

Mary Katherine's  
One-Page Profile  
Done after the loss of her partner  
Tom  
10/2010



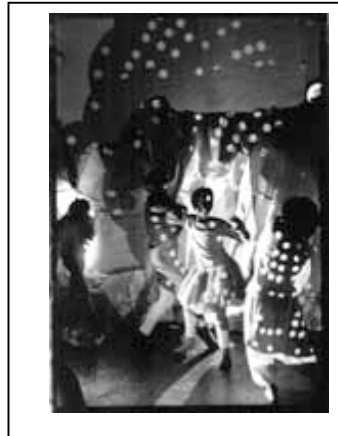
What People Need to Know About Me  
Now

Most of the time I am OK  
When I am feeling sad or am grieving I will probably want to be alone.  
When I am feeling good I may still want to be alone or I may want company  
I will let people know when I want/need company and when I need to be alone  
I don't need any more books on how to grieve; I am writing one of my own every day.  
My attention span is not very long so please don't be offended if I cannot keep up a long conversation  
Short visits are best but try to call first  
Phone calls are good but texts and e-mails are even better.  
Sometimes I am up in the middle of night and might e-mail, text or play on Face Book, this is not a matter for concern but if you are up too feel free to respond



Things I Don't Need

Food, I like to cook and need to do more of it  
Books on grief  
Taking sleeping aids, I would rather face the night even if it gets long



What Helps Me Feel Better Right Now

Being in my home  
Prayer  
Listening to music, especially Van Morrison  
Spending time with my dogs and cats  
Being with, talking to, Tom's friends and my friends  
Working out at the Y  
Going out with friends but leaving when I need to  
Going to hear live music, especially people that Tom and I liked to listen to together  
Mystery novels  
Going back to work  
Texts and e-mails from friends

Other Things

If you have questions, don't be afraid to ask them. I am sure it will not be the first time.  
If I am telling you "too much" feel free to stop me  
Sometimes my body hurts and I may not want to be touched  
Sometimes a hug is the thing I need the most  
If you need a hug from me or are having a hard time I want to help. I know that I am not the only one who has lost a loved one