



PATHWAYS TO HEALING

July/August 2017

A newsletter to aid in bereavement

Created by: Hospice of Central New York & Hospice of the Finger Lakes

“Summer Grief”

By Joyce Nevola, LMSW, Bereavement Counselor

A summer in Syracuse, New York echoes etchings of sun-glistened lakes, playful picnicking parks, adventuresome hiking trails, and festival gatherings. Thoughts of sleeping in, leaving stress behind, playing outdoors, and day-dreaming of summers past lift our spirits and spark our anticipation. Each year, The Great New York State Fair calls us to taste the freeing flavor of childlike play. Nearby vacation destinations like the Adirondacks, Finger Lakes, and Thousand Islands beckon us to rekindle happy times shared with family and friends as the days grow longer and the sun blesses us with welcomed warmth.



For those of us who are grieving the loss of a loved one, however, everything previously enjoyed about summer may be very different this year. Some may find it difficult to cope with grief's heartache when everyone else seems to be having fun. Others may thrive on the high and often unreal expectation that getting away with family and friends may easily erase the pain. Some may set out to rekindle cherished memories of a loved one's presence only to discover the agony of absence. Others may lack the energy and enthusiasm to plan all the details of a vacation and may be too stressed to go anywhere. Some may find a summer getaway a rejuvenating break but are dreading the stark reality of returning home alone. Others may feel that the ache of autumn's "letting go" and the harshness of a cold, dreary winter may more easily resonate with their mood.

Here are some suggestions to help anyone who is struggling with grief this summer:

- Instead of planning a week full of activities, take small steps and enjoy a day or two at a time with breaks in between. Remember, grief depletes your energy.
- Soak in the gift of the present moment and be mindful of simple pleasures that already surround you. Grief draws you back into yesterday. Try to be open to "now".
- Invite someone who understands and validates your feelings to share your summer journey. Grief can make you feel emotionally abandoned, at times. Reach out to others.
- Spend time with nature and allow a pretty flower, a beautiful sunset, or a walk at a lakefront to bring you comfort. Grief can be harsh and barren. Focus on life, if only for a moment.
- Honor your loved one by celebrating memories of times shared and plan a favorite activity which you enjoyed together. Grief can intensify absence. Find new ways to be present.
- Pamper yourself with a spa treatment, a good book, a long nap, or do nothing at all. Instead of having grief consume you, allow it to walk beside you.
- Contact us at The Hospice Grief Center. We offer compassionate support through individual counseling and a variety of support groups. We are just a phone call away at 315-634-2208.

Styles of Grieving

By Michelle Gladu, LMSW, Bereavement Counselor



Those of us who counsel persons who are grieving understand that no two people will grieve a loss exactly the same way. There are many variations in grieving based on one's personality, age and culture to name just a few factors. Historically it has been thought that men and women grieve differently, and to some extent they do. A man may feel expected to be "strong" and to continue functioning despite great pain. Women may be more likely to talk about their grief and seek out support and counseling. This may have led counselors and society to believe that this is the "right" way to grieve. The truth is, not everyone fits these patterns and neither style is completely "good" or "bad."

Grief researchers now tend to recognize a range of grief styles. Two researchers, Terry Martin and Kenneth Doka, have identified two ends of the grief spectrum. On one end, an "intuitive" style of grieving where people identify, express and share emotions openly. On the other side is an "instrumental" style, which is a more physical and mental way of working through grief. Men may have traditionally identified more with instrumental grieving, but this style is not unique to men. There are also plenty of men who are comfortable with sharing their feelings and women who would prefer not to. Instrumental grievers tend to cope through exercising, engaging in a hobby or project, working, and trying to problem-solve for themselves and their families. However, the grief of instrumental grievers can often be overlooked, which can lead to feeling isolated from others. Different grief styles can result in misunderstandings among family members, with family members possibly thinking that one family member is so busy they aren't grieving, while another family member is overwhelmed by their feelings and not able to function. Grief changes over time as well. We may be more focused on expressing emotions in the immediate aftermath of a loss, and better able later on to take action. Loss impacts men, women and children on many levels – physically, cognitively, emotionally and spiritually – so it makes sense to try to address each of these different aspects of grief. Finding the right balance and trying different approaches in coping with grief can be beneficial to us regardless of gender.

2017 UPCOMING EVENTS

Attending a support group with others who have experienced a similar loss and are having similar reactions may be helpful. Hospice of CNY support groups are facilitated by professional staff who can assist in processing the challenges we face while grieving.

Spousal/Significant Other Loss Support Group (six Monday sessions)

Date: October 2nd – November 6th
Time: 1:00 – 2:15 pm (day session)

Facilitator: Susan Bachorik, MS,
Bereavement Counselor

Call (315)-634-2208 by Sept. 26th to register

ADULT GRIEF SUPPORT GROUP (six Thursday evenings)

Date: September 14th – October 19th
Time: 6:00 – 7:15 pm

Facilitator: Joyce Nevola, LMSW
Bereavement Counselor

Call (315)-634-2208 by Sept. 8th to register

HELPING HANDS HEALING HEARTS CHILDREN'S SUPPORT GROUP (six Tuesday evenings)

Date: September 19th – October 24th
Time: 5:30 – 6:30 p.m.

****For children ages 6-11 years old****

Call (315)-634-2208 by September 13th to register

Spousal/Significant Other Loss Drop-In Group

Wednesdays: 5:30-6:30 pm, No need to register

July 19th

August 16th

All events are held at Hospice of CNY, 990 Seventh North St., Liverpool, NY. Please use the Panasci entrance at the back of the building, which is fully accessible. Doors open 15 minutes before events. To check cancellations due to weather or emergency, call (315)-634-1113 x307 two hours prior to the event.

Summer Opportunities



Summer is here! The days are longer, warmer and brighter. Nature offers us a bounty of colors, smells and textures to take in and enjoy. Birds provide a chorus of song, and even the hum of the lawn mower can bring a smile to our faces. Yes, summer has arrived.

With its arrival, our surroundings invite us to take time away from our busy lives and slow down just a bit. Nature offers us a well-deserved break from our daily schedule, to enjoy the beauty that can only be appreciated if we take the time to appreciate what we have before us. That invitation is a cooperative effort-nature provides and we must accept her offer to explore life.

Each of us may feel incomplete as we wrestle with the losses that we have experienced in life. In a mysterious way, nature reminds us that the cycle of life reunites all of us. The past and the present along with the living and the dead are brought together in the beauty of a rose, the song of an oriole or a sunset on a warm, hazy night.

In *The Diary of a Young Girl*, Anne Frank speaks about nature and its therapeutic effect upon the human soul. She encourages everyone to embrace the beauty that waits beyond the threshold of our homes. "The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quite alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature."

Anne expresses a universal truth about all that is beautiful in the world no matter in what circumstance we may find ourselves. She continues, "As long as this exists, and it certainly always will, I know that then there will always be comfort for every sorrow, whatever the circumstances may be. And I firmly believe that nature brings solace in all troubles."

These words from a young teenager in the midst of grief, loss, fear and pain are a source of inspiration and hope for all who feel any or all of these emotions. Let us take comfort in Anne Frank's words and follow her advice to embrace the world around us, and allow nature to heal our pain and ease our grief. Enjoy the summer and give yourself a chance to heal.

Matthew P. Binkewicz, MA, FT

UPCOMING EVENTS AT HOSPICE OF THE FINGER LAKES

FRIENDS OF HOSPICE THRIFT SHOP AND BOUTIQUE

Willard Chapel, Rooms 6 & 7

Open Weekly:

Tuesday, Wednesday, Thursday, 10:00 am – 4:00 pm

♥Healing Hearts Kids and Teens Corner♥

IT'S SUMMERTIME! Summertime brings opportunities for vacations and a time to "get away" from day to day routines. Summer camps allow children an opportunity to renew in a fun, yet structured and supportive setting. CAMP HEALING HEARTS is for children who are affected by the death of a loved one.

2017 Camp Healing Hearts

WHEN: Monday, August 21ST- Thursday, August 24TH
WHERE: Camp Iroquois, Manlius, NY
TIME: 9:00 am – 4:00 pm
AGE: Going into grades 1st through 6th (September, 2017)

What is CAMP HEALING HEARTS all about?

At Camp Healing Hearts, children begin to understand that they are not alone in their grief, as they meet other children who have also experienced the loss of a special person. Camp is facilitated by Grief Counselors and trained volunteers.

What's involved: FUN...FUN...and healing!

What are the activities like?



Each day of camp incorporates a healing theme. The first day is about the camper telling their story of their special person. The second day revolves around feelings and learning healthy ways of coping, and the third day is how to honor and remember their loved one. The final day of camp is about hope. Some of the activities during this special time include creating a memory box, learning about other children's loss through books, and processing

feelings by drawing and journaling. Campers also create memory stones at the Art Shack. Other activities include: hiking, music, swimming, horseback riding, archery, boating and a climbing wall. *Camp registration is open, call now!*

***Questions? Please call the Hospice Grief Center at (315)-634-2208.
Camp applications are available on-line at www.hospicecny.org***

Hospice of Central New York
990 Seventh North Street
Liverpool, NY 13088

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Current Resident



Summer/Fall 2017 Events

**Spousal/Significant Other Loss
Drop in Group**
July 19th
August 16th

Adult Grief Support Group
Sept. 14th - Oct. 19th

Camp Healing Hearts
Aug. 21st - Aug. 24th

Helping Hands Healing Hearts
Sept. 19th - Oct. 24th

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The Hospice Grief Center

Hospice of Central New York provides support for Hospice families for 13 months following the death of their loved one. There is no charge for our services.

Community members are welcome to attend workshops and drop-in groups at no charge.

Donations are appreciated for community members requesting individual counseling.

****If you do not want to receive the
Pathways newsletters, please call
315-634-2208****

Hospice of Central New York complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Hospice of Central New York cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-315-634-1100.

Hospice of Central New York 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障 或性別而歧視任何人。

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 315-634-1100