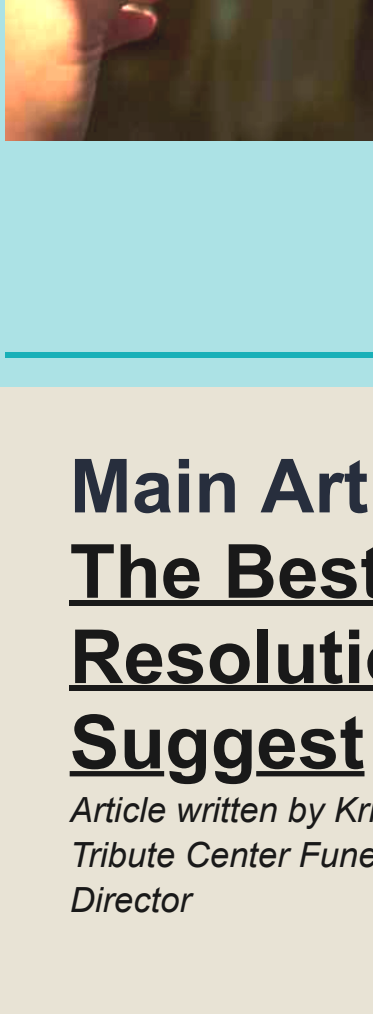




Hughes Family Tribute Center Newsletter

January 2026

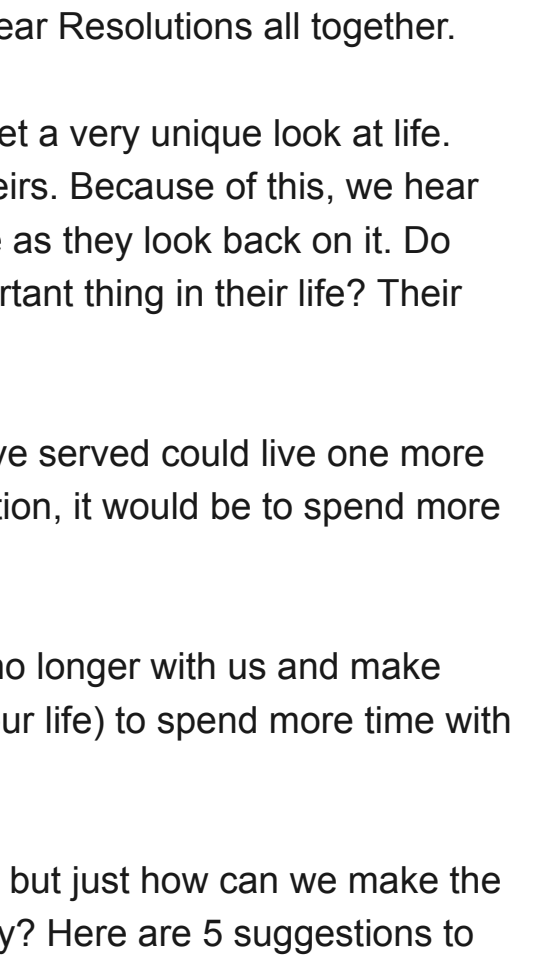
Check out what is in our newsletter!



- Main Article: The Best New Year's Resolution We Can Suggest
- Community Events: Upcoming Dates for 2026
- Staff Highlight: Our Newly Certified Thanatologist
- Star's Storytime: Not Every Dog Gets Their Own Coloring Book
- Pre-Planning Perfection: Get Organized While Getting Your Pre-Plan in Order

Main Article: The Best New Year's Resolution We Can Suggest

Article written by Kristine Hughes, Hughes Family Tribute Center Funeral Director & Creativity Director



First and foremost, we want to wish each of you a blessed and prosperous New Year in 2026! With the start of a new year, have you been thinking about your New Year Resolution?

According to a survey done by Statista, the top 3 resolutions for 2026 are to exercise more (48%), to save money (46%), and to eat healthier (45%). Many people also just choose to opt out of making New Year Resolutions all together.

As funeral directors and funeral professionals, we get a very unique look at life. People typically come into our lives at the end of theirs. Because of this, we hear and learn about what matters most in a person's life as they look back on it. Do you know what most people say was the most important thing in their life? Their family.

I can only imagine that if many of the people we have served could live one more year and get to make one more New Year's Resolution, it would be to spend more time with family and the people that matter most.

Take a lesson from those voices and lives that are no longer with us and make your resolution for 2026 (and honestly the rest of your life) to spend more time with your family and cherish them.

For some people, this may sound all well and good, but just how can we make the most of our limited time here on earth with our family? Here are 5 suggestions to accomplish this:

- **Put the electronics down.**

I am so guilty of this, and nothing guts me more than my own young children pulling my phone down to get my attention while I am scrolling social media. So if this is a struggle for you, please know that I am right there with you. However, it is important that when we spend time with our families that we give them our undivided attention. There is no such thing as multitasking when spending quality time with your family.

- **Try to get involved with an activity your family likes.**

If you have a teenager who is obsessed with video games, ask them if they can teach you (and then laugh with them when you realize how awful you are at it). If you have an aging parent who enjoys learning about World War II, take them to a WWII museum. If you have a sibling who enjoys crafting, see if you can hold a crafting night. Just trying to show your family that you are willing to do things that matter to them can say volumes about your intentions of spending time with them.

- **If you have a rocky relationship with your family, maybe go and seek counseling.**

I am a firm believer that everyone should see a counselor at least once in their lifetime. A counselor can be a person that can give you a good outsider perspective and opinion of what problems lie within your life and your relationships. Most of the time, a counselor can give you steps and guides to help you patch up relationships while protecting your own wellbeing. Many counseling firms work with insurance and some even have a sliding scale of pay (meaning they can drop their prices based on your income). Worried about talking face to face with a stranger? There are tons of online counseling firms that can match you with a counselor or therapist for online chats or phone calls.

- **Don't wish for it; schedule it.**

"Well, maybe next time you are free, we can meet up." Don't just wish for time because extra free time will always get filled with something else. Instead, ask your family member when they are free, get on your phone calendar, and book the date and time with their permission and confirmation. If they have a busy schedule, then that might mean that your quality time might be a few weeks away. However, it shows that you are being intentional and understanding with their time and their limitations.

- **Do more listening than talking.**

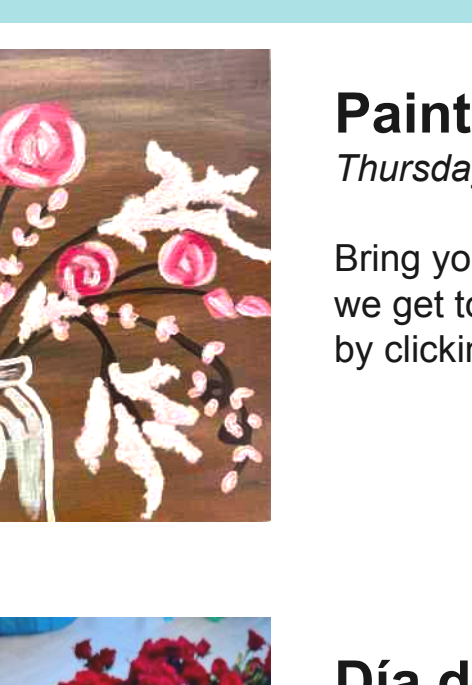
Do you want to know a great relationship tip? Talking might start relationships but listening builds relationships. Listening to your loved one shows that you value their thoughts and feelings. Asking relevant open-ended questions (questions that typically start with "Why" and "How" and can't be answered with "yes" or "no") or even ice-breaker questions if you can't figure out a good topic, can really help you build your relationship with your family. You may even learn something new about your family member.

The greatest gift you leave your family is the memories they make with you and the legacy you leave behind. Make it a resolution to make those memories fond and meaningful and build a legacy of love and bonding by spending more time with your family.

Community Events

Do you know we have over 25 community events planned for this year? Everything from painting classes, to candle ceremonies, to cultural celebrations—there is going to be something for everyone this year!

Here are some of our highlights that have definitive dates this year!



Paint & Plan: Galentine's Flowers

Thursday, February 5, 2026

Bring your friends for a fun night of painting and talking as we get together to create your very own masterpiece! RSVP by clicking the button below!

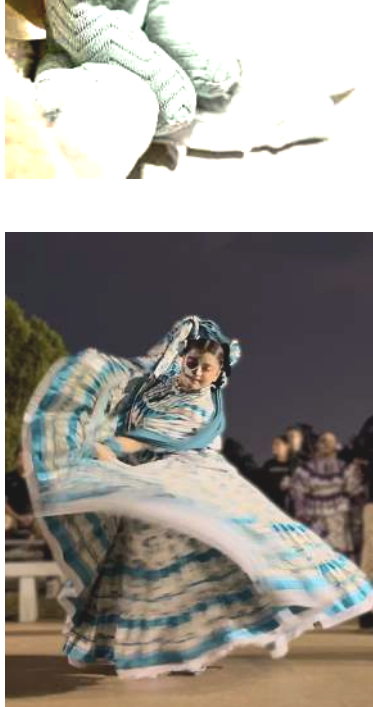
[RSVP Here](#)



Día del Niño y Día de los Libros

Sunday, April 19, 2026

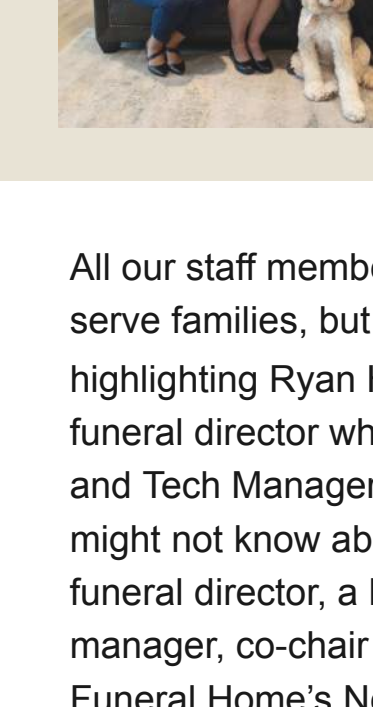
This is geared for families in our community with young children to have some free fun with bounce houses, face painters, free books, and more!



Mother's Remembrance Butterfly Release

Saturday, May 9, 2026

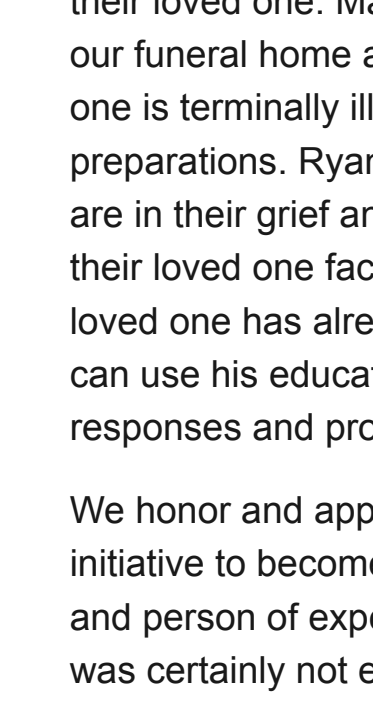
We have held this event for many years to honor mothers past and present with beautiful music and a butterfly release. Stay tuned for more information on how to RSVP for this event!



Father's Remembrance Celebration

Saturday, June 20, 2026

Come join us as we celebrate fathers past and present! We are in the planning stage and would love any ideas families have to make this day special! Stay tuned for more information about this event!



Pet Memorial Service

Friday, August 28, 2026

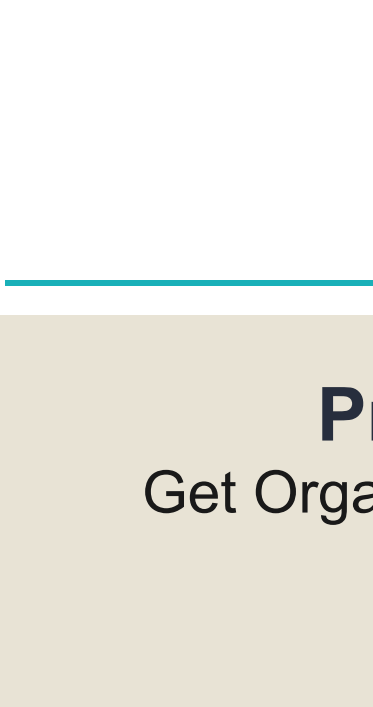
We are honoring our first Pet Memorial Service this year to honor the furry, scaly, or feathered members of our families who have passed away.



Wave of Light

Thursday, October 15, 2026

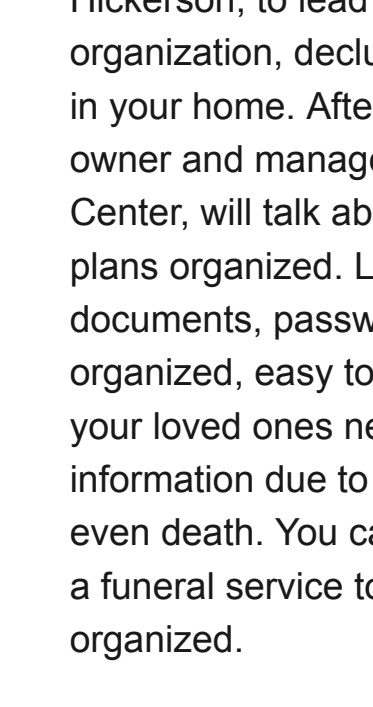
This global event is for families who have lost infants either in the womb or early in life. A small ceremony and a candlelighting help cast a "wave of light" across the world.



Celebración del Día de Muertos

Monday, November 2, 2026

This will be our 12th year to hold our Celebración del Día de Muertos which gets bigger and better every year. Experience mariachis, ballet folklórico, art exhibits, singers, and more!



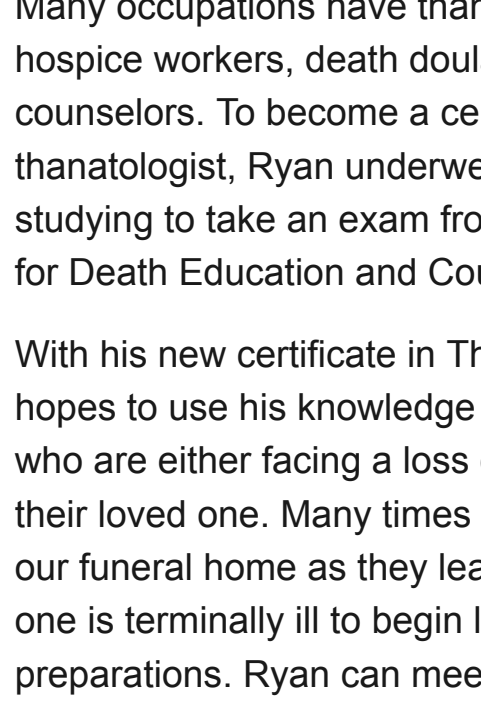
Candlelight Service of Remembrance

Sunday, December 6, 2026

Our Candlelight Service of Remembrance is a special event in which we recognize the loss of loved ones during the holiday season. It is a peaceful time to find comfort while remembering our loved ones.

Staff Highlights: Our Newly Certified Thanatologist

Article written by Kristine Hughes, Hughes Family Tribute Center Funeral Director & Creativity Director



All our staff members are driven to honor and serve families, but this month we are highlighting Ryan Hughes, a 4th generation funeral director who serves as our Facilities and Tech Manager. Ryan does a lot that many might not know about. He is a dedicated funeral director, a hard-working facilities manager, co-chair to Selected Independent Funeral Home's NextGen Organization, co-den leader to his son's Cub Scout pack, and serves as a sound technician at his church. On top of all of these roles, Ryan took it upon himself to become a certified thanatologist.

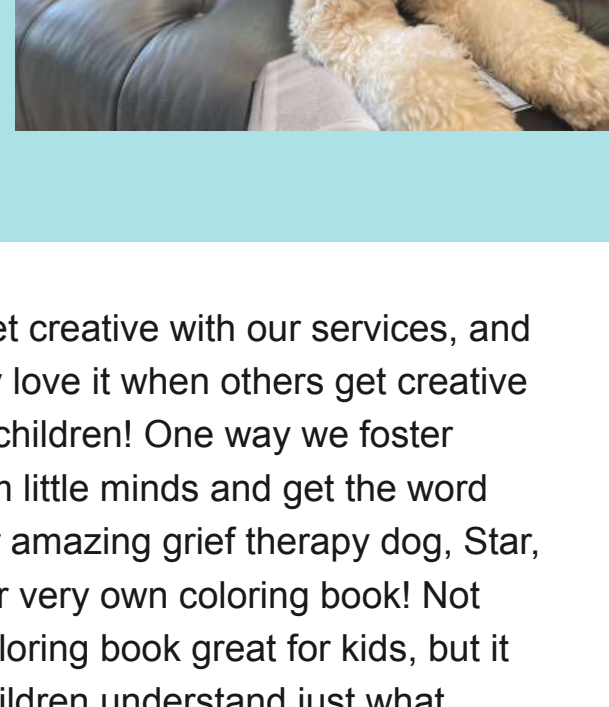
If you are like me, you are wondering what in the world is a thanatologist. A thanatologist is a person who has been educated in helping others navigate death, dying, grief, and loss. Many occupations have thanatologists like hospice workers, death doulas, and grief counselors. To become a certified thanatologist, Ryan underwent months of studying to take an exam from the Association for Death Education and Counseling.

With his new certificate in Thanatology, Ryan hopes to use his knowledge to help families who are either facing a loss or are grieving their loved one. Many times families come to our funeral home as they learn that a loved one is terminally ill to begin looking at funeral preparations. Ryan can meet them where they are in their grief and travel along with them as their loved one faces life's last journey. If a loved one has already passed away, Ryan can use his education to assist with grief responses and provide useful grief resources.

We honor and applaud Ryan for taking the initiative to become such a useful resource and person of expertise in our funeral home. It was certainly not expected of him with his busy schedule, but his love for his profession and the families he serves were great influencers to pursue his newest certification.

Star's Storytime: Not Every Dog Gets Their Own Coloring Book

Article written by Kristine Hughes, Hughes Family Tribute Center Funeral Director & Creativity Director



We love to get creative with our services, and especially love it when others get creative—especially children! One way we foster creativity from little minds and get the word out about our amazing grief therapy dog, Star, is through her very own coloring book! Not only is the coloring book great for kids, but it also helps children understand just what Star's role is in our family business and family. These coloring books are great to take around to children's hospitals, counseling offices, and we have them available for kids at any time in our building.

During funeral planning meetings, visitations, or funeral services, children can visit with Star and get one of her coloring books. Both petting Star and coloring are great ways to help children regulate their emotions during a very challenging time. Also it gives energized children something to do during somber services.

Even adults love this coloring book! Fans of Star around the nation have been given copies of this fun little coloring book to remind them of her calming, sweet personality. From restaurants to other funeral homes, Star's coloring book has been passed out all over!

If you'd like to take a look at this cute little coloring book, just click on the link to visit our website where you can print off your own copy! Bring the cuteness of Star into your own home!

[More About Star & Her Coloring Book](#)

Pre-Planning Perfection: Get Organized While Getting Your Life Plans in Order

Get Organized in 2026!

With the aftermath of the holidays, is your house full of new items or toys with no place to go? If you are like most of us, the old stuff is getting shoved aside as you find a place for the new items. The once manageable house you had, now seems a little bit more cluttered. Or it could be that it was already cluttered, and now it looks like your house is an organizational disaster. In the New Year, let's work on getting you and your house off on a new path.



On January, 6, 2026 at 6:00 PM, we are inviting professional organizer, Lauren Hickerson, to lead us in a discussion on home organization, decluttering, and finding freedom in your home. Afterwards, Stephanie Hughes, owner and manager of Hughes Family Tribute Center, will talk about how to get end-of-life plans organized. Learn how to get important documents, passwords, and more in an organized, easy to access place in the event your loved ones need to know your information due to a possible hospitalization or even death. You can also learn how to plan for a funeral service to keep your end-of-life organized.

If you are interested in participating in this special seminar, please RSVP at www.HughesFTC.com/pre-planning-seminars. A dinner will be served for people that RSVP. If you have any questions about this seminar or others like it, please feel free to email us back at info@hughesftc.com.

We look forward to learning more about organization with you and starting this year off on a new and cleaner path!

[RSVP for Pre-Planning Seminar](#)

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