



April 2023



## Bereavement Newsletter

### Spring Can Be A Time for Personal Growth

By Kristin Palmieri, MA, LMHC, Bereavement Counselor

Spring can reawaken our desire to live a more full and purposeful life, with the weather changing we can go outside comfortably and bathe in nature. Next time you are outside, focus your attention on all the new growth of the flowers and trees. Notice the bees starting to fly around and the sun setting later in the evening. The way the seasons change and nature adapts we need to adapt to our life's circumstances, even the ones that we don't want like death. Life is a series of developmental changes and we adapt to life with our own internal mental shifts. This spring...ask yourself some questions to start thinking about your own post traumatic growth. What will make me happiest? What brings me comfort? What can I do to help someone else? What goals do I need to set for myself both big and small? How do I want people to remember me when I die? Like nature we adapt and grow. How can you grow and thrive this Spring?



## WHAT'S NEW

### NEW SUPPORT GROUP

Thriving Families

"Spring Series 2023"

### 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](http://www.hospiceoforange.com)

# **The Well of Grief**

By: Unknown Author, *contributed by Hospice Bereavement Volunteer Alexis Kantgias*

**Those who will not slip beneath  
the still surface on the well of grief,**

**turning down through its black water  
to the place we cannot breathe,**

**will never know the source from which we drink,  
the secret water, cold and clear,**

**nor find in the darkness glimmering,  
the small round coins,  
thrown by those who wished for something else.**



*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.*

*Your kindness is making our world a better place!*

### **What It Means To Be A Hospice Volunteer**

**By: Bereavement Team Volunteer - Hermine Gilbert**

When I tell my friends and family that I'm a Hospice Volunteer, they usually are a bit stunned. I wonder if at that moment we remember the inevitability of death. However, it's not usually a somber experience when I visit the dying or phone the bereaved. Rather it's an interesting encounter with another person at a vulnerable time of his or her life.

Sometimes there's humor. My very first Hospice patient had been a traffic court judge. He shared with me hilarious stories about traffic court. Often there's warmth, like with a Hospice patient who had energy to out shopping most weeks. She trusted me and shared with me her private concerns. Or, with a retired fireman who couldn't hear well, so I sat close, held his hand, and spoke into his ear. Or just sat quietly







# Thriving Families Grief Support Group

This specialized support group promotes healing by providing an opportunity for children and youth ages 6 through 17 to express their thoughts, verbalize their feelings, and share their experience of grief. The program includes art, music, books, discussions, and videos.

To fully serve the family, the Thriving Families Grief Support Group consists of two portions: the main Children/Youth Portion and a separate Adult Portion, in which guardians meet to discuss their children and learn ways to help them work through their grief. During the Children/Youth Portion, children are provided with themed, structured activities on specific topics. Family involvement is important in supporting children/youth in their grief. Only people who are registered can participate in the groups.

Parents and caretakers are invited to participate in the Adult Portion, currently conducted on select Tuesdays via Zoom. This group offers opportunities to discuss the previous day's Children/Youth Portion and any concerns regarding the child(ren). It also provides an outlet for adults to process their own grief. Adult group discussions cover a variety of subjects, including the emotional and physical impact that grief and loss have on both children and adults.

**The Children/Youth Portion currently runs on select Mondays via Zoom. The groups run for 60 minutes. It's important that an adult is available to assist the child(ren) with starting and ending each session.**



**HOSPICE**  
of ORANGE & SULLIVAN

**(845) 561-6111**  
hospiceoforange.com  
800 Stony Brook Court  
Newburgh, NY 12550

# Registration:

Adults can register for Thriving Families Grief Support Group by calling the Bereavement Counselor, who will assist with registration requirements: (845) 561-6111 x 232.

All children may participate in each Children/Youth Portion. However, sessions may be specifically designed for a given developmental level.



To view requirements, please visit us at:  
[hospiceoforange.com](https://hospiceoforange.com)

## Schedule

### Spring Series 2023

- Mondays: Children/Youth Portion
  - April 17
  - May 1
  - May 15
- Tuesdays: Adult Portion
  - April 18
  - May 2
  - May 16

### Children/Youth Portion:

Select Mondays

Time: 6:00pm - 7:00pm  
currently via Zoom

### Adult Portion:

Select Tuesdays

Time: 6:00pm - 7:00pm  
currently via Zoom

