

IN TOUCH

HOSPICE OF THE VALLEY BEREAVEMENT NEWSLETTER

JANUARY/FEBRUARY 2010

Recognizing Your Own Progress through Grief

How do you know you're making progress in your mourning? Remember that change isn't always obvious and dramatic; it is a process that takes place over time. The grief experience is different for everyone; it doesn't happen all at once or at the same rate of speed. And unless you're aware of the clues to recovery and their significance, your progress through grief may be so subtle and so gradual that you won't notice it at all.

If you can recognize certain changes in attitudes, feelings and behaviors in yourself, you can measure your own progress through grief. Become aware of your own healing. Notice when you are able to:

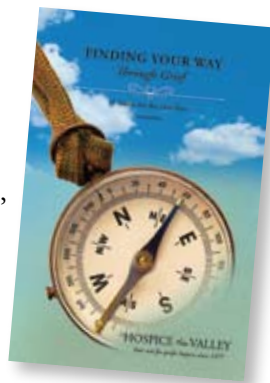
- Drive somewhere by yourself without crying the entire time.
- Get through a day without feeling tired all the time.
- Concentrate on a book, movie or television program.
- Not think of your loved one for a period of time, however brief.
- Get through a few hours or days nearly free of pain.
- Return to a daily routine.
- Eat, sleep and exercise normally again.
- Participate in a religious service without crying.
- Accept invitations from friends and family.
- Listen to music you both loved without crying.
- Be more aware of the pain and suffering of others around you.
- Be more patient with yourself and with others.
- Notice others in like circumstances, and recognize and accept that loss is a common life experience.
- Reach out to another in a similar situation.
- Realize that the sometimes thoughtless comments of others stem from ignorance, not malice.
- Find something to be thankful for.
- Be patient with yourself through grief attacks.
- Feel confident again.
- Accept things as they are without trying to recapture the way they used to be.
- Think less about the past.
- Look forward to the day ahead of you.
- Reach out to the future less fearfully.
- Stop and notice life's little pleasures, the splendor of creation and the beauty in nature.
- Catch yourself smiling and laughing again.
- Feel comfortable spending time alone.
- Remember your loved one less idealistically— as less perfect, with more human than saintly qualities.
- Review both pleasant and unpleasant memories without being overcome by them.
- Reinvest the time and energy once spent on your loved one.
- Remodel your personal space: rearrange furniture; change colors and textures of walls.
- Re-make your personal image: change your hairstyle, make-up or clothing.
- Explore new foods, new places and new things.
- Feel more in control of your emotions and less overwhelmed by them.

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- Feel freer to choose when and how to grieve.
- Talk about your loss more easily.
- Feel less preoccupied with yourself and your loss.
- Feel a renewed interest in giving love and receiving it.
- Look back and see your own progress.
- Notice that time doesn't drag as much; the weekends aren't as long.
- Notice that the good days outnumber the bad; the mood swings aren't as wide; the time between upsets is greater.
- Plan the future more effectively.
- Think more clearly and feel more in control of certain aspects of your life.
- Make decisions and take responsibility for the consequences.
- Feel open to new and healthy relationships while maintaining old ones.
- Discover abilities in yourself you haven't developed before or didn't even know you had.
- Fill some of the roles once filled by your loved one, or find others who can fill them.
- Recognize that loss has played an important part in your life, and that growth can be a positive outcome.
- Identify how this experience has changed you for the better: what you've learned, what you've become, and how you've grown.
- Share the lessons you have learned through loss with others.

This is an excerpt from the book, *Finding Your Way through Grief: A Guide for the First Year*, Second Edition, by Marty Tousley, CNS-BC, FT ©2008. If you would like a copy of the entire book, please call the Bereavement Office: 602.530.6970.



Announcements

Space is limited for these special groups. Please register by calling 602.636.5390.

Deep in My Heart: A Valentine Remembrance

Hospice of the Valley, **West Office**
9435 W. Peoria Ave., Peoria, AZ 85345
and **East Office**, 777 W. Southern Ave., Mesa, AZ 85210,
Feb. 12, 2–4 p.m.; **Central Office**, 2122 E. Highland Ave.,
Suite 100, Phoenix, AZ 85016, Feb. 12, 3–5 p.m.

Mother Loss: Healing Support for Daughters

Hospice of the Valley – **Gilbert**
3489 S. Mercy Rd., Suite 101, Gilbert, AZ 85297
Six Wednesdays, Feb. 3–Mar. 10, 6–7:30 p.m.

Healing Grief: A Bereavement Group for Spanish-Speaking Adults

Hospice of the Valley, **West Office**
9435 W. Peoria Ave., Peoria, AZ 85345
Six Wednesdays, Jan. 13–Feb. 17, 5:30–7 p.m.

Life Cycle Interrupted: When an Adult Child Dies

Hospice of the Valley, **West Office**
9435 W. Peoria Ave., Peoria, AZ 85345
Six Mondays, Jan. 18–Feb. 22, 2–3:30 p.m.

Bereavement Services

Hospice of the Valley provides bereavement support for 13 months following the death of your loved one. Support groups throughout the Valley and grief counseling support are available. Information can be found at hov.org or by calling 602.530.6970.

Our online grief discussion groups are monitored by professional grief counselors and are privately administered to ensure the highest level of quality, safety and security for participants. Membership is free and simply requires that visitors register with a username and password of their own choosing. (On the hov.org home page, click on “We Offer Various Forms of Grief Support.” Scroll down until you see “On-Line Grief Healing Discussion Groups.” Once at the site, click on “Register” next to the “Welcome Guest” greeting at the top of the page, and follow the instructions there.)

Also on our Web site, you can view previous issues of Bereavement In Touch newsletters, as well as other information, including social groups, writings by the bereaved, available books and other resources.



Grief Support Groups (Adult Drop-In Groups, No Registration Needed)

APACHE JUNCTION

Horizon Bay
2080 S. Ironwood Dr.
Meets 2nd and 4th Monday
9–10:30 a.m.

FOUNTAIN HILLS

Fountain Hills Senior Activity Center
13001 N. La Montana Dr.
Community Center
Meets 2nd and 4th Wednesday
10–11:30 a.m.

GILBERT

Hospice of the Valley
3489 S. Mercy Rd., Suite 101
Meets 2nd and 4th Monday
6–7:30 p.m.

GOODYEAR

Hampton Inn & Suites
2000 N. Litchfield Rd.
(North of McDowell Rd., next to
Macaroni Grill)
Meets 2nd and 4th Monday
6–7:30 p.m.

PHOENIX

Hospice of the Valley, Central Office
1510 E. Flower St.
Meets 1st and 3rd Thursday
6:30–8 p.m.

The Stratford Assisted Living
1739 W. Myrtle Ave.
Meets 2nd and 4th Tuesday
3–4:30 p.m.

MESA

LGBT Community*
Hospice of the Valley East Office
777 W. Southern Ave., Suite 301
Meets 2nd and 4th Monday
6–7:30 p.m.
* Lesbian, Gay, Bi-Sexual, Transgender
Community

Hospice of the Valley East Office
777 W. Southern Ave., Suite 301
Meets 1st and 3rd Tuesday
6–7:30 p.m.

Fellowship Square
6945 E. Main St., Building 4
Meets 1st and 3rd Monday
1–2:30 p.m.

NORTH PHOENIX

Paradise Valley Community Center
17402 N. 40th St.
Meets 1st and 3rd Tuesday
6:30–8 p.m.

PARADISE VALLEY

Valley Presbyterian Church
6947 E. McDonald Dr.
Circular Chapel (off McDonald)
Meets 2nd and 4th Thursday
6:30–8 p.m.

PEORIA – *New Location*

Hospice of the Valley, West Office
9435 W. Peoria Ave.
Meets 2nd and 4th Wednesday
2–3:30 p.m.

Hospice of the Valley, West Office
9435 W. Peoria Ave.
Meets 1st and 3rd Thursday
6–7:30 p.m.

SCOTTSDALE

Scottsdale Senior Center
at Granite Reef
1700 N. Granite Reef Rd., Room 8
Meets 2nd and 4th Monday
1:30–3 p.m.

Virginia G. Piper Center
10460 N. 92nd St.
Research Pavilion
1st Floor Group Room*
Meets 2nd and 4th Tuesday
3–4:30 p.m.

* Note room change

SUN CITY

CIGNA Office Building
13041 N. Del Webb Blvd.
Classroom 2
Meets 1st and 3rd Monday
3–4:30 p.m.
Closed 01/18 and 02/15

SUN LAKES

Sun Lakes United Methodist Church
9248 E. Riggs. Rd.
(North of Riggs Rd., 2 mi. East of I-10)
Meets 1st and 3rd Thursday
1–2:30 p.m.



PET LOSS SUPPORT GROUP

Hospice of the Valley
Admin. Office
1510 E. Flower St.
Meets 1st Saturday each month
9–10:30 a.m.

If the date of a meeting falls on a national holiday, please call to check whether the meeting will take place.

For bereavement support, please call 602.530.6970.



HOSPICE
of the VALLEY

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*In the passing of another year,
A fresh one's greeted without fear,
For when you take life day-to-day,
It's easier to find your way.*

*With challenges that must be met
And knowledge gained not to forget,
But used to gain even more,
Each new year's an open door.*

*—From "Age Wise"
by Cheryl Johnson Phillips*