



# 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.

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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](http://hov.org/publications) and click on the "Online Store."



Watch for new dates, beginning in March. Please register online at [hov.org](http://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](http://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](http://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  
1<sup>st</sup> & 3<sup>rd</sup> Thursday, 6:30–8 p.m.

The Stratford Assisted Living  
1739 W. Myrtle Ave.  
Phoenix, 85021  
2<sup>nd</sup> & 4<sup>th</sup> 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  
2<sup>nd</sup> & 4<sup>th</sup> Tuesday, 6:30–8 p.m.

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

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

### EAST VALLEY

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

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

Pecos Community Center  
17010 S. 48<sup>th</sup> St.  
Phoenix, 85048  
Every other Wed., 6–7:30 p.m.  
See [hov.org](http://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](http://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  
1<sup>st</sup> & 3<sup>rd</sup> 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  
2<sup>nd</sup> Monday, 5:30–6:30 p.m.

### WEST VALLEY

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

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

Hospice of the Valley  
9435 W. Peoria Ave.  
Peoria, 85345  
1<sup>st</sup> & 3<sup>rd</sup> 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](http://hov.org) for dates, or call  
602.530.6970

### NORTHWEST VALLEY

R&R Adult Day Care Center  
246 N. Washington St.  
Wickenburg, 85390  
4<sup>th</sup> 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  
2<sup>nd</sup> & 4<sup>th</sup> Monday, 1–2:30 p.m.

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

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

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

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

### PET LOSS SUPPORT GROUP

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



HOSPICE  
*of the* VALLEY

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hov.org

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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