



IN TOUCH

HOSPICE OF THE VALLEY BEREAVMENT NEWSLETTER

Normal reactions to loss

Social reactions

There are times when you would give anything to be with your loved one again, if only long enough to be relieved of your loneliness and reassured that your loved one is still a part of your life. At other times, you may feel a need for solitude, to withdraw temporarily from others and the pressures and decisions of daily life. This need to turn inward, to reflect on your loss, to get in touch with your innermost feelings, can be a helpful time for you to find your tears and figure out where you are going from here.

As a child, you may have learned that feelings should be buried and mourning should be done alone. Perhaps you never learned to accept or ask for help. As an adult, you may be too embarrassed or ashamed to let your emotions show in front of others, equating grief with self-indulgence or self-pity. You may feel isolated, different and apart from everyone else, convinced that no one understands. You may feel stunned at the normalcy of life around you as people go about their business, totally unaware that your world has stopped and your entire life has been turned upside down.

Some people you know may be done with your grieving long before you are, expecting you to be “over it by now” or worrying that you’re somehow “hanging on” to your grief. Uncomfortable with your strong feelings, they may change the subject or avoid any mention of your loved one’s name.

Suggestions for coping with loneliness and isolation

- Think about who is supportive to you and the most accepting and caring with your grief. Look for those who will listen without judging you, or for those who have suffered a similar loss.

- Find time with others to talk, to touch, to receive support. Be honest about what you’re feeling. Allow yourself to express your sadness.
- Don’t expect others to guess what you need. When you want to be touched, held, hugged, listened to or pampered, say so.
- If all you want from others is help with simple errands, tasks and repairs, say so.
- Let others (especially children) know if and when you need to be alone, so they won’t feel rejected.
- Go somewhere and have a good, long cry—and do it as often as you wish. You have every right to miss the person who has died. Accept your feelings as normal.
- Identify your loneliest times, and think of ways to alter your routines and environment (for example, rearrange the furniture in a room; plan your weekends ahead of time; use your microwave for quick, easy meals).
- Realize that no one can totally understand the relationship you had with your loved one. Though well-intentioned, things said to you may hurt.
- Ask people to remember, talk about and share stories about your loved one with you.

Spiritual reactions

Regardless of one’s identification or affiliation with an organized religion, spiritual doubts and questions may arise when a loved one dies. Suffering a major loss often leads us to confront and re-think our basic beliefs about God, religion, death and the afterlife. Some may turn to God as a source of strength and consolation at the time of a loved one’s death and find their faith has deepened. Others may question the

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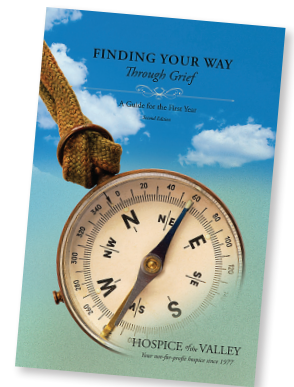
BEREAVEMENT
DEPARTMENT
602.530.6970

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religious teachings they've practiced all their lives and find the very foundations of their beliefs shaken to the core. Even those who had no religious upbringing at all may feel abandoned by God or angry with God for "letting their loved one get sick and die." Not all people respond to loss in the same way, and not everyone shares the same cultural, religious or spiritual beliefs about death and the afterlife.

Death forces us to confront the spiritual questions we may have been avoiding or haven't taken time to address, the questions that get at the very heart and meaning of life: Who am I? Why am I here? Where am I going?

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."



Mother's Day Remembrance

Hospice of the Valley

1510 E. Flower St., Bldg. 1, Phoenix 85014

Saturday, May 13, 1–3 p.m.

Space is limited. Please register by May 5: 602.636.5390.

Participants are asked to bring photos of their mothers and/or fathers and a personal memento to display on our memory table.

Attendees, ages 16 and older, will talk about what our mothers and fathers taught us about the "art of living," followed by an honoring ritual and light refreshments.

There is no charge to attend.

Whether a strong religious faith will be a help or a hindrance in your recovery from grief depends on what you believe and how your beliefs are practiced. Like any other tool, religion can be used in healthy, appropriate ways, or it can be abused in unhealthy, inappropriate ways.

Religion can be a great antidote for the loneliness that accompanies every major loss, and it can be a source of strength and group support. What it cannot do is give us immunity from loss or give us back our lost loved ones—nor can it provide us with a shortcut through grief.

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.

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.

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.

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 Wednesday, 6–7:30 p.m.

*See hov.org for dates, or call
602.530.6970.*

EAST VALLEY, continued

Sun Lakes United Methodist Church
9248 E. Riggs Rd.
Sun Lakes, 85248
1st & 3rd Thursday, 1–2:30 p.m.
*Multipurpose Education building;
park on north side.*

San Tan Mtn. View Funeral Home
21809 S. Ellsworth Rd.
Queen Creek, 85142
2nd & 4th Monday
2nd Monday, 5:30–6:30 p.m.
4th Monday, 10–11 a.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 & 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.

Christ Evangelical Lutheran Church
918 S. Litchfield Rd.
Goodyear, 85338
Every other Wednesday, 6–7:30 p.m.
*Park in back lot. See hov.org for dates, or
call 602.530.6970.*

NORTHEAST VALLEY

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

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.

NORTHWEST VALLEY

Wickenburg Public Library
164 E. Apache St.
Wickenburg, 85390
4th Thursday, 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.



1510 E. Flower St.

Phoenix, AZ

85014.5656

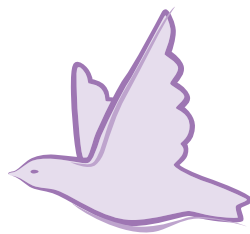
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*It will never be the same.
I will never be the same.
You came. We loved. You left.
I will survive until I survive.
And one day I will find myself alive again.*

*—From “How to Survive the Loss of Love”
Colgrove, Bloomfield, McWilliams*