



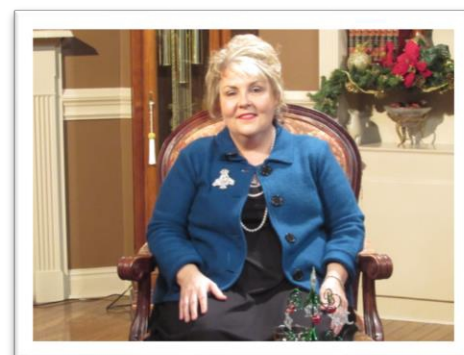
Monthly Report WMCF TV

WMCF TV / 45 MONTGOMERY, ALABAMA IS LOCATED AT 300 MENDEL PARKWAY MONTGOMERY

DECEMBER 2016

Christmas is a Celebration of Life

Joy in Our Town host Zachary Bigley interviews Mona McDermott, a bereavement coordinator with Baptist Hospice, to discuss how families deal with depression and the loss of a loved one during the holiday season. She said that their motto is, "Add more life to your days." The motto is based on Jesus' statement, "I come to bring life and that more abundantly." She said that while dealing with terminally ill patients and their families, they focus more on life than on death. McDermott talked about how important it is to focus on living life to the fullest. None of us know when our last day on earth is. Therefore, we need to learn to make the best of each day. Making sure our relationships are good with one another and with God is very important to having peace in our hearts. Everyone grieves differently. She said that it is necessary to meet people where they are because many of the families that they deal with are not Christians. The bulk of them do come from a Christian background. The grieving process will certainly depend on a person's view of the afterlife. Families of a terminally ill patient are encouraged to be open and honest about what they are feeling. No one should isolate themselves during the holiday season especially. Isolation exasperates depression, which could bring on a mental illness. One thing people are encouraged to do is participate in an event put on by Baptist Hospice: the lighting ceremony of the Celebration of Life Christmas Tree. A special ornament is placed on the tree to commemorate their loved ones who passed away? Mona said that this is a joyous occasion, not a sad one. People can honor their loved ones, share stories with others, and remember their loved ones in a way that is honoring to them. Each ornament is unique for each person and it represents a life. This is why it is called the Celebration of Life Tree. The memory of a good person is a blessing, she said. Finally, Mona shared that Christmas is the most wonderful time of the year because it draws your attention to Jesus Christ. The season is all about the One who came to bring us life. For those who are grieving, especially at Christmas, they can draw energy from the knowledge of who Jesus Christ really is.



Mona McDermott



Zachary Bigley interviews Mona McDermott.

SOCIAL MEDIA REPORT

The TBN Montgomery Facebook page increased in "Likes" for the month of December. Christmas themed graphics really enhanced the page.