

# The Smithtown News

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**Author pens  
new journal  
to help those  
grieving loss**

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**LIFESAVER:** Dr. Meryl Ain (center) with husband Stewart Ain (right) and Maryann Stech (left), whose story is included in Dr. Ain's first book, **The Living Memories Project: Legacies that Last**, and is quoted in the **My Living Memories Project Journal** during an author event at Book Revue in Huntington.

**-Corbett Public Relations photo**

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**PEN PAL:** Dr. Meryl Ain signs copies of her new book, "My Living Memories Project Journal," created to help people capture the memories and passions of their loved ones – everything from their hobbies and favorite foods to their accomplishments, traditions and favorite charities – during an author event held at Book Revue in Huntington.

## Living Memories Project has new life with journal

By DAVID AMBRO

So grief stricken was Dr. Meryl Ain after the passing of her mother that she wondered how she would cope as she waited for closure that never came.

Dr. Ain, of Commack, finally decided she had to refocus from grief to keeping the memory of her mother, Helen Fischman, alive.

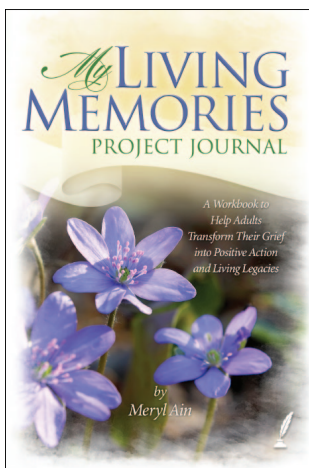
In September, Dr. Ain published **My Living Memories Journal**, an interactive workbook for readers to keep the memory of a loved one alive after they have died.

The workbook is a companion to **The Living Memories Project: Legacies That Last** published March 28, 2014 by Dr. Ain, her husband Stewart Ain, and her brother Arthur Fishman, of Philadelphia. The book is a collection of 32 stories about how people cope with death for a meaningful outcome.

Dr. Ain said the people they interviewed in the book, some people she knows and others are celebrities, taught her not to focus on the fact that her mother died but instead on how she lived.

She said the new journal provides people with a tool to create a living memory for someone through pictures, quotes, artwork, and a variety of other techniques. Dr. Ain said the journal can be used in a workshop setting so that people can learn a variety of techniques from one another.

Dr. Ain is scheduling workshops for a dozen people or more centered around the Living Memory book and the journal. Participants share how they keep the memories of their loved ones alive, and they learn new ways to carry on the legacy of a loved one. The workshops culminate with participants publishing their tributes to loved ones



on the Living Memories website.

To participate, call Bill Corbett at 516-775-0435 or email info@thelivingmemoriesproject.com.

Maryann Stech, a secretary in the Smithtown School District, is featured in the book with a story about how she keeps her mother's memory alive. She is also quoted in the new section of the journal.

Janine Lavery, a co-worker of Dr. Ain during her tenure as assistant to the superintendent of the Smithtown School District, shares her story in the book about her father Bob Pratt, the former Smithtown Elementary School principal who died at 59 years of age. Also featured in the book are stories about Jack Klugman and Tony Randall, Nick Clooney and how he memorializes his sisters Rosemary

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## Keeping memories alive

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and Betty Clooney, Linda Ruth Posetti, the granddaughter of Babe Ruth whose mother would go to the Baseball Hall of Fame induction every year in Cooperstown to keep the memory of the Babe alive. All of these same people are quoted in the journal and their stories are recounted in sections where readers can share those techniques.

Dr. Ain is trying to create an online living memory community, and she is asking people to submit their stories of how they kept memories of loved ones alive. The website is [thelivingmemoryproject.com](http://thelivingmemoryproject.com).

Dr. Ain and the My Living Memories

Journal were at the Book Revue in Huntington November 29 for a book signing and before that she was the guest speaker at an interfaith Thanksgiving service. Dr. Ain will also be the guest speaker at New Trends in Clinical Intervention and Grief Counseling December 16 at the Suffolk YJCC, co-sponsored by Partners in Dignity and the Fordham undergraduate school of Social Services.

At the conference she will hold a workshop with social worker Lori Hardoon, at which they will discuss "the empty seat at the holidays." They will also discuss children coping with grief, music therapy, and a variety of other topics.