

Bereavement Corner

We have the pleasure of introducing you to our new Lead Bereavement Counselor, please join us in welcoming Katherine (Katy) Maso! Katy joined us in June and is acclimating quickly. Katy is the point of contact for all new intakes into the program. Her responsibilities will include facilitating the Thriving Families Grief Support Group; Adult Grief Support Groups; offering individual counseling in-person and virtually; as well as facilitating bereavement mailings. You will find Katy in the Middletown office Tuesdays through Thursdays, and in the Newburgh office Mondays and Fridays.



Katherine (Katy) Maso, Bereavement Counselor

“AS YOU GROW OLDER, YOU WILL DISCOVER THAT YOU HAVE TWO HANDS, ONE FOR HELPING YOURSELF, THE OTHER FOR HELPING OTHERS.”

– MAYA ANGELOU

We are very excited that June also brought us the opportunity to offer in-person, individual, counseling again. This has also provided us the opportunity to add Henry Fersko-Weiss to our team, he will be providing additional grief counseling for those in need. Individual, in-person, sessions are offered in both the Newburgh and Middletown offices.

To register call Bereavement Counselor at (845) 561-6111 x232 or email bereavementcare@hospiceoforange.com

Grieving Through the Winter

13 Sessions
Mondays 11:00am – 12:30pm
November 6, 2023 to February 12, 2024
In-Person, Middletown Location



Scan to Learn
More About
Bereavement
Services

The Bereavement Care Program cannot succeed without our highly valued Bereavement Volunteers!!

We have the pleasure of welcoming 3 new Bereavement Volunteers to our team. These individuals are dedicated to assisting the program with phone calls, data entry, mailings, and informational videos. The volunteers meet monthly for team building and continuing education.

We welcome all who would like to become part of the team.

Bereavement Corner (continued)

A Blessing For The Life You Didn't Choose

*"Blessed are you when the shock subsides,
when vaguely, you see a line appear that divides before and after.*

*"You didn't draw it, and you can barely even make it out.
But as surely as minutes add up to hours and days, here you are,
forced into a story you never would have written.*

*"Blessed are you in the tender place of wonder and dread,
wondering how to be whole when dreams have disappeared and part of you with them,
where mastery, control, determination, bootstrapping, and grit,
are consigned to the realm of before (where most of the world lives),
in the fever dream that promises infinite choices, unlimited progress, best life now.*

*"Blessed are we in the after, loudly shouting: is there anybody here?
We hear the echo, the shuffle of feet, the murmur of others
asking the same question, together in the knowledge
that we are far beyond what we know.*

*"Show us a glimmer of possibility in this new constraint,
that small truths will be given back to us.
We are held.
We are safe.
We are loved.
We are loved.
We are loved.*

"And best of all: We are not alone."

– Kate Bowler



Normalizing Guilt Through the Journey of Grief

Grief is known to bring up many different emotions, but did you know that feelings of guilt may arise as well? Feelings of guilt during grief may occur for many different reasons...

Guilt may come from experiencing feelings of relief. Maybe your loved one's illness was causing them a lot of pain and suffering, or a family member was extremely burned out after being the primary caregiver for a long period of time?

Guilt may occur from feelings of regret for something one did or did not get to say.

Sometimes people may feel guilty because they are the ones who lived. This type of guilt is often known as "Survivor's Guilt".

Guilt can also accompany happiness. People may feel like they are betraying their loved one, out of the belief that they should be sad all the time.

Sometimes the brain likes to play tricks on us, which may lead to thoughts that can make us think/feel the death of our loved one was somehow our fault or that you didn't do enough.

Guilt from feelings of "moving on", like feeling guilty during moments of joy, the same response may happen when we notice that maybe our grief isn't as intense as it once was or maybe we are starting to develop new meaning in our lives.

Pre-disposition to feelings of guilt. Sometimes people's personality may make it that they are more likely take on feelings of guilt/responsibility. This may increase in intensity during a person's grief response.