



PATHWAYS TO HEALING

Jan./Feb. 2017

A newsletter to aid in bereavement

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

What Do Bereavement Counselors Do?

By Joyce Nevola, LMSW, Bereavement Counselor



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Bereavement Counselor

Karen Leshko Balamut, LMSW,
Bereavement Counselor

Joyce Nevola, LMSW,
Bereavement Counselor

Susan Bachorik, M.S.,
Bereavement Counselor

"Grief must be witnessed to be healed."

Elizabeth Kubler-Ross

Elizabeth Kubler-Ross, renowned pioneer in death awareness studies and the author of the groundbreaking book, *On Death and Dying*, in 1969, taught that counselors should see people who are bereaved as teachers. Listening with the heart and bearing witness to personal struggles without setting up rules or emotional road maps, honors the spirit and offers a supportive presence which can be truly healing. Other leading experts in the field of grief counseling echo the same theme. Dr. Alan D. Wolfelt developed the "Companioning Model of Bereavement Caregiving" where the focus is to honor and bear witness. Dr. Kenneth Doka has stated that the heart of grief counseling is validation because bereaved persons need to know that what they are experiencing is normal.

At the Hospice of CNY Grief Center, there are 4 masters level counselors. We offer counseling for individuals, couples, and families, including children and teens. A referral can be made by calling Hospice at (315) 634-2208. Since each person grieves in his/her own way, sessions are geared to individual needs. Some may come in for weekly sessions, others may choose to come in every 2 weeks or every month. Still others may choose a one-time session a few times a year. Counseling for Hospice families and friends is free of charge for 13 months after the death. We also offer counseling for members of the community (non- Hospice related) and a donation can be made for services.

Our bereavement counselors also facilitate support groups. Some groups meet weekly for 6 to 8 sessions and are limited to 10 to 14 participants with required registration, while others are drop-in groups which do not require registration and can accommodate a larger group. Groups for spouse and partner loss, adult general grief, and children's grief groups are available. Additional groups to meet specific needs such as parent loss and loss of a child may be available also. Annual talks are offered on how to cope with the holidays. Groups have been scheduled for grief yoga and craft memorial workshops.

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What Do Bereavement Counselors Do?

(Continued)

Our bereavement counselors also:

- Attune themselves to the bereavement needs of family members/friends of our Hospice patients beginning from the day of admission by collaborating with The Hospice Team.
- Counsel for anticipatory grief and sudden and traumatic loss.
- Create the Pathways to Healing Newsletter every 2 months.
- Offer community education presentations on grief and loss.
- Provide grief workshops for schools, nursing home staff, and professional and community organizations.
- Facilitate Camp Healing Hearts, a day camp held in August for grieving children entering first through sixth grades.
- Provide a Memorial Service of Remembrance in the community twice a year.
- Offer a bereavement resource library.

We are here to honor your struggle, ignite your courage, and restore your heart and spirit. Call us for support and participation in our services.

My Counseling Group

*I've felt like a spider....
that has no web.*

*I've felt like a pillow....
without a bed.*

*I have felt like a diamond....
that has no shine.*

*I've felt like a poem....
that had no rhyme.*

*I've felt like a heart....
with no beat.*

*Or even a desk....
that has no seat.*

*It's hard being a 1....
I've always been a 2.*

*A new life has begun....
and
It's all because of you.*

*Thank You.
Liz Field*

Liz Field recently took part in one of the group counseling sessions at the Hospice of Central New York Grief Center. Mrs. Field generously agreed to share her feelings with us through her wonderful poetry.

♡ Valentine's Day ♡

A day of LOVE (and chocolate)!

I WILL make this a day of remembrance.

I WILL buy myself some flowers and maybe even a box of chocolates.

I WILL remember our love and cherish the wonderful memories.

I may even go out to eat to celebrate (and make believe you are right there with me).

Liz Field

Hospice of CNY Upcoming Groups

Attending a support group with others who have experienced a similar loss and are having similar reactions may be helpful in processing your feelings. Hospice of CNY support groups are facilitated by professional staff who understand grief and offer insight towards healing during this difficult time.

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 on cancellations due to weather or emergency, call 634-1113 x 307
two hours prior to the event.**

Adult Grief Support Group

Six Thursday Evenings
February 23, 2017 – March 30, 2017
6:00 pm – 7:15 pm

Facilitated by Michelle Gladu, LMSW,
Bereavement Counselor

**To register, call 634-2208
by February 20, 2017**

Spousal/Significant Other Loss Support Group

Drop-In Group Dates
Wednesdays, 5:30 pm - 6:30 pm

January 18th

February 15th

March 15th

April 19th

May 17th

June 21st

Please call 315-634-2208 for more information

Spousal/Significant Other Loss Group

*How do I exist in a world without my soulmate?
Will the pain ever go away?*

**We will explore these issues and find ways to
replace pain with hope**

January 11 – February 22, 2017 (Wednesdays)
1:00-2:30 pm (Solace Room @ Hospice of CNY)

Facilitated by Susan Bachorik, M.S.,
Bereavement Counselor

Call 634-2208 by January 5th to register

Children's Grief Group



For: Children Ages 5-12

When: Six Tuesdays from 5:30 to 6:30PM

Beginning: Tuesday, March 7th, 2017

Ending: Tuesday, April 11th, 2017

Please Call 634-2208 to Register

Registration Ends Thursday, March 2nd, 2017

Facilitated by Karen Leshko Balamut, LMSW,
Bereavement Counselor

An Introduction to GRIEF YOGA

We are excited to again announce the opportunity to gather and participate in the viewing of the DVD, "Grief Yoga" by Paul Denniston, a renowned expert. This "Gentle Flow for Beginners" Group will be offered for 6 consecutive Thursdays starting on January 19th, 2017 at Hospice. In order to accommodate varied schedules, sessions will take place from 2 to 3:15 pm and will be repeated from 6 to 7:15 pm. Grief Yoga can be experienced in a chair or on a mat on the floor.

The group will be coordinated by Hospice Bereavement Counselor, Joyce Nevola, LMSW.

REGISTRATION IS REQUIRED BY JANUARY 12th - PLEASE CALL: (315) 634-2208.

A New Year

“Matthew, January 2 marks the beginning of spring.” So our neighbor Nancy, told us at a gathering of friends on New Year’s Day. Our neighbor is a real estate broker, and that is how her industry determines when individuals and families are ready to look for a new home. She inspired us to think about the future, about spring, even though the actual date was two and a half months away. Nancy added, “Most people who are looking for a home wait until the holidays are over before searching for that special place. It gives them time to enjoy the present, and put the future on hold.”



Later that evening, I thought about Nancy’s words and wondered if she had stumbled upon a universal truth. People need time to celebrate before embarking on a life-altering event. The process of buying a new home can be stressful, filled with uncertainty, and leave people wondering if they made the right decisions. The holidays offer us time to put the future on hold while we enjoy the present. The holidays give us the time to revitalize and reenergize before we enter into the next chapter in life. I believe Nancy

understood the human psyche better than most experts.

That analogy works in end-of-life as well. Those of us who are grieving need time to reenergize and regroup over the holidays. Now that spring is here, we need to get busy with our tasks so that we can find our new home. The new home might not involve a physical move, but we will have to rearrange the mental, emotional, and spiritual aspects in our life following the death of a loved one. These activities are known as grief work.

Effective grief work is vital to our recovery. Without the effort, we remain in the old home. So how do we rebuild? Where are the architects and planners to guide us in our search for a new home? Clearly, we find the answers in our own strengths. We recall with fondness our loved ones in the stories we share. We rely on family and friends to lift us when we need additional support. Finally, we can find support from the community. Whether we attend a hospice support group or apply our time and talents with a local organization, we have the potential to reorganize and rebuild our home. Spring is here. Make a commitment to reorganize and rebuild. Use the tools you possess to make your house into a new home.

Matthew P. Binkewicz, MA, FT
Hospice of the Finger Lakes



Upcoming Events at Hospice of the Finger Lakes

Friends of Hospice Thrift Shop & Boutique, Located at Willard Chapel, Auburn, NY

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

Visit our webpage:

www.hospiceofthefingerlakes.org

Do You Want to Build A Snowman?

By Karen Leshko Balamut, LMSW, Bereavement Counselor

Hey Kids! I hope you enjoyed the holidays with your loved ones. Winter can be a very cold and dreary time. A time when you may feel tired, sad, lonely and might be especially missing your special person that died. Here are some ideas about how to take a break, beat the winter chill and remember your special person.



Cuddle Time

Grab your favorite blanket and cuddle up with your special adult. You can watch a movie, read a book, look at pictures or talk about your special person that died. And if you don't feel like it, you don't have to talk at all. Sometimes a hug and a warm blanket is all you need to get through the cold!

Fun in the Kitchen

Do you like to cook or bake? With the help of a grown-up, choose a meal or dessert that you like and used to enjoy with your special person. Work with an adult to make it and enjoy it together. You can share stories about the special person that made you laugh and smile.

Write or Draw your feelings

Get your creative juices flowing and write or draw your thoughts and feelings about your special person. Tell them about what is exciting in your life right now. It is another way to help you still feel connected to that person, even if they are no longer physically with you.

Get Out

Even if it's freezing out there, fresh air does great things for our bodies and our brains! So bundle up and take a walk, make a snowman, shovel or have a snowball fight (gently). It is important for us to laugh and enjoy things, even if we are sad and miss our special person.

Always remember it is okay to cry, be angry, be sad or just plain "blah" as long as you can tell an adult or friend how you feel!

I also want you to know that our Helping Hands/Healing Hearts support group will be starting again in March. This is a group that lets you meet other kids who have also lost a special person. We have fun activities and snacks planned! The group will be six consecutive Tuesdays, beginning March 7th. See the schedule of events on page 3 or check out our website: www.hospicecny.org for more details.

Hey Parents, Grandparents, Friends and Loved ones! Not forgetting about you either.

Here's a list of books for children that specifically refer to loss, if you need something for cuddle time.

Fall of Freddie the Leaf, Leo Buscaglia, PhD., 1982

Lifetimes: A Beautiful Way to Explain Death to Children, Bryan Mellonie, 1983

When Dinosaurs Die: A Guide to Understanding Death, Laurie Krasny Brown and Marc Brown, 2009

A Complete Book about Death for Kids, Earl Grollman and Joy Johnson, 2006

And please take the time to be good to yourselves! Remember, it is okay if you don't always have the energy or emotional strength to give to other people (even your kids). Be open and honest with your kids and just maybe that will lead into a way you can all work together to beat the winter chill!

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

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Current Resident



Calendar of Events

Spousal Loss Group
Jan. 11th

Spousal/Significant Other Loss Support Group
Drop in Group Dates
Jan. 18th
Feb. 15th

Grief Yoga
Jan. 19

Adult Grief Support Group
Feb. 23rd

Children's Grief Group
March 7th

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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.

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

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