



A Note from Executive Director, Vicki Hickman

Living Your Best Life: What Does That Look Like?

As we move into the holiday season, we find ourselves reflecting more deeply on what it means to live our best life. For some, this time of year brings warmth, celebration, and connection. For others, it can heighten feelings of grief, loneliness, or the quiet ache of missing someone who isn't here this year.

Many of us are carrying the weight of loss— sometimes recent, sometimes years old, yet still tender. Grief doesn't follow a timeline, and it doesn't pause for holidays or special occasions. And so, the question becomes: Can we still live our best life while grieving? I believe the answer is yes—though it may look very different than it once did.

Living your best life doesn't mean ignoring pain, "moving on," or pretending everything is fine. Instead, it means honoring where you are today and creating the best life you can within your current circumstances.

Some days, that may look like getting out of bed, taking a walk, or allowing yourself to feel whatever emotions surface. On others, it may look like a shared laugh, a heartfelt conversation, or a quiet moment of gratitude.

Your best life right now may simply be a life in which you keep going, keep feeling, and keep finding small sparks of meaning—one moment at a time.

Finding Moments of Joy—Gently, and Without Guilt

Joy can feel complicated when your heart is hurting. But joy and grief can coexist. Allowing yourself small moments of light doesn't diminish the love or the loss you carry; it honors it.

These aren't distractions from grief—they're reminders that, even in difficult seasons, life can still offer comfort, connection, and hope.

- Vicki