



PATHWAYS TO HEALING

July/August 2018

A newsletter to aid in bereavement

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

Traveling While Grieving

By Michelle Gladu, LMSW, Bereavement Counselor

Summer often means travel for many people – family events such as reunions, graduations, or simply a vacation can take us away from our daily lives and responsibilities for a while. Usually we look forward to trips like these, but after the death of someone close to us the idea of traveling can feel very different. After the death of a spouse, for example, a surviving spouse may be fearful and sad at the prospect of traveling alone. A family who has lost a parent or child may be overwhelmed at the thought of traveling with an important family member missing. Taking a trip also involves planning and decision-making, both tasks that people find difficult after a loss. There may be concerns about cost, memories of past trips with loved ones



and, especially if a trip was planned prior to a loved one's death, feelings of guilt for enjoying something the loved one no longer can. The changes in routine and sense of "getting away" that were once so welcome can produce anxiety after a loss, heightening the sense of "aloneness" grieving people feel. Grievers worry "How will I feel when I get there? What if I want to leave?" For some the fear of coming home to an "empty" house or returning to all the reminders of how life has changed is daunting. Despite these concerns traveling can have many positive benefits for someone who is grieving – a chance to gain a new perspective and possibly receive the love and support of extended family and friends.

Some tips:

Have realistic expectations: Our expectations for fun, closeness with family and relaxation that come with vacations or trips may look different this year. Be kind to yourself and know your limits.

Be open about your feelings: Letting those you are traveling with or going to see know ahead of time that it may be hard for you at times can prepare them to be supportive.

Plan wisely: Try planning a shorter trip and/or one closer to home than you might otherwise consider.

Strike a balance: Try to find a balance between scheduled activities and quiet time when you can rest or be alone with your thoughts and emotions.

Find Meaning: Seeking ways to remember and honor your loved one on the trip or starting a new family tradition can help ease the pain of missing your special person.

Don't go it alone: Have someone travel with you if possible.

Coming home: Asking someone to pick you up at the airport, for example, or simply to be at your home when you get there, can make a big difference.

I frequently hear from those who are grieving that anticipating a trip is often the hardest part, and that once they go they are glad they did.

Make a Memorial Garden

Joyce Nevola, LMSW, Bereavement Counselor

The carefree, simple pleasures of summer are upon us. When absence feels tangible in the death of a loved one, the delight of warm weather and outside yard work may no longer capture our interest or energy levels. Despite the challenges involved, having a small Memorial Garden can be comforting in times of emotional drain and presents a way of honoring our loved one.



Some Suggestions:

- Consider the size and type of garden décor according to your budget. One plant may be enough.
 - Select plants that thrive in your area and have a special meaning to your loved one.
 - Stepping stones or rocks can be decorated with names and cherished memories.
 - A bench or chair can offer a place of solace and rest.
 - Wind chimes or special lighting can add a warm and tender touch.
- A Memorial Garden, no matter what the size, can provide comfort in tending it with loving care.

QUOTES:

Grief never ends...but it changes.
It is a passage, not a place to stay.
Grief is not a sign of weakness, nor a lack of faith...
It is the price of love.

~ Author Unknown

When someone dies,
You do not get over your grief by Forgetting,
You get through your grief by Remembering.

~Author Unknown



Summer 2018 EVENTS

Drop-In Grief Support Group

Now open to all losses

Meets monthly on a Wednesday:

July 18th

August 15th

5:30 pm - 6:30 pm

Facilitated by Hospice Grief Center Counselors

No registration required

Grief Yoga

Four Thursdays

July 12th, 19th, 26th, August 2nd

2:00 pm - 3:15 pm or 6:00 pm - 7:15 pm

Facilitated by Hospice Grief Center Counselors

Call (315) 634-2208 by July 10th to register

Camp Healing Hearts

Monday, August 20th – Thursday, August 23rd
Held at the YMCA's Camp Iroquois in Manlius
See Kids and Teens Corner for more information

Coming this fall:

Spousal/Significant Other Loss Support Group

Six Mondays

October 1st – November 5th

1:00 pm – 2:15 pm

Call 315-634-2208 by September 27th to register

Facilitated by Joyce Nevola, LMSW, Bereavement Counselor

All events are held at Hospice of CNY, 990 Seventh North St., Liverpool, NY. Please use the **Panasci Community 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 x 307 two hours prior to the event.**

Keeping Busy

Matthew P. Binkewicz, MA, FT



For nearly a decade, an elderly gentleman attended the bereavement support groups at Hospice of the Finger Lakes. He had experienced numerous losses during his 90 plus years including the death of three wives and his son. No matter what group he attended, he always told the other participants that they had to keep busy. "Don't sit around worrying-keep busy and your grief will be easier to address."

Many who attended the sessions agreed with my friend. If one keeps busy, one does focus on other matters and concerns. However, keeping busy to avoid your grief and loss can be harmful. No one should avoid their grief or hope it will disappear by filling your day with busy work. Sooner or later, you will have to address the loss of your loved one.

The idea of keeping busy is a good way to address your grief and loss, but it depends on how you stay busy. Following the death of a loved one, some find comfort in the activities of daily living: grocery shopping, cooking, and household chores. Simple tasks can be soothing and give your mind a brief respite from grief. You may rediscover simple pleasures as you go about your daily routine. This is a healthful way to refocus your energy and take account of the accomplishments you have achieved.

Others may look to hobbies and activities that they had to put on hold while they cared for a loved one. A good friend of mine was a wood worker and had completed some amazing carvings before his wife became ill. He set aside his tools for nearly 18 months as he assumed the role of full time care giver. During the time he spent with his wife, he never regretted a single moment he spent caring for her. He recalled how well-intentioned family and friends would offer to sit with his wife allowing him time to work on his carvings. He was moved by their offer, but politely declined saying his place was by his wife.

A few months after his wife had died, he resumed his wood carving. He discovered that his hobby took on a new and deeper meaning. As he told me in a conversation, "My heart found new hope in my carving because I knew the love of my life was with me in spirit. I knew she would be happy knowing that I had returned to my wood carving. That gave me hope and inspiration. I now enjoy keeping busy."

Grief did not rob my friend of his ability to work on his carvings. He learned to balance grief and life. At times, he would shed tears of joy and sorrow as the wood chips scattered about the workshop floor. He did not forget about his wife; he learned to reinvest his life and memories of her in ways that gave him the strength and courage to live and keep her memory alive. His time was important, and he found time to grieve and keep busy with the two loves in his life: his wife and his wood carving.

Let the simple tasks of daily living comfort you. Find solace in hobbies and helping others. Most important, find a middle pathway between occupying your mind and addressing the reality of your loss. This path will lead you to a new life.

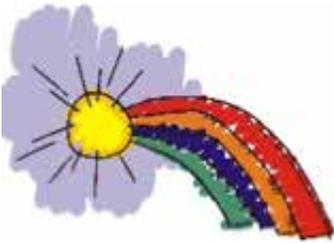
UPCOMING EVENTS AT HOSPICE OF THE FINGER LAKES

13th Annual Run for Hospice

July 7, 2018 – 9:00 a.m.

Cayuga Street Park Pavilion in Fair Haven

Register at runsignup.com or hospiceofthefingerlakes.org



HEALING HEARTS.....Kids and Teens Corner

by Susan Bachorik, MS, Bereavement Counselor

Think summer...Think Camp!!

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.

There may be some openings left for our CAMP HEALING HEARTS, a day camp that is held from Monday, August 20th to Thursday, August 23rd from 9am to 4pm. Camp takes place at Camp Iroquois in Manlius, NY. The age range is for children entering first through sixth grade as of September 2018. For more information or to register, please call Susan Bachorik 634-1113 x209 or go to www.hospicecny.org



CAMP HEALING HEARTS promotes healing for grieving children. Everyone experiences death in their lives and it can be very difficult even for adults. For most children, death is a new experience and the unknown can be frightening or confusing. Each child's response to grief and loss is unique. Grief reactions that are persistent may interfere with many aspects of a child's functioning which may lead to difficulty academically, socially and developmentally. Those who attend Camp Healing Hearts find comfort in realizing that grief is a universal experience and that healing and coping is possible. Camp Healing Hearts promotes healing for grieving children which can have a positive impact on them throughout their lives.



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

Non-Profit Org.
US Postage Paid
Permit No. 24
Syracuse, NY

Current Resident



Upcoming Events

Drop-In Grief Support Group

July 18th
August 15th

Grief Yoga

Four Thursdays
July 12th, 19th, 26th, August 2nd

Camp Healing Hearts

August 20th through August 23rd

Articles Inside

Traveling While Grieving
Make a Memorial Garden
Keeping Busy
Think Summer...Think Camp

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