



## Bereavement Newsletter

### Loneliness in Grief

By: Kristin Palmieri, MA, LMHC, LPC  
Hospice Bereavement Counselor

Loneliness is another emotion that can linger daily when we are grieving. It can sneak up on us in the evenings or morning like any other emotion. Loneliness is a difficult emotion because we can feel lonely even when we are surrounded by other people. It is a painful often nagging emotion that comes and goes in waves like the others.

How we cope with our loneliness while grieving is important because we want to turn to healthy coping behaviors when we are feeling at our worst. Some ideas to cope include:

- Change your routine. Instead of eating a meal where you sat with your spouse sit somewhere else to eat. Try a new restaurant.
- Leave the television and lights on when you return home at night to change the environment of the empty house.
- Get involved in groups and meet new people. It takes time to develop friendships but when you join interest groups you may find like-minded people.
- Call or text someone. Connection and having someone to talk to helps when you are feeling lonely.
- Go for a walk and get some outdoor fresh air.
- Do something nice for someone else.
- Find someone to smile at and notice if they smile back at you. Activate the happy region of your brain to help boost your mood.

### WHAT'S NEW

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THRIVING FAMILIES GRIEF  
SUPPORT GROUP

“Circle of Friends”

REGISTRATION NOW OPEN  
An evening zoom  
bereavement support group  
for children and  
their caregivers.

TO REGISTER CALL  
(845) 561-6111 x 232  
[www.hospiceoforange.com](http://www.hospiceoforange.com)

## Maintaining Connections to our Loved Ones

- Wear a piece of their jewelry or clothing.
- Eat their favorite food.
- Eat at their favorite restaurant.
- Think about what they would say to you.
- Live life in the spirit they taught you.
- Plan something special for their death anniversary date.
- Play their favorite music.
- Write them daily letters in a journal.
- Talk to their picture.
- Maintain their Facebook and other social media pages.
- Enjoy their favorite comfort food.
- Talk about them to new friends in your life.



*Being deeply loved by someone gives you strength, while loving someone  
deeply gives you courage. –Lao Tzu*

## Ideas to Meet New People

Join a club.

Volunteer at a place you are passionate about or for a cause your loved one was passionate about.

Go to a place of worship and say hello to five different people.

Visit [meetup.com](https://www.meetup.com) and join a interest group.

Attend a reunion.

Join the senior center.

Sign up at the library for a class.

Take a class at the local community college.

Take a cooking class.

Take an art class.

Join a gym.

Join a group dance or exercise class.

Join an adult sports league.

Go to a trivia night at a local restaurant.



# Waking Up

By: Pilar Treus  
Hospice Bereavement Volunteer

Waking up and still searching...  
For the way things used to be  
Looking, yearning for the peace, love and joy we shared.

Searching for the right gauze infused with acceptance and love to help cover  
and heal the gap in my heart.

Reaching deep into a well of knowledge and grabbing answers that are at times painful, at  
times a deceptive temporary fix.

Deeply reaching into that well of change, inexorably uncovering feelings of  
awe, confusion, revelation. A discovery of parts that grief took out of hiding.  
Learning in moments of despair that when the heart doesn't feel, the mind  
is not at ease, causing a storm that will not wear down unless you  
are present.

Waking up and staying awake to the feeling and awareness of the  
impermanent but transformative moments that life offers... the sorrows,  
the joys....

Feeling gratitude and a new depth of love brought on by the suffering that  
shows you the way...

The way to a goodness that never leaves us, the need to impart it as was done  
to you, the effect of it never leaving, and the connection that remains.  
Searching and finding that the way is in sharing each others pain, and  
vowing to stay awake.

## **My Constant Companion**

By: Kelly Roper

Grief is my companion,  
It takes me by the hand,  
And walks along beside me  
in a dark and barren land.

How long will this lonesome journey last,  
How much more can my weary heart bear?  
Since your death, I've been lost in the fog,  
Too burdened with sorrow and care.

People tell me my sadness will fade,  
And my tears will reach their end.  
Grief and I must complete our journey,  
And then maybe I'll find happiness again.

(2022) [https://dying.lovetoknow.com/Poems\\_Related\\_to\\_Grief](https://dying.lovetoknow.com/Poems_Related_to_Grief)