

Pet Memorial Day Celebrates Life

The national holiday honors pets that have died.

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Sept. 9 is National Pet Memorial Day and provides grieving pet owners a special holiday to honor cats they have lost.

“As pet owners, we experience laughter, joy, unconditional love, frustrations, sorrow and other human emotions with our pets,” says Claire Chew, a pet bereavement specialist. “As a member of our family, the grief we feel for them has many layers. This day is a personal time to reflect on the loss [and] remember the many gifts they have brought us.”

Ways to honor cats that have passed on include:

- * Create a living memorial by planting a tree or flower
- * Put together a pet scrapbook
- * Burn a candle
- * Make a donation to a rescue group or animal charity

Chew added that she'll honor her dog, Sophie, who passed away, with meditation, a candlelight ceremony and making contributions to various charities.

“Sophie is a constant reminder of how much our furry angels mean to us,” she adds.