



RAYNOR & D'ANDREA

FUNERAL HOMES

1-800-737-0017

## *Raynor & D'Andrea Caring & Sharing Newsletter Summer 2025*

### *In This Issue:*

- *Make Room for Healing: Cleaning After a Loss*
- *What Exactly is PTSD?*
- *Planning a Military Funeral*
- *Summer Memories for the Whole Family*
- *What's on Your Bucket List?*
- *Save the Date for the Sangria Salute*
- *Simple Ice Cream Sandwich Cake Recipe*



## Make Room for Healing: Cleaning After a Loss



Many people consider spring cleaning a task that includes cleaning windows and deep cleaning inside the home. But when someone passes away, the responsibility of their belongings passes on to a close relative or friend, and spring cleaning can take on additional sorting and redistributing of their items. This process can be overwhelming, but by taking your time, asking for support, and being thoughtful about the items, you can find good homes for the items and honor your loved one's memory. With these intentions in mind, you can make room for healing.

[Learn more](#)

# *What Exactly is PTSD?*

June is PTSD Awareness Month. PTSD is a trauma response that can have a negative impact on a person's life. It can cause nightmares, difficulty sleeping, anxiety attacks and much more. However, treatment for PTSD can be effective. Counseling, cognitive behavior therapy and EMDR can help people with PTSD cope and adapt.

[Learn more](#)

# *Planning a Military Funeral*



Military honors at a funeral usually involved rituals with the draping and folding of the flag as well as music such as taps. But there can be more to it if the veteran's family would like, such as a military salute and additions to the procession.

[Learn more about military honors.](#)

## *Summer Memories for the Whole Family*



Many people call summertime as their favorite season! Make the most of those long summer days and warm breezes with 9 ideas for activities. From making ice cream to going creek stomping to camping out, all ages can enjoy making memories together. We also have ideas for rainy days, including making a time capsule, watching a classic movie together, and teaching the grandkids games from your childhood!

[Start making memories.](#)



As we age, we often ask, “What do I want to do, see, and experience?” By creating a bucket list of things we want to learn and experience, we can feel a sense of inspiration and spirit of adventure. When bucket list items are completed, feelings of fulfillment can follow.

[Learn more about making a list.](#)

*Sangria Salute!*

# *Save the Date!*



*Your hosts::*

Chuck Cabrera & Rich D'Andrea

## *Sangria Salute*



Mark your calendars for this year's Sangria Salute! In what has become an annual tradition, we welcome the community to join us in celebrating and supporting the LT Michael P. Murphy Navy SEAL Museum. This is one of our community's greatest assets, so join us in raising a toast to veterans and funds for the museum!

**DATE: Tuesday, October 28, 2025**

**LOCATION: The Sayville Inn**

[See pictures from last year.](#)



# Recipe Corner

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## Simple Ice Cream Sandwich Cake Recipe

**Ingredients**

- 12–16 ice cream sandwiches
- 1 tub whipped topping (such as Cool Whip)
- Chocolate syrup or fudge sauce
- Sprinkles, mini chocolate chips, or crushed cookies for topping

### **Instructions:**

1. Arrange a layer of ice cream sandwiches in a baking dish.
2. Spread half the whipped topping over the sandwiches.
3. Drizzle with chocolate syrup.
4. Add another layer of ice cream sandwiches.
5. Top with remaining whipped topping and more syrup.
6. Decorate with sprinkles or other toppings.
7. Freeze for at least 2 hours before serving.

*enjoy!*

**Raynor & D'Andrea Funeral Homes**  
**[www.raynordandrea.com](http://www.raynordandrea.com)**  
**631-589-2345**

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