



# PATHWAYS TO HEALING

March/Apr. 2017

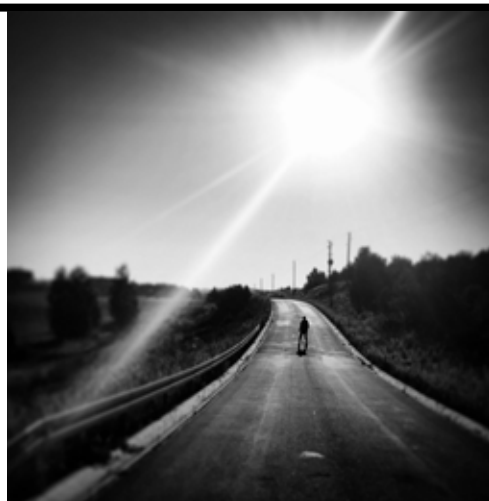
*A newsletter to aid in bereavement*

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

## The Road to Resilience

By Michelle Gladu, LMSW, Bereavement Counselor

The death of a loved one is one of life's most stressful events. Losing a person who was a significant part of our life can challenge our coping abilities and make us wonder if we will ever feel normal again. We may wonder why some who have experienced a similar loss seem to cope well while others, maybe ourselves, have more difficulty. Resilience has been a topic of recent research seeking to understand what might make one person more resilient than another. Research has also focused on whether resilience is a trait we are born with or if it can be learned. Resilience can be defined as a person's ability to successfully adapt to challenges and changes, maintaining a sense of stability during adverse life events. There can be many factors that affect how a person adjusts to losses or other traumatic events over a lifetime. Obviously some losses are much harder to cope with than others, but researchers have identified characteristics that people thought to be resilient have in common:



**An internal locus of control:** Resilient people tend to approach difficulties by thinking "I might not have been able to control what happened to me, but I can control my reaction." They feel they are in charge of their own happiness.

**A sense of meaning or purpose:** Whether it comes from religious or spiritual beliefs, or from life experiences and values, resilient individuals seem to be able to see their struggles as part of a bigger picture. They often find a way to use their experience to help others who are struggling.

**Problem solving skills:** Those who are considered to be resilient believe they can learn and grow from adversity, and have confidence in their problem-solving skills. They see problems as challenges that can be worked through rather than threats.

**Social Supports:** If you want to be more resilient, it can help to surround yourself with people you believe are resilient, and who have a positive outlook in approaching difficulties. Resilient people also don't "go it alone." They know when they need to ask for or accept help from others.

**Self-Care:** Making sure you take time to rest, eat well and get a little exercise can help give you the energy you need to cope with the grief and change that loss brings.

The good news is researchers have found that people can learn to be more resilient. When we go through a life-changing event our sense of control, purpose and confidence can be shaken to the core. Social supports are not always readily available, and finding time to take care of ourselves can be hard. However, taking some steps toward resiliency – even in the midst of loss – can still help us deal with whatever life may bring.

## Remembering Our Loved Ones

Grief alters our lives in ways we never imagined. Whether the death was expected or sudden, the news of the death is still shocking. We struggle with disbelief and experience an array of emotions such as fear, anger, sadness and sometimes relief. During our grieving process, we continue to seek a way to have a connection with our loved one. Some people like to look at pictures, while others like talking about the person and reflecting on memories of that person and what they meant to them. We may recall certain words or favorite phrases, stories, humor, fun times and/or daily rituals that gave meaning and enriched our lives. William Worden identified one of the “tasks of grief” as finding an enduring connection with your loved one in the midst of embarking on a new life. What was their legacy? What will you do with your life? What qualities did they have that you want to remember and honor? What rituals can you do that will honor your loved one’s life?

Hospice offers a **SERVICE OF REMEMBRANCE** twice a year for families to celebrate their loved one’s life. We invite you to join us in remembering your loved one on this day. The next Service of Remembrance will be **May 7th, 2017 at the Liverpool First United Methodist Church, 604 Oswego Street, Liverpool (church with the purple doors) from 1:30 – 2:30 p.m. Invitations will be sent out prior to this event.**

## No! No! I’m Not Ready for Spring!

By Joyce Nevola, LMSW, Bereavement Counselor

Those who are grieving the loss of a loved one are easily consoled by the deep freeze of winter. Darker days, barren trees, entombment in ice, hiding in hibernation all align with our aching hearts. Spring scares us! We may not be ready for sunshine, budding flowers, emergence into life, going outdoors, beginning again, feeling renewed, having fun!

The pain of grief does not disappear because a season changes and it is normal to feel the pressure of trying to be what we are not. So often others want us to spring back to life before we are ready. Honor your feelings, nurture your spirit, respect your confusion.

You are in control of your grief. Healing will happen in its own time and place!



## **T-Shirt Pillow Workshop**

Looking for ways to remember your loved one? Join us at Hospice of CNY on **April 25, 2017 from 6 PM to 7 PM** as our friends from Calico Gals help you make a pillow using a loved one's t-shirt. No cutting of t-shirts is required and no sewing experience is needed. Just bring one t-shirt of any size (*No Sweatshirts, sweaters or button shirts please*). Children are welcome. Please call 315-634-2208 to register—**registration is limited, so call early.**



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 can help you process your grief.

### **SPOUSAL/SIGNIFICANT OTHER LOSS SUPPORT GROUP**

(seven Wednesdays)

Date: April 26th-June 7th

Time: 1:00 – 2:00 pm

Facilitator: Susan Bachorik, MS

Bereavement Counselor

**Call 315-634-2208 by April 21st to register**

### **ADULT GRIEF SUPPORT GROUP**

(six Thursday evenings)

Date: April 6th – May 11th

Time: 6:00 – 7:15 pm

Facilitator: Joyce Nevola, LMSW

Bereavement Counselor

**Call 315-634-2208 by April 3rd to register**

### **Spousal/Significant Other Loss Drop-In Group**

Wednesdays:  
5:30-6:30pm

March 15th: Regrets, Guilt, Forgiveness

April 19th: Hope, Healing

May 17th TBA

June 21st TBA

**No registration required**

### **Children's Grief Group**



When: March 7th-April 11th

Time: 5:30-6:45 pm

Where: Hospice of CNY

Facilitator: Karen Leshko-Balamut, LMSW

**Call 315-634-2208 by March 2nd to register**

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.**

Dear Friends,



The need to make sense of the chaos and uncertainty that follows from the death of a loved one is hardwired in most of us. We know that the journey through grief takes a different route for each person who grieves the loss of a loved one. It will take some of us longer than others to find our "new normal" and move into the next chapter in life.

During our journey, we need to remind ourselves of the strengths we possess, the ones we have acquired on our own and with those we love. We must trust our inner sense, that presence of self which keeps us firm and sound, and allow the process to guide us. The unknown of our future grief should never keep us from reaching our potential.

Following the death of her husband from cancer, Beth Nielson Chapman, a singer, songwriter, and entertainer, trusted her inner voice, and wrote a song that captured her feelings about his death. The lyrics weave a tapestry of grief, hope, loss, and faith. Her words penetrate deep into the essence of what it means to be human. Yet, the refrain in this song reminds us, that not even death, separates us forever:

*"I will see you in the light of a thousand suns  
I will hear you in the sound of the waves  
I will know you when I come, as we all will come,  
Through the doors, beyond the grave."*

Our memories, that series of events we experienced with those who have died, are integral parts of the healing process. Sight, sound, smell, taste and touch serve as witnesses to our past. They remind us of a life well-lived filled with struggles and pain alongside successes and joys. The entirety of life, often silent and shared with few, we should honor a life well-lived and keep the relationship alive. When we remember, we reconnect with those we have lost, and forge a bond that we are sure to meet again.

Matthew P. Binkewicz, MA, FT

## **UPCOMING EVENTS AT HOSPICE OF THE FINGER LAKES**

Hospice of the Finger Lakes is sponsoring a four session Bereavement Support Group beginning on Thursday, March 2, 2017. Sessions will continue on Thursday March 9, 16, and 23. All sessions meet from 3:00-4:30 pm at the Hospice Office located at 1130 Corporate Drive, Auburn, NY 13021



If you have experienced the death of a family member or friend and are having difficulties adjusting to the loss, Hospice invites you to this support group. The event is open to all area residents. For more information, please contact the Hospice at 315-255-2733.

# ♥Healing Hearts Kids and Teens Corner♥

## Remembering

By Karen Leshko-Balamut, LMSW, Bereavement Counselor

It is important to remember that your relationship with your special person does not end with death. Although your special person is no longer physically here, you can preserve memories of them by sharing them with others.

One way to do this is to make a Memory Box. This can be any size or shape and it will be a special place for you to keep items that remind you of your special person. You can decorate your box in any way you like, or not at all. Inside the box, you can keep items that remind you of your special person and times you shared with them. You can keep cards, letters, drawings, tickets from an outing, pictures, a special item of clothing or any other special item in there. You can pull out this box and look through the items anytime you want. Or even better...you can share the stories of the items with your family and friends. Keep your box in a special place where you can always find it when you want to.

If not a memory box, what other things might you do to remember your special person? Perhaps you might use a journal to write stories or draw pictures of cherished times you shared with your special person. Think about other meaningful ways you might remember them.

Adults, you are welcome to make a memory box as well. This might be a nice time to open up about your own feelings about the death and invite your children/teens to do the same.

A recommended book for memories and special times shared is: *The Brightest Star*, by Kathleen Maresh Hemery, 1998.



Registration for Camp Healing Hearts is now open. Call 315-634-2208 or go to [www.hospicecny.org](http://www.hospicecny.org) for an application.



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Liverpool, NY 13088

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## Spring 2017 Events

**Children's Grief Group**  
March 7th

**Spousal/Significant Other Loss  
Drop in Group**  
March 15  
April 19th

**Adult Grief Support Group**  
April 6th

**Spousal Loss Group**  
*April 26th*

**Service of Remembrance**  
May 7th

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***Remembering***

***No! No! I'm Not Ready for Spring***

## 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.

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

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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