

## 3. Hard to Say Goodbye

## It's Hard to Say Goodbye Dedicated to the Memory of our Beagle, Penny April 15, 1996 - October 19, 2007 © Copyright OurDogHouse 2007

I find it almost impossible to describe the incredible bond between human and pet. For many of us, myself included, our pets are an extension of our family. They provide us with years of unconditional love and devotion. When a pet passes away, the loss can be a devastating blow. This loss, therefore, is just like that of losing of a family member. Unfortunately, all too often many people around us simply cannot understand the grief we feel.

Many pet-loss counselors believe that humans need a strong support system to help them get through the grieving process just as with any loss of life. Each of us left behind has to find his or her own comfort zone in dealing with the loss. However, there are many things available to help-from pet-loss and bereavement counselors to websites where you may light candles or find my favorite poem, "Rainbow Bridge." If you have your pet cremated, you might want to consider keepsake jewelry that contains a small portion of your pet's ashes or fur. It is important to remember we all react differently to a loss and each of us will heal in our own time. One thing I have done to help myself in the grieving process is to celebrate this wonderful life I was so fortunate to share with our pet.

Oddly enough, I started this article about a month before my family and I suffered the loss of our 11 1/2-year-old beagle, Penny. At the time, I had no idea how close to home this article would come to us. I had to realize Penny was a wonderful gift we were given and allowed to share with her while she was here on earth. However, as she slipped from our hands on Friday, October 19, we found this was only part of her journey. You see, Penny had earned the right in our hearts to continue on beyond this life and time. So, while the grief of Penny's loss is still very hard to accept, we hold on to the belief that she is no longer in pain and somewhere, this side of heaven, she runs and plays and her earthly body that failed her is now whole once again.

Check out these helpful links we found on the web:

## Light a candle in honor of your pet

Pet Cemetery/Pet Crematory: A Listing by State

<u>Grief Hotline</u> This is manned by the Washington State University College of Veterinary Medicine by students who have been trained by a licensed therapist in grief counseling. Phones are staffed during the semester Monday-Thursday 7 PM-9 PM and Saturday 1 PM-3 PM Pacific Time. Their goal is to help you to release some of the grief and start the process of healing. You can call or write them if you need someone to talk to. You can call: (509)-335-5704. <u>Coping With the Loss of a Pet</u> We hope you enjoyed visiting with us this month. We welcome you to forward this issue of our newsletter to anyone else who might also enjoy it. If you have suggestions for future stories, we'd love to hear them! Please feel free to email your comments and suggestions to <u>OurDogHouse</u>