



Voilà!

A monthly newsletter from
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serving company, leadership and individual staff



Voilà! - December 2013 Edition

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A Heartbreaking Loss

Many of you may have missed the November issue of Voilà! I am very saddened to share with you that my beloved husband of 29 years, Bernie Moskow, passed away on October 22nd. Bernie was my everything and I always told him that if he left me, I would curl up and die. Well. It's been over a month now since he's been gone and I am amazed at finding strength I didn't know I had. I cry every day, especially when someone hugs me, but yet I feel strength and power inside of me and look forward to the years ahead in my life. It's a day-by-day process, but life goes on.

I wanted to share some of my reflections as a person dealing with loss. Perhaps this will help you deal with a bereaved friend or acquaintance in a more sensitive way going forward.



The Strange Things People Say

I had planned to have my carpets cleaned in early November, and when the technician arrived he asked me how I was. I said, well, my husband died a couple of weeks ago. He said, "You're kidding!" and I told him I wasn't. He then said, "Oh, good."

He was a young man who probably didn't know what to say, but one is better off saying nothing than something this stupid.

When my exterminator came over and I told him, he bowed his head and said nothing. That was one of the right things to do. I don't expect my bug guy to offer a big outpouring of sympathy or something like "I am here for you." Bowing his head showed just the right amount of respect.

Then I went to my mom's assisted living and apparently I didn't have my cheerful, happy face on. One of the caregivers asked what was wrong. I told her my husband had just passed away. Her response? "And how are you taking it?"

Another thing that is always inappropriate usually comes from younger people. When they ask how old Bernie was and I tell them they go "oh" like it's okay, he's lived long enough. A loss is a loss, no matter the age.

The best thing to say is “I’m so sorry for your loss” and that’s it. Shut up! Don’t tell people, “I’m here for you.” What does that mean? I have the worst time asking for help and that sentence means nothing to me. If you really want to do something nice, send me a card.

On a Brighter Note...

I wouldn’t have been able to endure the last month and a half without the help of my loved ones, especially my brother, Francis, and his loving family.



I want to share what some of my friends have done for me:

- Sent a meal over that I got to choose (don’t choose for them) in lieu of flowers;
- Picked me up and took me to dinner;
- Texted me “thinking of you”;
- Called or texted and didn’t worry if I don’t call or text back. I never know when I am going to “have a moment” and start sobbing;
- Gave donation to a charity in deceased’s name;and
- Took me to a movie.

These little gestures mean so much. Thank you, friends!

I realize this month’s newsletter may be a departure from the image and etiquette advice you’re accustomed to, but since I share so much with my clients, it seemed only fair to let you in on what’s been happening in my life. I am looking forward to the holiday season with the support of loved ones, and getting myself and my business back on its feet for 2014.

I wish you all a happy holiday!

Best wishes,

Peggy

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