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Bereavement Newsletter

Endless As the Sea...We

By: Nancy Bohn Miller, Bereavement Volunteer

Friendship first, and so it goes,
Safe, secure in the "little things" that mean so much
Love grows, and grows wise; with listening ears, and open eyes.
Yes, it's like an Easter song , and you build your castle, and create
your fairy tale.
There's power in that love beyond reason, and beyond our
sight.....like the sea.
So when the waves crash down on your world; take the time to
feel the loss,
shake off the wet sand, and re-build that castle with strong walls
of endless memories.
Hear the music return, sing your song, and dance, dance, dance ,
for the joy you knew.
the love is infinite; Endless As the Sea.

WHAT'S NEW

NEW SUPPORT GROUP

Thriving Families

“Circle of Friends”

REGISTRATION NOW OPEN

A group for families with
children 5-12 years old,
learning to navigate life
while grieving.

TO REGISTER CALL

845-561-6111

www.hospiceoforange.com



The Tapestry of Grief

By: Chaplain Ed Madson

When a loved one passes, our grief feels overwhelming and seems to take up the entirety of our lives. Everything we do and feel, our entire experience of living is touched by their absence. The poet W.S. Merwin describes this feeling in his poem, "Separation".

"Your absence has gone through me
Like a thread through a needle.
Everything I do is stitched with its color."

Our lives are consumed with grief after the death of a loved one, and the immensity of it seems to leave no room for any other kind of experience or emotion. It is like a great boulder that occupies the entirety of our soul. Yet as time goes on, our grief seems to subside. This can cause people distress and anxiety, because they feel that because their grief is not as acute, they are forgetting their loved ones, that their capacity for love is diminishing and their memories of the deceased are fading.

But what if it turns out that the size of our grief never changes; what if it's the size of the vessel that we carry our grief in that grows. The "vessel" is our lived experience, and what happens is that our soul continues to expand to make room for new loves, new friends, and new experiences amidst our grief and sorrow. No longer is our life defined solely by our grief and loss but by all our experiences, so that Merwin's dull, monochrome thread of grief whose color seemed to make up the entirety of the fabric of our existence is revealed to be just part of a great multihued tapestry that is the chronicle of our lives. Our grief may occupy a great space in our souls, but it is hardly the defining feature of our lives.

May we all come to understand how our grief adds to the a tapestry of our lives.

Healing Hearts

Support Group

Member Testimonial

Kristie,

I wanted to just say thank you for your time and support these last 8 weeks.

I knew I wanted to be part of a group support system but never expected to get so much from it. The support of the entire group and the respect we all had for one another was so helpful as I tried to work through my loss.

You are professional and caring and ran a wonderful group that led me to a place of growth and healing. I couldn't ask for anything more.

Thank you so much,

Elizabeth



Surviving the Winter

Winter is difficult with the lack of sunlight, feeling stuck indoors, and dealing with pandemic anxieties. Coping skills help maintain our mental health during dark days.

Here are a few things to try this winter...

1. Notice your negative thoughts and replace them with positive ones.
2. Maintain social connections. Connect by picking up the phone and calling friends and family to let them know how you are feeling. Ask them how they are keeping busy.
3. Create a plan for your day. Think about your short term and long term goals.
4. Practice self-care. What makes you feel good?
5. Seek more laughter during the week. Watching a favorite comedian or funny movie helps us feel lighter. When was the last time you had a good belly laugh?
6. Make time for exercise. Taking a brisk walk or dancing to our favorite songs help energize us and release feel good neurotransmitters in our brains.
7. Eat right. This includes a diet with variety of fruits, vegetables, protein, complex carbohydrates and omega three fatty acids. Avoid excess sugar, caffeine, and alcohol.





HOSPICE of Orange & Sullivan Counties, Inc.

Bereavement Support Groups

We Invite YOU to consider joining!

Support, designed for you, where others can relate to your experiences.

To continue our agency's efforts to maximize safety of all, Hospice provides Virtual Grief support to those currently experiencing loss in our community. These groups are free and open to the public regardless if your loved one received hospice services.

Please CALL 845-561-6111 and speak to our Bereavement Counselor

All Group Members Require

- ◆ Completion of telephone intake
- ◆ Complete a Telehealth Consent w/ Facilitator
- ◆ Receive Facilitator invites into support group sessions

For Acute Grief: *When a death has occurred within the last 3 months*
Healing Hearts – Zoom support group

Every Thursday : 3:00 pm- 4:30 pm
 &
 Every Wednesday: 6:00 pm -7:30 pm
 Time limited: 8 Consecutive weeks

***For those in our community who are grieving the loss of a loved one due to Covid-19 pandemic:**

>Comfort in the Storm - Zoom support group
 Every Thursday
 6:30 pm – 8:00 pm
 Open & Ongoing group

For Integrating Grief: *For individuals who are learning to navigate their lives while experiencing grief*

◆ **Beyond Loss** - (Zoom support group)

2nd & 4th Thursday/month
 6:00 pm–7:30 pm
 Open & ongoing group

◆ **Footsteps toward Healing** – Conference Call – *Audio only*

2nd & 4th Thursday /month
 10:00 am – 11:30 am
 Open & ongoing group

◆ **Light for the Journey** – Zoom support group

2nd & 4th Wednesdays /month
 4:00 pm-5:30 pm
 Open & ongoing group

◆ **Traveling Thru Grief** – Zoom support group

1st & 3rd Monday/month
 11:00 am – 12:30 pm
 Open & ongoing group



Thriving Families: building resilience

A Virtual Family Grief Program

A program to promote healing by providing an opportunity for youth to express their thoughts, verbalize their feelings, and share their experience of grief. For children ages 6 through teens.

Additional information is available
 Call :845-561-6111

Trust has a name

