

HOSPICE of Orange & Sullivan Counties, Inc.

Administrative Office:

800 Stony Brook Court * Newburgh, New York 12550 * (845) 561-6111 * Fax (845) 561-2179

www.hospiceoforange.com

Bereavement Support

Dear Friend

Loss of a loved one is surely one of the most challenging human experiences. Please know that it has been an honor to serve your loved one and your family through the time of your recent loss.

While one phase of our service has ended, another is available to you and to anyone who may be struggling with grief. We know that life is a series of beginnings and endings. The loss of a person who was central to your life may cause you to wonder how you will go on when everything is changed. What will you do now?

I have enclosed a list of bereavement groups that you may be interested in attending. Please be advised that schedules are subject to change. If you are interested in finding out more information about a specific group, please refer to the enclosed contact name and phone number. Once you have received information from the contact person, and you have decided to attend the group, please confirm with the contact person that you will be attending. We appreciate you following this protocol.

For the bereaved individual who lives outside of the Orange & Sullivan County geographic area, the following website could help you find bereavement group support in your geographic location: www.nhpco.org (National Hospice and Palliative Care Organization).

Sincerely,

Debra Epstein
Volunteer Coordinator



Hospice of Orange and Sullivan Counties Inc. Bereavement Groups

For additional information regarding bereavement support groups please contact Hospice at (845)561-6111

***Please check Hospice bereavement group calendar by accessing our website which is**

www.hospiceoforange.com (some of the dates are changed due to holidays for both children and parents groups)

Sullivan County

2nd and 4th Wednesday of the month, 5:30-6:30pm

Adult Day Care Center, Catskill Regional Medical Center, Harris, NY

Facilitator: Martha Johnston LMSW

Newburgh

Every other Thursday, beginning 1/8/2015, 2-4:00 pm

800 Stony Brook Court

Newburgh, NY 12550

Facilitator: Nancy Strype LMSW

Newburgh

Every other Thursday, beginning 1/8/2015, 6:30-8:30 pm

800 Stony Brook Court, Newburgh, NY

Facilitator: Lisa Filocco, LCSW

Middletown

2nd and 4th Thursday of the Month, 1-3pm

90 Crystal Run Road, Middletown, NY

Facilitator: Ellen Connellis, LCSW

Middletown

2nd Wednesday of month 5:30 -7:00 pm

90 Crystal Run Road, Middletown NY

Facilitator: Frank Gawors, LCSW

Children's Grieving Center

***For additional details regarding the Children's Grieving Center, please contact Michelle Mendez or Wendy Abels at (845)-561-6111.**

Children's Grief Group

Every other Wednesday, 6:30-8:30pm (begins September 17th 2014– June 17th 2015)

800 Stony Brook Court, Newburgh, NY

Facilitator: Michelle Mendez & Wendy Abels, LMSW

Parents' Support Group

Every other Wednesday, 6:30-7:30pm (Runs: September- June)

800 Stony Brook Court, Newburgh, NY

Facilitator: Lisa Filocco, LCSW

[Type text]

Community Support Groups

General Adult Bereavement Groups

First Presbyterian Church

142 Stage Road, Monroe

(845) 494-7914

Every other Tuesday, 1pm

Contact: Barbara Carpenito

bcarpenito@optonline.net

Goodwill Church

2135 Rt. 208 Montgomery, NY

Grief Share

Tentative for starting September 15th

Monday nights for 10 weeks

Contact: Renee 457-5959

Orange Regional Medical Center

Community Education Center, 110 Crystal Run Road, Middletown

2nd and 4th Wednesday, 6-7pm

Contact: Michele Warden (845) 741-2334

Sacred Heart Church

Activity Center, Ann Street, Newburgh

(845) 561-2264

Last Monday of the month, 1:30pm

Contact: Deacon Tom Neppi

tneppi@verizon.net

St. Columbia Church

28 High St. Chester, NY

Bishop Vaughan Hall

3rd Wednesday of each month, 7pm Contact: Bob Allen 469-9318

CONTINUATION OF THE GENERAL BEREAVEMENT GROUPS

United Methodist Church

338 Route 52, White Sulfur Springs

(845) 292-6517

3rd Fridays, 9:30-11am

Contact: Pastor Bridget LaConey

Warwick Methodist Church

135 Forrester Avenue, Warwick

(845) 986-1030

3rd Tuesdays, 6:30pm

Survivors of Suicide Support Group

First Presbyterian Church

94 Main Street, Chester

Every 2nd Tuesday, 7:00pm

(845) 325-6448 or (845) 774-2901

Contact: Ann Marie Deliso

Parents Bereavement Support Groups

www.bereavedparentssupportgroup.org

Elant at Goshen

Harriman Dr. Goshen, NY

3rd Tuesday 7-9pm

Contact: Mary Doherty (845) 895-2515 or Mary Bradley (845) 561-2837

Parental Bereavement Group

St. Anthony's Community Hospital, Green Briar Room

Warwick, NY

4th Monday of each month

(845) 987-5293 for more information

Perinatal Group

Good Samaritan Hospital

1 Campbell Ave. Suffern

Please contact to find what group is best for individual and get dates and times.

Contact: Mary Radatovitch 368-5297 maryradatovitch@bshsi.org

Cancer Survivors, Family & Friends Support Group

Breast Cancer Support Group

Community Health Education Center

110 Crystal Run Rd. Middletown, NY

2nd & 4th Wednesday of each month, 6-7:30pm

Breast Cancer Support/ Breast Cancer Options

19 Laurel Ave. Cornwall, NY 3rd Wednesday of each month, 6:30pm

Contact: Hope Nemiroff (845) 399-HOPE

Cancer Caregivers and Allies Support Group

Orange Regional Medical Center

707 East Main St. Middletown, NY

Outpatient Conference Room

3rd Tuesday of each month, 6-7:30pm

Ostomy Support Group

Community Health Education Center

110 Crystal Run Rd. Middletown, NY

2nd Saturday of each month *EXCEPT July, August, January, February*

St. Luke's Cornwall Hospital

Cornwall, NY

19 Laurel Avenue, 2nd Floor Conference Room

1st Wednesday of each month 5:00pm

Contact: Diane Bossley 568-2005

Support for People with Oral, Head and Neck Cancer

Community Health Education Center

110 Crystal Run Rd. Middletown, NY

1st Wednesday of each month, 6-7:30pm

Caregivers of the Elderly Support Group

Promenade at Middletown

70 Fulton Street

Middletown, NY

6:00-7:30 pm, 4th Monday of each month

Contact: Jamie (845) 615-3724

We are Here to Help

Since 1988, HOSPICE of Orange & Sullivan Counties, Inc. has been helping those who are terminally ill to live their remaining days with dignity and in comfort, and providing bereavement counseling to loved ones so that they can better heal from their losses.

GRIEVING AND LOSS

Support Groups

HOSPICE of Orange & Sullivan Counties, Inc. offers support groups throughout Orange and Sullivan Counties, led by HOSPICE staff and trained volunteers who are available to help in the healing process. For specific information regarding locations, days and times of Hospice sponsored support groups, please contact Social Work and Support Services at 561-6111 or 1-800-924-0157, or visit our website: www.hospiceoforange.com

Individual sessions can also be arranged.

CHILDREN'S BEREAVEMENT SUPPORT:

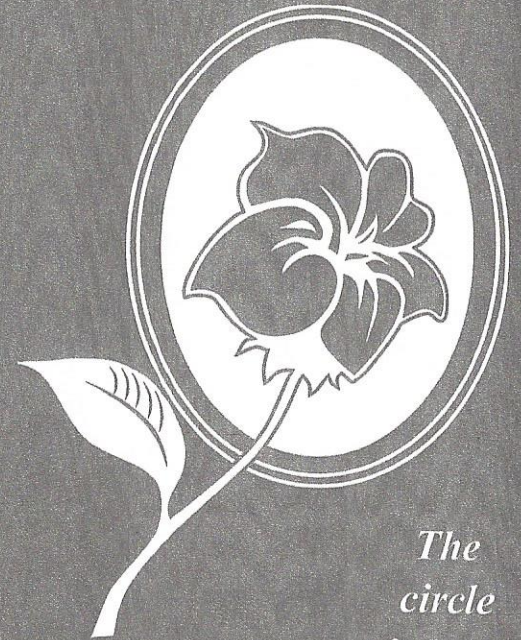
The Children's Grieving Center provides activities and support groups for children (ages 4-12) and adolescents (ages 13-19), in both Newburgh and Middletown, on a bi-weekly basis. There is also a parents' support group that meets at the same time.

For questions or information on group meeting schedules please call (845) 561-6111.

HOSPICE of Orange & Sullivan Counties, Inc.
Newburgh Office
800 Stony Brook Court
Newburgh, NY 12550
(845) 561-6111

www.hospiceoforange.com
or on Facebook

HOSPICE of Orange & Sullivan Counties, Inc.



*The
circle
is love;
the
branch,
life;
the
blossom,
dignity
in the
darkness*



Bereavement

It is natural as part of the healing process to grieve when you lose someone whom you loved and who was close to you.

First, understand that each person's healing process is unique. Like a flower, healing unfolds in its own time. People who are going through the process may experience any number of (sometimes conflicting) reactions: numbness, disbelief, sadness, emptiness, relief, regret, anxiety, lack of energy and motivation, inability to concentrate and a sense of isolation and even joy. Eating and/or sleeping habits may change temporarily.

These reactions are all a normal part of the healing process. Give yourself permission to grieve for as long (or short) as you need.

Remember: the key to finding meaning in life after loss lies in what you do during your time of grief.

Reactions to Loss

We are all different and therefore we all react differently to loss. There is no time table for healing – normal can feel so abnormal at times! Sorting out thoughts and emotions helps most people gain stability and return to their daily lives.

We have commonly heard people tell us that they have experienced the following:

- Thoughts of disbelief and feelings of shock
- A sense of numbness especially right after the loss
- Sadness and periods of crying. A sense of hopelessness and profound loss
- Anger at the deceased, God, yourself or others
- Guilt, all the "I should haves" and "if onlys"
- Relief from all the care and worry that you may have expended attending to the loved one prior to his or her death.

Strategies for Healing

At your own pace:

- Healing first begins with understanding that what you are experiencing is normal and an indication that you are doing just what you need to do.
- Use your social supports and talk to friends and family about your experiences, thoughts, and feelings.
- When you are ready, talk about future plans and life after your loss.
- Join and become an active member of a group of others who have experienced loss.
- Take time to notice the small signs of healing in your own daily life.
- Give yourself permission to take whatever time is necessary to allow you to recover.
- The goal of grieving is "letting go." That doesn't mean forgetting. Retain happy memories.
- Become aware of those things that help you get through this period and do more of them.
- Keep contact with your community supports: friends, family, social groups and house of worship.
- Maintain activities, hobbies, and interests that you have enjoyed in the past. Exercise helps improve mood.
- Maintain a routine in your life.
- Remember: as painful as this might be, you will get through it and become stronger because of this experience.

OUR HISTORY

The Children's Grieving Center began in 1996 as a pilot project of the Junior League of Orange County. It was a collaborative effort to create a safe, neutral and private environment for grieving children and their families.

Participation in the Children's Grieving Center does not require prior participation with the Hospice program; many of the children are grieving the sudden unexpected death of a family member.

GRIEVING CENTER ACTIVITIES

Grieving Center Activities include:

- Arts & Crafts
- Teen Discussion Groups
- Scrap Booking
- Play Groups for Young Children

FOR MORE INFORMATION

THE CHILDREN'S GRIEVING CENTER

at



HOSPICE

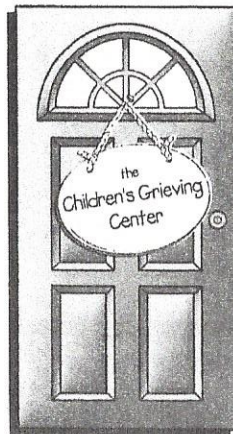
of Orange & Sullivan Counties, Inc.

800 Stony Brook Court

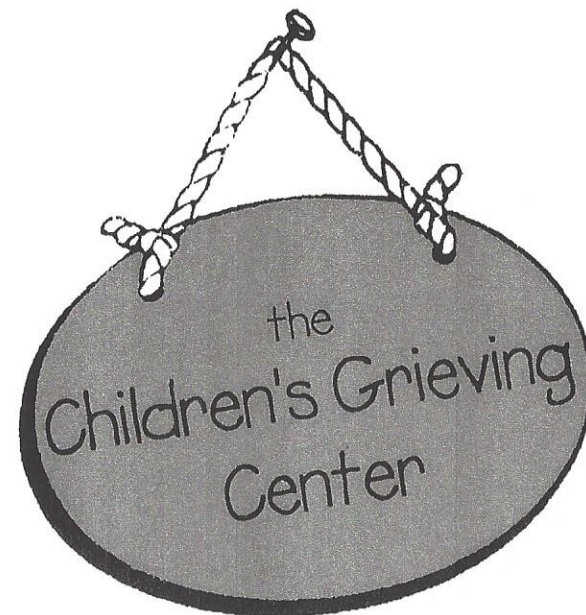
Newburgh, N.Y. 12550

845-561-6111

OUR LOCATIONS



The Center is located in the Hospice administrative building in the town of Newburgh. For information about teen groups ages 11-16 years please call (845) 561-6111



WHO WE ARE

The Children's Grieving Center provides families in Orange & Sullivan County, New York with loving support in a safe place where children, teens and their families grieving a death can share their experience as they move through the healing process.

Each week the Children's Grieving Center provides grief support to children and families who have experienced the death of a family member or friend from accident, illness, suicide or murder. Trained professionals and volunteers lead activities designed to help the grieving process of children ages 4 - 18.

HOW CHILDREN GRIEVE

As it is with adults, the grieving process with children is complex, and so much depends upon each child's stage of development. Strong feelings such as denial, anger and sadness are often expressed through children's play and physical activity.

Most children between the ages of 2 and 4 see death as reversible, temporary and impersonal. Watching cartoon characters rise up whole after having been blown apart reinforces this notion.

Between the ages of 5 and 9, most children begin to realize that death is final and that all living things die. They still do not see death as personal. They hold the notion that they can escape death through their own ingenuity and efforts.

From age 9 or 10 through adolescence, children begin to comprehend fully that death is irreversible, that all living things die, and that they too will die some day. Many teenagers become intrigued with seeking the meaning of life and developing philosophical views of life and death.



COMFORTING YOUR GRIEVING CHILD

The following is a brief list of suggestions for helping a child through the grieving process.

- As soon as possible after the death, talk with your child. Use the deceased person's name when gently explaining what is happening.
- Avoid phrases such as "sleeping", "went on vacation" or "God took them". It will confuse and scare a child.
- Let your child ask questions, but be sensitive to the age and level of understanding of your child.
- Let your child participate in the wake, funeral, cemetery, etc., if he/she wants to. Never pressure your child to go.
- Play with your child in ways that allow him/her to express feelings. (make believe, drawing, etc.)
- Plan something special for your child to look forward to. (vacation, outing) It is ok to feel happy again after someone has died.

Grieving Center professionals can answer your questions about children's grief.



CHILDREN'S LITERATURE



Here are a few books that may help you and your child through the grieving process. You may also check with your local school or public librarian for resources.

AGES 3 - 5

Where's Jess

by Joy & Mary Johnson

I Heard Your Mommy Died and

I Heard Your Daddy Died

by Mark Scrivani

AGES 6 - 9

The Tenth Good Thing About Barney

by Judith Viorst

My Grandson Lew

by Charlotte Zolotow

Nana Upstairs and Nana Downstairs

by Tomie de Paolo

AGES 10 AND UP

Part of Me Died Too

by Virginia Lynn Fry

ALL AGES

The Fall of Freddie the Leaf

by Leo Buscaglia

(also available as a videotape)