find Inspiration](#)

Photo: Mike Nowak/Los Angeles Chargers

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# HEAL

## Adopt the Art of Cherishing

Cherishing means intentionally making moments to feel and celebrate your ongoing love for the person you lost. It's a way to pause, remember, and honor the relationship you shared. Here are just a few ways you can incorporate cherishing into your life.

**a) Write down stories** of your person's life, death, and your love and loss. Keep them in a book or a jar, and share them on special days or at the end of the year.

**b) Create an anniversary ritual** for yourself or with a group. On the anniversary of your person's death or another significant date that may be painful, set up a routine that allows you time to embrace your pain, love, and gratitude.

**c) Make a gratitude jar.** When you remember something about your person that sparks gratitude, jot it down and add it to the jar. Invite friends and family to participate too. Share them aloud each year on a significant date.

**d) Include the person who died in future rituals** that honor you or your family members. If someone is getting married, retiring, graduating, etc., find a way to include the spirit of your person in the ceremony.

**e) Plan a road trip.** Create an itinerary that includes places that are meaningful to you or were meaningful to the person who died. Take time to reflect at each stop, and journal about your travels for a valuable keepsake.

**f) Keep up a tradition** that was important to your person. As special days and holidays occur throughout the year, include a tradition that your person loved.

**g) Support others in grief.** When the time is right for you, explore ways to help others journey through grief. Through TAPS, you can support others as a Peer Mentor, a TAPS Togethers host, or in many other meaningful ways.

*This content was adapted from Dr. Alan D. Wolfelt's article, The Art of Cherishing, which appeared in the winter issue of TAPS Magazine.*

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# LEARN



## **Focus on Your Wellness in 2024 with TAPS**

It may seem difficult to prioritize your health and wellness while grieving and juggling the demands of everyday life. Let this online workshop presented by the TAPS Institute for Hope and Healing help you refocus on your body's needs — especially in grief — and lay the foundation for a healthy year.

[\*\*Register for the Workshop\*\*](#)

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# PLAN



## **Attend a 2024 Military Survivor Seminar & Good Grief Camp**

Join your TAPS family for a healing weekend at the national seminar or one of our regional seminars. In addition to these core events, we offer many other unique experiences around the country throughout the year. Be sure to check [taps.org/events](https://taps.org/events) regularly for new opportunities to connect, heal, and grow.

### **30th Annual National Military Survivor Seminar and Good Grief Camp**

May 23-27, Arlington, Virginia

### **Southeast Regional Military Survivor Seminar and Good Grief Camp**

February 23-25, Destin, Florida

### **Western Regional Military Survivor Seminar and Good Grief Camp**

July 26-28, Scottsdale, Arizona

### **Northeast Regional Military Survivor Seminar and Good Grief Camp**

August 23-25, Buffalo, New York

### **Southern Regional Military Survivor Seminar and Good Grief Camp**

October 4-6, San Antonio, Texas

[\*\*Register for a Seminar\*\*](#)





## Online Groups

By Relationship, Peer Group, &  
Type of Loss

[Find a Group](#)



## Community Events

TAPS Together, Care Groups, & Events  
Happening Nationwide, Year-Round

[Find an Event](#)



## Team TAPS Events

Honoring Loved Ones at Events  
Nationwide

[Join the Team](#)



## Young Adults Events

In-Person & Online Events  
Survivors Ages 18-30

[Find an Event](#)



## Youth Programs

In-Person & Online Events  
School-Aged Survivors and Parents

[Browse Events](#)



## TAPS Institute

Workshops, Seminars, & Discussions for  
the Bereaved and their Supporters

[Browse Courses](#)

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# HONOR



## Honor Your Hero with a Memorial Tile

Proudly displayed on the walls of TAPS headquarters, the TAPS Honor Wall commemorates the lives and sacrifice of America's heroes. By purchasing a tile in your loved one's memory, you are supporting TAPS programming for fellow survivors, and you're ensuring that your loved one's name and story are shared with all those who see it for years to come.

[Browse Tile Options](#)

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Compassionate TAPS support is available 24/7 via our National Military Survivor Helpline: **800-959-TAPS** (8277).



[Donate](#)



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