



April 2022
Volume 3, Issue 2



Bereavement Newsletter

What is Bereavement Counseling?

By Kristin Palmieri, MA, LMHC, Bereavement Counselor

Grief counseling is a conversation about the natural reactions we experience about loss and its assimilation into our future. It is not therapy focused on unlocking childhood trauma or discussing old emotional pain. It focuses on your current state of emotions and how you are coping with the death of a special person. Bereavement counseling is the integration of pain and loss in our lives. It includes reflecting on the relationship you had with the deceased, favorite memories, how they changed and influenced you in your lifetime. Grief counseling discusses methods of healing, and helps us navigate our grief journey, and honoring our special person. What makes grief counseling so special is that it gives us a confidential safe space to explore our feelings and figure out how we can continue to live despite suffering and missing our loved one.



WHAT'S NEW

NEW SUPPORT GROUP

Thriving Families

“Together We Can”

REGISTRATION NOW OPEN

A group for families with children 6-12 years old, learning to navigate life while grieving.

TO REGISTER CALL

845-561-6111

www.hospiceoforange.com

Hospice Experience & Grief Counseling

By: Virginia Levenback

Hospice of Orange & Sullivan Counties, Kaplan Family Hospice Residence was a “godsend” for our family. When my father, entered the Kaplan Residence last summer, we experienced a level of dignity, respect and caring that had been missing from Dad’s care. He started to improve from the good care and attention at Kaplan, and my family and I were able to enjoy some special and important moments with him there.

All of the nurses knew his nickname (Mr. Big) and used it with frequency and joked with him. They knew some of our family’s story’s and we decorated his room with pictures and momentos. One day after he hadn’t eaten for a while, he woke up wanting his favorite chocolate ice cream. We all watched with great joy as he enjoyed it, every drop of that delicious treat! After this treat, Dad recounted a story about he and his beloved bride of 65 years, my Mom! Hospice helps to make these moments possible!

After my father passed, I was offered grief counseling. I thought I was complete but I knew I was facing Thanksgiving, Christmas, and my birthday without my dad. Also, when I returned to my home in Houston after spending the summer with dad and my family in the Hudson Valley, I was diagnosed with breast cancer. My weekly chemo treatments would prevent me from sharing the holidays with family, and that was going to be a challenge. I knew I needed some help.

I started individual grief counseling with Kristin Palmieri not knowing what to expect but open to all possibilities, the process and to getting help. The most surprising thing was that the process was not sad for me but a real honoring and remembering of the best memories of my father. Kristin was wonderful about asking great questions: how will you honor your father on thanksgiving? what did your father enjoy about thanksgiving? what special memories do you have about your father and Christmas? What did you enjoy doing with your dad? I loved the questions and I loved sharing the stories!

Our sessions turned into a check-in at the beginning and processing anything that we needed to work on. But then I was able to share stories about my father and the nature of the questions evoked for me very loving memories that I was happy to share. Kristin is a very empathic and encouraging person. I found grief counseling to be a very spiritual and honoring process. My experience at the Kaplan Center has been so caring and extraordinary.

Recipe for Raw Grief

From the Kitchen of Theresa's Heart

Serves: One

Ingredients:

- 1 heaping cup of disbelief
- 1 tablespoon of reluctance to say goodbye
- 16 ounces excruciating pain
- 3 cups brutal sadness
- 2 tablespoons confusion (substitute questioning)
- ½ cup constant obsessing
- 8 ounces anger (substitute feeling misunderstood)
- 2 teaspoons agonizing guilt
- ¾ cup embarrassment
- 1 quart loneliness
- Dash of untimely and needless



Directions: Preheat oven to 1123. In a small bowl, mix disbelief with reluctance to say goodbye. Next, trim platitudes from excruciating pain and discord. Use mixture to coat pain. Cook in scalding cast-iron skillet until blackened. Set aside. Fill large pot with tears and bring to a boil. Lower heat; pour brutal sadness into pot and cover. Allow to simmer for weeks. When sadness is numb, remove from heat and drain tears from pot. Stir confusion and constant obsessing into sadness and set aside. Use mallet to pound anger until tender. Cut into bite size pieces. Fry in pan over high heat with agonizing guilt and embarrassment. When anger turns red, remove pan from heat. To assemble, spread pain into bottom of baking dish. Layer on the sadness mixture, then cover with anger, guilt, and shame. Top with loneliness. Season with untimely and needless. Place in oven and bake until loneliness turns to intense longing. Let sit for a lifetime.

Notes: *Pairs well with absolute fear. Best served smothered in love and compassion (may need assistance). Garnish with a sense of peace.*

Cacciatore, J. (2017) *Bearing the Unbearable. Love, Loss and the Heartbreaking Path of Grief*. Wisdom Publications.

In celebration of Volunteer Month: Thank you for all your help in the Volunteer Bereavement Dept this year. We appreciate your dedication. Behind the scenes, you contribute to making hospice compassionate and supportive to families.





HOSPICE of Orange & Sullivan Counties, Inc. Virtual 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 of your loved one receiving 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 Integrating Grief: *For individuals who are learning to navigate their lives while experiencing grief.*

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

2nd & 4th Wednesday/month

6:00 pm-7:30 pm

Open & ongoing group

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

2nd & 4th Wednesdays /month

4:00 pm-5:30 pm

Open & ongoing group

◆ **Traveling Through 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

