



# IN TOUCH

## *Bereavement Newsletter*

Bereavement Department (602) 530-6970 or [hov.org](http://hov.org)

JANUARY / FEBRUARY 2023

## 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.

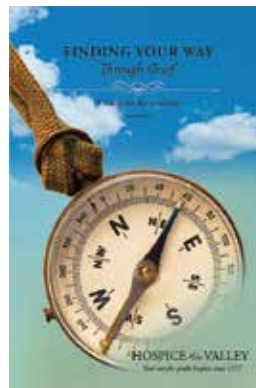
If you can recognize certain changes in attitudes, feelings and behaviors in yourself, you can measure your own progress through grief. Become aware of your own healing. Notice when you are able to:

- 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.

Continued on page 2

## RECOGNIZING YOUR OWN PROGRESS THROUGH GRIEF *(continued)*

- 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.
- 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, CNSBC, FT, DCC.

If you would like to purchase a copy of this book (\$12), visit <https://hov.org/news/> and click on the "Online Store" link at the bottom of the page.



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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

## ADULT GRIEF SUPPORT GROUPS

**In-person and virtual groups** are available county-wide. Please watch for updates at [hov.org](http://hov.org) or call the Bereavement Dept. at (602) 530-6970. Groups marked virtual below require a call to (602) 636-5390 to obtain the invite link on the Zoom platform.

If you are in need of crisis support, please call the **Maricopa County Crisis Response Network:** (602) 222-9444 or **Non-Crisis Warm Line:** (602) 347-1100. **Crisis Text Line:** Text 741741 or visit <https://www.crisistextline.org/text-us/>. **Mental Health and Suicide Crisis** (national 3-digit code): 988

### PHOENIX

#### Memories of the Heart...When a Loved One Dies of Dementia

1st & 3rd Tuesday  
10:30 a.m.–Noon  
Virtual, Call for link: (602) 636-5390

#### Healing Rainbows: Phoenix

(Lesbian, gay, bisexual, transgender)  
2nd & 4th Tuesday  
6–7:30 p.m.  
Virtual; Call for link: (602) 636-5390

#### Hospice of the Valley

1510 E. Flower St., Bldg. 1  
Phoenix, AZ 85014  
2nd & 4th Tuesday  
5:30–7 p.m.  
In person

#### Luz del Corazón for Spanish Speakers

Hospice of the Valley  
1510 E. Flower St., Bldg. 1  
Phoenix, AZ 85014  
Call to register: (602) 410-5252

#### Phoenix Virtual

1st & 3rd Thursday  
5:30–7 p.m.  
Call for link: (602) 636-5390

### WEST VALLEY

#### Hospice of the Valley

9435 W. Peoria Ave.  
Peoria, AZ 85345  
2nd & 4th Wednesday  
2–3:30 p.m.  
In person

#### West Valley Virtual

Every other Thursday  
1–2:30 p.m.  
Call for link: (602) 636-5390

### EAST VALLEY

#### East Valley Virtual

1st & 3rd Tuesday  
1–2:30 p.m.  
Call for link: (602) 636-5390

#### Hospice of the Valley

2020 E. Woodside Ct.  
Gilbert, AZ 85297  
1st & 3rd Thursday  
1–2:30 p.m.  
In person  
Lost Dutchman Room

#### Leisure World

908 S. Power Rd.  
Mesa, AZ 85206  
2nd & 4th Tuesday  
1–2:30 p.m.  
In person  
Recreation #1 Banquet Room

#### Mountain View Funeral and Cemetery

7900 E. Main St.  
Mesa, AZ 85207  
1st Monday  
11 a.m.–12 p.m.  
In person

#### Pecos Community Center

1st & 3rd Wednesday  
6–7:30 p.m.  
Virtual; Call for link: (602) 636-5390

#### St. Matthew's

2540 W. Baseline Rd.  
Mesa, AZ 85202  
1st & 3rd Tuesday  
6–7:30 p.m.  
In person

### NORTHEAST VALLEY

#### Granite Reef Senior Center

1700 N. Granite Reef Rd., Room 8  
Scottsdale, AZ 85257  
1st & 3rd Monday  
1:30–3 p.m.  
In person

#### Northeast Valley

2nd & 4th Tuesday  
3–4:30 p.m.  
In person

#### Virginia G. Piper Center

1st & 3rd Tuesday  
1–3 p.m.  
Virtual; Call for link: (602) 636-5390

### NORTHWEST VALLEY

#### Wickenburg Community Hospital

520 Rose Lane  
Wickenburg, AZ 85390  
2nd Thursday  
3–4:30 p.m.  
In person

### PET LOSS SUPPORT GROUP

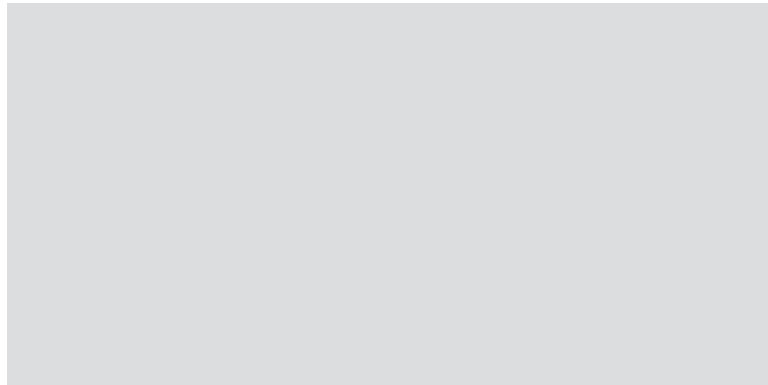
1st Saturday  
9–11 a.m.  
Virtual; Call for link: (602) 636-5390



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## ANNOUNCEMENTS

### **Bereavement services**

Hospice of the Valley provides bereavement support for up to 13 months following the death of your loved one. Virtual support groups and telephonic or virtual 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.

### **Mindfulness and Loss Zoom Class**

Whether you have lost a loved one to death, estrangement or illness, mindfulness may provide a different pathway for your journey.

Join others to learn and practice mindfulness tools that may be helpful.

To learn more, email your name and phone number to Dr. Gillian Hamilton: [ghamilton@hov.org](mailto:ghamilton@hov.org).

Visit [hov.org/our-care/mindfulness](http://hov.org/our-care/mindfulness) or call (602) 748-3692.

### **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. Support groups are currently being offered for all age groups virtually and in-person in Gilbert, Scottsdale and North Phoenix, at no cost to participants.

*“Enduring Ties”* is an evening support group for families that have experienced the death of a minor child. There is also a support group for grandparents grieving the death of a grandchild.

*“Luz del Corazón”* is a support group program for families whose first language is Spanish and who have experienced any type of loss through death.

For more information, call (480) 951-8985 or (602) 776-6789 (Spanish), email [info@newsongcenter.org](mailto:info@newsongcenter.org) or view [newsongcenter.org](http://newsongcenter.org).