



IN TOUCH

HOSPICE OF THE VALLEY BEREAVMENT NEWSLETTER

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/spiritual 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 for which to be grateful.
- 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.

JAN/FEB 2017

BEREAVEMENT
DEPARTMENT
602.530.6970

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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, DCC. If you would like to purchase a copy of the \$12 book, please visit hov.org/publications and click on the "Online Store."



Watch for new dates, beginning in March. Please register online at hov.org or by calling 602.636.5390.

Picking Up the Pieces: When a Spouse or Partner Dies

Watch for dates and locations.

Mother Loss: Healing Support for Daughters

Watch for dates and locations.

Life Cycle Interrupted: When an Adult Child Dies

Watch for dates and locations.

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/grief-support-groups, or by calling 602.530.6970.

New Song Center for Grieving Children

New Song Center for Grieving Children, a program of Hospice of the Valley, provides grief support groups for children, youth, young adults and adults at several locations Valleywide at no cost to participants.

Families with children ages 5 through young adults up to age 25 may participate regardless of the cause of death or whether they received care from Hospice of the Valley.

"Enduring Ties" is an evening support group for families that have experienced the death of a minor child.

"Luz del Corazón" is a support group program for families whose first language is Spanish.

For more information, call 480.951.8985 or view thenewsongcenter.org.

Adult Drop-In Groups, No Registration Needed

If the date of a meeting falls on a national holiday, please call to check whether the meeting will take place. For bereavement support, call 602.530.6970.

PHOENIX

Hospice of the Valley
Administrative Office, Bldg. 1
1510 E. Flower St., Phoenix, 85014
1st & 3rd Thursday, 6:30–8 p.m.

The Stratford Assisted Living
1739 W. Myrtle Ave.
Phoenix, 85021
2nd & 4th Tuesday, 3–4:30 p.m.

Healing Rainbows: Phoenix
(Lesbian, gay, bisexual, transgender)
Hospice of the Valley
Administrative Office, Bldg. 1
1510 E. Flower St., Phoenix, 85014
2nd & 4th Tuesday, 6:30–8 p.m.

Anthem Civic Building
3701 W. Anthem Way
Anthem, 85086
1st & 3rd Tuesday, 6:30–8 p.m.

La Siena Retirement Community
909 E. Northern Ave.
Phoenix, 85020
1st & 3rd Thursday, 2:30–4 p.m.

EAST VALLEY

St. Matthews
United Methodist Church
2540 W. Baseline Rd., Mesa, 85202
1st & 3rd Tuesday, 6–7:30 p.m.

Hospice of the Valley
2020 E. Woodside Ct.
Gilbert, 85297
Lost Dutchman Room
2nd & 4th Monday
6:15–7:45 p.m.

Pecos Community Center
17010 S. 48th St.
Phoenix, 85048
Every other Wed., 6–7:30 p.m.
See hov.org for dates, or call
602.530.6970

EAST VALLEY, continued

Healing Rainbows: East
(Lesbian, gay, bisexual, transgender)
Hospice of the Valley
2020 E. Woodside Ct.
Gilbert, 85297
Every other Monday, 6–7:30 p.m.
See hov.org for dates, or call
602.530.6970

No group 01/02

Sun Lakes United Methodist Church
9248 E. Riggs Rd.
Sun Lakes, 85248
1st & 3rd Thursday, 1–2:30 p.m.
Park in lot behind church. Enter
“Education” door and turn left.

San Tan Mtn. View Funeral Home
21809 S. Ellsworth Rd.
Queen Creek, 85142
2nd Monday, 5:30–6:30 p.m.

WEST VALLEY

Benevilla
13576 W. Camino Del Sol #22
Sun City West, 85375
2nd & 4th Thursday, 3–4:30 p.m.

Hospice of the Valley
9435 W. Peoria Ave.
Peoria, 85345
2nd and 4th Wednesday, 2–3:30 p.m.

Hospice of the Valley
9435 W. Peoria Ave.
Peoria, 85345
1st & 3rd Thursday, 6–7:30 p.m.

Hampton Inn & Suites
2000 N. Litchfield Rd.
Goodyear, 85395
North of McDowell Rd., next to
Macaroni Grill
Every other Wed., 6–7:30 p.m.
See hov.org for dates, or call
602.530.6970

NORTHWEST VALLEY

R&R Adult Day Care Center
246 N. Washington St.
Wickenburg, 85390
4th Thursday, 10–11:30 a.m.

Closed at this time

NORTHEAST VALLEY

Fountain Hills Activity Center
13001 N. La Montana Dr.
Fountain Hills, 85268
Community Center
2nd & 4th Monday, 1–2:30 p.m.

Granite Reef Senior Center
1700 N. Granite Reef Rd., Room 8
Scottsdale, 85257
2nd & 4th Monday, 1:30–3 p.m.

Virginia G. Piper Center
10460 N. 92nd St.
Scottsdale, 85258
Educational Conference Room
2nd & 4th Tuesday, 3–4:30 p.m.

Paradise Valley Community Center
17402 N. 40th St., Phoenix, 85032
1st & 3rd Tuesday, 6:30–8 p.m.

Residence Inn at Mayo Clinic
5665 E. Mayo Blvd.
Phoenix, 85054
5th Floor Conference Room
2nd & 4th Wednesday, 3–4:30 p.m.

PET LOSS SUPPORT GROUP

Hospice of the Valley
Administrative Office, Bldg. 1
1510 E. Flower St.
Phoenix, 85014
1st Saturday, 9–11 a.m.



HOSPICE
of the VALLEY

1510 E. Flower St.

Phoenix, AZ

85014.5656

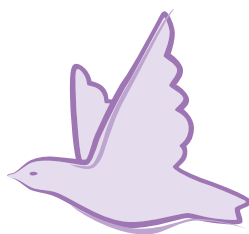
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*In the passing of another year,
A fresh one's greeted without fear,
For when you take life day-to-day,
It's easier to find your way.
With challenges that must be met
And knowledge gained not to forget,
But used to gain even more,
Each new year's an open door.*

—From “Age Wise” by Cheryl Johnson Phillips