



PATHWAYS TO HEALING

May/June 2017

A newsletter to aid in bereavement

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

Power To Affirm Life And Grow

by Susan Bachorik, MS, Bereavement Counselor

When we are grieving, interest in the outside world subsides, we slow down, sleep more and sometimes our social activities seem less meaningful. We may identify we need more time alone. We may think we need to keep busy. We eat too much or don't eat enough. **This is grief.** Your friends can't feel your loss in the same way you do. As they try to help, they may say things that are helpful, or sometimes they say things that are hurtful. You may resent them for that. You may avoid your friends because you don't want to discuss your loss, as it is too painful. Do not give up on friends and family, because they do care and want to support you. Try not to avoid social situations because they can and will help in time. You need to take baby steps to slowly transition to the life you now have. Reach out to someone who does understand your grief and can help you get through the first few difficult months.



Ultimately, you must reconcile what has happened. Facing the reality of your loss is the hardest step in grief. It can take a long time to accept this reality. Even though you know your loved one has died, you just cannot believe it. Most people do all they can to avoid experiencing their feelings or situations. Many fear that if they face their suffering, it will make them feel helpless, vulnerable, and the pain will be unbearable. This is not necessarily true.

When these feelings are not resisted, the healing process begins. Not everyone will feel the same intensity of pain when their loved one dies. Do not compare your grief to anyone else's. The path of your grief may be intense pain, and yet others may not feel the same as you. Most individuals are not prepared to feel this intense pain and do not know how to handle it. J. William Worden, a well-known researcher in the field of grief, identifies four "**Tasks of Grief**". Mr. Worden suggests acceptance of the reality of the loss is the **1st Task**. Through acceptance of reality, one develops the power to affirm life and to grow. The pain is still there, but working through the pain and grief over time allows it to become more manageable, which Mr. Worden indicates is the **2nd Task**. **Task 3** is learning to adjust to a world without the deceased. In other words, we learn to incorporate our loss in our daily life. One can then give to others, become a source of inspiration and live a life that is meaningful. **Task 4** is finding an enduring connection with our loved one as we embark on a new life. The discovery and experience of value and meaning in one's life, and one's losses, is the most potent healing of all.

It is helpful to realize that all of life is temporary. Possessions, situations and people are given to us for a short time. As we acknowledge the transitory nature of life, we can then begin to look deeper and see what it is that we never lose. Someone once said to me "Be grateful for what you did have in life and do not look at what you don't have." It is a reminder to be grateful for the experiences and memories this person gave and was a part of one's life. By opening up to gratitude, we can learn to grow from loss, so one day we can share our life with others and they too can say, "I am so grateful this person was in my life."

Spring Holidays

by Michelle Gladu, LMSW

As spring returns and Mother's Day and Father's Day draw closer, our thoughts are with those for whom these holidays are difficult - adults and children missing their parents, and parents missing their children whether they were young or grown. The bond between a parent and child is a one-of a kind, irreplaceable relationship.

Our parents connect us to our childhood and past – no one has known us longer. Our children are our legacy and link to the future. If we are lucky these relationships offer us the closest thing to unconditional love that we are likely to experience. If our relationships with our parents - or even our children - were more complicated, Mother's Day and Father's day can bring up difficult, unresolved issues.

Let these spring holidays be an opportunity to remember and honor those we have lost and nurture the loved ones who remain in our lives.

A Mother's Day Meditation

(Author Unknown)

My Mother kept a garden,
A garden of the heart,
She planted all the good things
That gave my life its start.

She turned me to the sunshine
And encouraged me to dream,
Fostering and nurturing
The seeds of self-esteem...

Her constant good example
Always taught me right from wrong -
Markers for my pathway
That will last a life time long.

I am my mother's garden.
I am her legacy –
And I hope today she feels the love
reflected back from me.

Missing My Dad on Father's Day and holding on to his love...



Upcoming Events

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.

GRIEF YOGA

(six Thursday sessions)

Date: June 22nd – July 27th

Time: 2:00 – 3:15 pm (day session) or
6:00 – 7:15 pm (evening session)

Facilitator: Susan Bachorik, M.S.
Joyce Nevola, L.M.S.W.
Bereavement Counselors

Call 315-634-2208 by June 16th to register

ADULT GRIEF SUPPORT GROUP

(six Thursday evenings)

Date: May 18th- June 22nd

Time: 6:00 – 7:15 pm

Facilitator: Michelle Gladu, L.M.S.W.
Bereavement Counselor

Call 315-634-2208 by May 12th to register

Service of Remembrance

May 7th, 2017 1:30-2:30 pm
First United Methodist Church
604 Oswego Street, Liverpool

Spousal/Significant Other Loss Drop-In Group

Wednesdays: 5:30-6:30 pm

May 17th

June 21

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,

We live in a very predictable part of the country. Seasons change every three months marking the passing of time. Our lifestyles adapt to these changes as we welcome the long and warm days of summer or prepare for the shorter and colder days of winter. The pattern repeats itself year after year offering comfort and stability in our lives.



However, as events unfold, we understand that life does not always follow a set pattern. Often, a change comes without warning with little time to respond. We may not be prepared to accept any alteration in our daily routine, yet we may not have a choice especially when we experience the death of a loved one.

The loss we experience with the death of a loved one can seem overwhelming. Questions arise about our ability to accept the loss causing us to wonder how we can go on with life. We may search for meaning and hope for answers that will bring a semblance of normalcy back into our lives. Our struggles may seem in vain as we seek for answers that take on the appearance of an unsolved mystery. How can we move forward in a world that seems to keep us stuck in neutral?

For many, Spring offers a chance for renewal, a time to move forward in life. For those of us who are grieving the loss of a loved one, we can find hope in the change of seasons. Spring unlocks the door of inactivity and opens up numerous opportunities to work through our grief and loss.

An active life is a purpose-filled life, and for those who are grieving, a renewed sense of purpose. Do you have time to share with others? Then volunteer in your local community. Do you possess a skill? Find an organization that needs your talent. Do you have a gift? Join a choir or musical group. Everyone possesses some skill or expertise that can benefit others in the community, and we can find real healing when we acknowledge that we can make a difference.

Give yourself permission to engage in life. Spring is the perfect time to find your new normal and dedicate your renewed sense of purpose to the ones you love. When we use the gifts we possess to help others, we unconsciously help ourselves heal from the grief and loss that we experience with the death of a loved one. Get out there and make a difference.

Matthew P. Binkewicz, MA, FT.

UPCOMING EVENTS AT HOSPICE OF THE FINGER LAKES

12th Annual Run for Hospice

July 1, 2017 at 9 a.m.

Cayuga Street Pavilion in Fair Haven, NY

Register at runsignup.com or hospiceofthefingerlakes.org

♥Healing Hearts Kids and Teens Corner♥



Camp Healing Hearts

It is that time of year again...time to think about summer fun. Although, when you have had a special person who died, summer may not feel the same. You may be missing the trips you would take or playing outside with them and all of those special memories.

Camp Healing Hearts offers you a place to share those memories, to let your feelings out and to meet other kids who have had a similar experience. Every day at camp you will get a chance to express your feelings in different and creative ways. You can act out your memories in our drama shack, explore your feelings in an art project, or dance out your emotions with our music leader. You will also have the opportunity to play, swim, hike, ride horses and just have some summer fun!

Here are the details:

Who: Children entering 1st through 6th grades in September

When: Monday, August 21st through Thursday, August 24th, 2017

Where: YMCA Camp Iroquois, Sweet Road in Manlius

Registration fee is \$35, per child. \$60 maximum registration fee per family. Scholarships are available.

Call: (315) 634-1100 for more details

Applications are available on our website at
www.hospicecny.org
(Under Hospice Grief Center tab/Camp Healing Hearts)

**We look forward to seeing you at Camp Healing Hearts!
Send your registration in today!**



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

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Current Resident



Spring 2017 Events

Service of Remembrance
May 7th

**Spousal/Significant Other Loss
Drop in Group**
May 17th
June 21st

Adult Grief Support Group
May 18th

Grief Yoga
June 22nd

Camp Healing Hearts
Aug. 21st - Aug. 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.

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