

SPRING EDITION 2026

HOPEline

Central New York's Grief Support Companion

A BI-MONTHLY RESOURCE FROM HOPE FOR BEREAVED

**SPRING
MOVEMENT &
GRIEF RELEASE**

**WHAT THE BODY
REMEMBERS:
*Somatic Healing Explained***

**Healing
Beyond Words**

*A Local Mother's Space for Release,
Rest, and Reconnection*

A FATHER'S GRIEF
An Excerpt for Bereaved Men

HOPE 
for bereaved
As you journey from grief to HOPE.

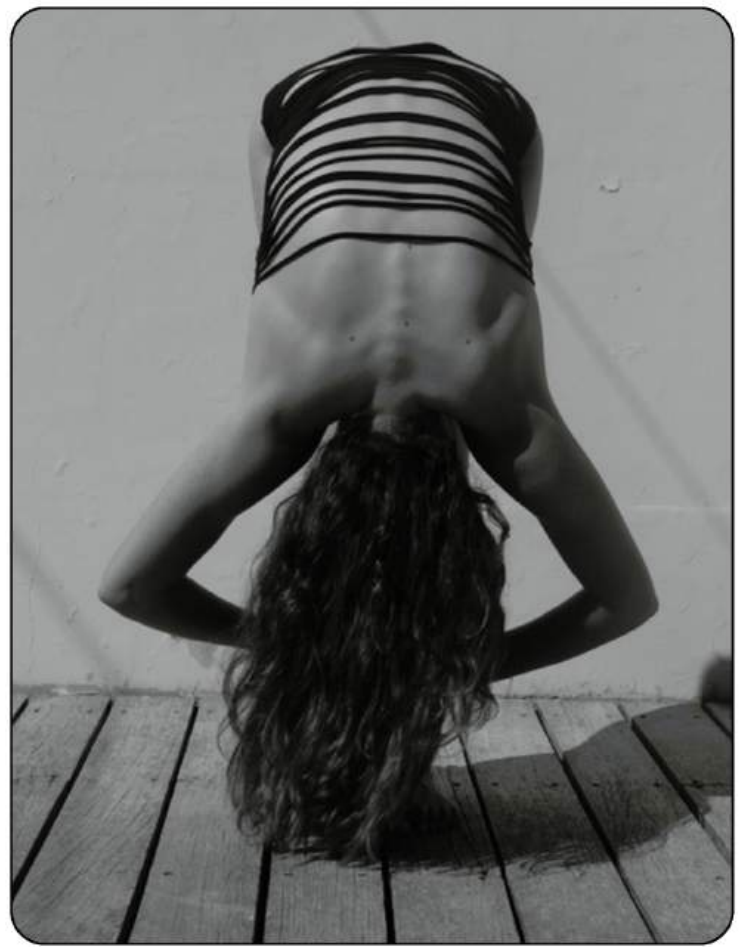
Spring Movement & Grief Release

Spring in Central New York gives us the long awaited opportunity to get outside and move in ways many of us haven't been able to for quite some time. For many, these past few months included carrying grief quietly while staying indoors, often without much space for release.

As the season shifts, there is an opening to reconnect with the body and allow movement to support what has been held. Below are some intentional ways to get you, and your grief, moving through the spring:

- Yard work or grave cleaning
- Tend to a garden or visit a “you-pick” farm
- Take a walk in your neighborhood
- Ride a bike trail
- Visit the local parks
- Play Frisbee or other yard games
- Rollerblade
- Attend live music or other outdoor community events
- Sit outside and simply let your body be in the fresh air and light

Spring offers us more space to move with our grief instead of around it.



What the Body Remembers

By Shayne Anderson-Piazza, LMSW

I have many clients who come into my office with strong insight into how their past experiences continue to impact them today. They can name their losses, describe feelings of emptiness, and identify patterns connected to childhood abuse, anxiety, or chronic stress. Many will say some version of: “I know why I’m doing these things, but I don’t understand why I can’t stop.”

The truth is, logical and insight alone may not be enough to heal from painful experiences. So many people are carrying experiences that don't just exist in memory, but physically as well. Grief, trauma and stress live in the body.

It can be shoulders that never fully drop, a jaw that stays clenched without awareness, stomach or digestive issues that flare under stress, chronic fatigue that rest doesn't fully resolve, or a nervous system that feels constantly "on," even in safe environments. It also shows up in the subtle, automatic ways we brace ourselves in conversations or conflict without realizing it.

I often remind my clients of a basic lesson from grade school science: *energy cannot be created or destroyed, only transferred*. I am not using that in a strictly scientific sense, but as a way of naming something many people recognize.

We know from research on Adverse Childhood Experiences (ACEs) that higher levels of early life stress are associated with increased risk from long-term physical health conditions, including diabetes, autoimmune disorders, cardiovascular disease, and other stress-related illnesses. Chronic activation of the stress response system, particularly prolonged elevation of cortisol, can have real, measurable effects on the body over time.

In other words, what we carry emotionally becomes something we carry physically as well. Because of that, healing cannot only happen through logic and language. It also requires intentional attention to the body to discharge what it's been holding.

For many people, this means expanding what healing can look like. It might include movement such as walking, running, swimming, stretching or dancing. It might include sound or singing. It can also look much smaller and more accessible like pausing to notice your breath.

If we begin to view healing through this lens, the question can shift from:

"Why can't I think my way through this?" to *"What is my body still holding, and what do I need to do to let some of it go?"*

Honoring Our Fallen Soldiers

May 25th, 2026

Memorial Day is a national day of remembrance honoring those who died in military service. Beyond the gatherings and traditions, it can also be a time to pause and reflect on sacrifice, loss, and those who are no longer here.

There is no single way to honor. You might:

- Visit a cemetery or memorial
- Observe a moment of silence
- Spend time in quiet reflection
- Learn or listen to a veteran's story
- Reach out to someone connected to military loss.

Honoring can be simple, personal, and rooted in remembrance.



JOIN A MOVEMENT COMMUNITY



A DIFFERENT KIND OF GRIEF GROUP.

Join E-Motion facilitators for an 8-week, in-person, hiking, walking, and running-based grief group **for individuals who have experienced a life-disrupting loss of a person.**

THE EXPERIENCE:

- Led by a trained E-Motion Facilitator
- Meet weekly with your small group of 15-20 griever for shared movement and ritual
- Receive support between gatherings: poems, music, and grief-informed reflections to deepen your experience



MOVE
WITH
US.



UPCOMING START DATES: MARCH, APRIL, MAY

SPRING 2026

VISIT EMOTION-MC.ORG/LOCATIONSTOFINDAGROUP IN YOUR COMMUNITY

FLOWING WITH HOPE

Join Kelsey of Riverbend Grief & HOPE for Bereaved for a quarterly grief inspired yoga practice

Dates:

- **VIRTUAL** Saturday, April 18th 10am
- **IN PERSON** Saturday, June 20th 10am
- **IN PERSON** Saturday, September 26th 10am
- **VIRTUAL** Saturday, December 12th 10am



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GRIEF MOVEMENT

HOPE
for bereaved
A journey from grief to HOPE

Virtual and In Person Practices

In Person practices will take place at
The Butterfly Garden of Hope

FOR MORE INFORMATION
Visit www.riverbendgrief.com

Healing Beyond Words

A Local Mother's Space for Release, Rest, and Reconnection



At Dre's Safe Place in Syracuse, NY, Quinnika Richardson has created a space that invites people to step out of survival mode and back into connection with themselves. The space is named in honor of her son, Drequan (Dre), who passed away May 24, 2015. Her mission is to provide a safe, intentional, and accessible space where individuals and families can pause, release stress, and reconnect with themselves through immersive, non-clinical wellness experiences.

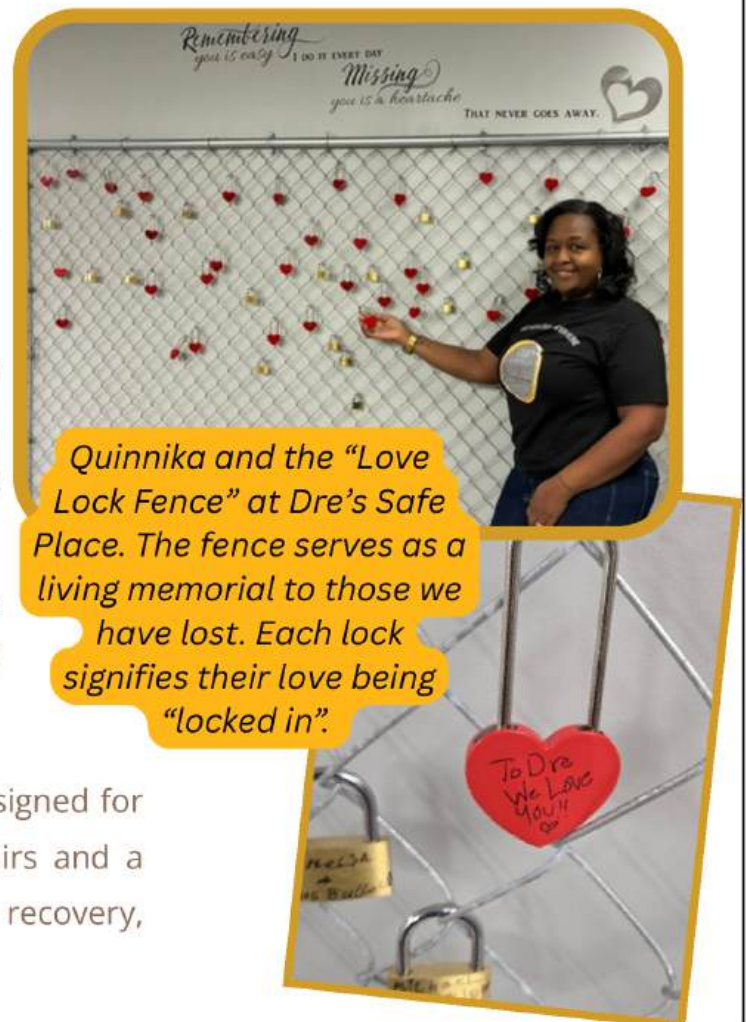
Dre's Safe Place is shaped with the belief that people need places where they can safely arrive as they are and be with what they are carrying. Quinnika's space is designed to meet people where they are in their full range of emotional and physical expression.

Participants begin with a private session where they can choose the environment that best fits their needs. There's the "Fight Your Way Through" room with punching bags and a bat for physical release of stress and frustration.

There is a smash area where individuals can write down what they are carrying such as thoughts, experiences, emotions and break plates as a symbolic act of letting go.

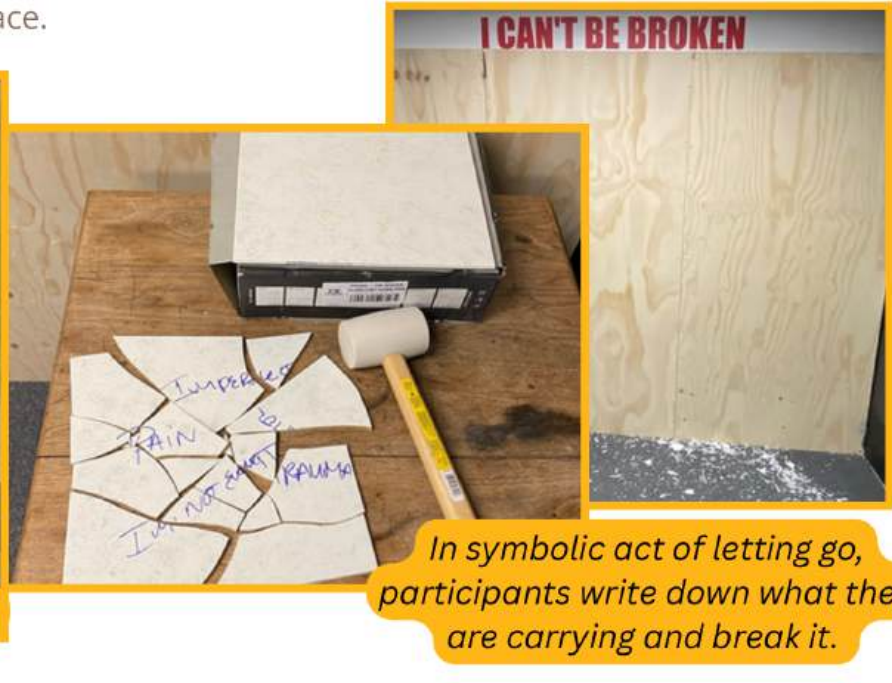
A sound-dampened scream room offers a private space where voice, breath, and emotion can be fully expressed without judgement.

Alongside these release-based spaces are areas designed for restoration and regulation, including massage chairs and a red light sauna that supports rest, nervous system recovery, and grounding.



Quinnika and the "Love Lock Fence" at Dre's Safe Place. The fence serves as a living memorial to those we have lost. Each lock signifies their love being "locked in".

Additional quiet spaces offer room for reflection and affirmation, where individuals can slow down, reconnect with themselves, and receive reminders of their strength. Together, these spaces reflect a belief that healing is not one-directional but includes release, stillness, expression, and care all in the same place.



In addition to the healing environments, Dre's Safe Place also offers workshops centered on writing, expression, and youth leadership development. Past events have been filled with art based and meaningful activities centered on mental health and self-care.

This May, she will host an Adult Recess experience that offers a space for play, movement, and lightness.

At it's core, Dre's Safe Place is for those of us who may not have the words. Here, healing begins in a space where the body can soften, release, and reconnect without explanation.



DRE'S Safe Place
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NY 13057
Quinnika@dresplacellc.com
315-760-4445

@dres_safe_place

A Father's Grief

By Owen Peltier, founding member
of HOPE for Bereaved

“Fix it, Daddy” my son, Chuck, would say as a little boy, bringing me some broken toy. Over the years I fixed the

broken toys, the malfunctioning appliances, the ailing automobiles, the carpentry projects, etc. But in July of 1979, I came up against something I didn't begin to know how to repair - a broken heart after the death of my son in an automobile accident. Dad, the fix-it-man, had an insoluble problem. There was no way to make it better for myself or anyone else in the family.

After the numbness and shock wore off, I began to realize that he was really dead and all the bright hopes and expectations for the future were gone with him. The terrible pain of grief and a sense of helplessness set in. There were feelings of anger, frustration, guilt, trouble concentrating at work, and wanting to escape but not knowing where to escape to. I tried to bottle-up my emotions and be strong. I postponed my grief due to concern for other members of the family.

For men of my age group and often younger men, too, conditioning has given us an image of being male: Men should be strong - “big boys don't cry;” the male is the protector of everything on his own; displays of emotion are taboo, even among close friends and family.

When a man loses his child, these expectations are unrealistic and superhuman.

In October we began going to Bereaved Parent meetings. The outcry of another father hit home; “what is a father to do? You can't sit at your desk and cry.” At the meetings we heard a different approach. Rev Simon Stephens, who founded The Compassionate Friends, said, “Grief only becomes a tolerable and creative experience when love enables it to be shared with someone who really understands.” From our support group leaders we heard things like, “Grief work is the hardest work you will ever have to do. Lean into the pain. You cannot go over, under or around grief, but only through it. We did not have any choice about what happened to our child, but we do have a choice about recovering from our grief.”

We learned a lot about grief. Everything we learned indicated it is much healthier to admit to and talk about our feelings than it is to deny them. Suppressed or unresolved grief surfaces in one way or another. It can be physical ailments, such as high blood pressure, stomach disorders and heart complications, or it can result in divorce, dependence on drugs or alcohol, or mental illness.



Admitting that we need help and support, that we don't have all the answers, that our power is limited and that we are in emotional pain is hard - especially for fathers. The grieving process is exhausting and frightening. It must be faced at a time when all our physical and emotional resources are at an all-time low. Most of us believe that we are in control of our own lives and our children's destiny, and it is a terrible realization when we find out we are not.

There is no timetable for grief. Your grief may be longer or shorter than mine. As the sixth anniversary of my son's death approaches, I can say the raw wound has become a scar I can live with. How and when did I get here? What is a father to do? I am not really sure what the process was, and it happened gradually, almost imperceptibly. I know that being a part of the Bereaved Support Group was responsible for much of my recovery. How did sitting in a circle of people listening to all their pain help? I don't understand how, but in some way letting others' pain in enables you to let your own out. With the help of some very good friends. I have been able to get to the place where I can spend more time thinking about what I have left than focusing on what I have lost. I still feel cheated at times because I don't have my son, but life is worth living again.

Father's hurt too. We need to be allowed to be human. We need the chance to travel through our grief with the support of others. You are not alone. I have been there and so have many others. Sharing the burden lightens the load.

An Excerpt From Hope for Bereaved's Book

Individual and Group Peer Support

*Serving Onondaga and
Surrounding Counties In-Person*



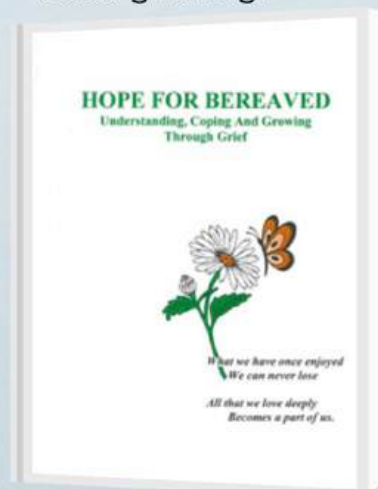
- Free of charge
- Non-judgmental
- Education on grief
- Individualized

Please call HOPE for
more information
315-475-9675



Understanding, Coping and Growing Through Grief

*Hope for Bereaved's Book of helpful
articles written by bereaved people for
those grieving.*



Available for \$19.00, as supplies last.



HOPE
for bereaved



34th Annual

Tournament of HOPE

Friday June 5th



Register your team and golf for a great cause!

- Captain and Crew style tournament
- Carts and skins included
- Breakfast, lunch, dinner and drinks included
- Whiskey tasting on the course

Space is limited,
register your team today!



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Butterflies BREWS & TATTOO'S



Saturday, June 27th

12:00pm - 4:00pm

Meiers Creek Brewing, Cazenovia



- All Tattoos \$100, honored on a 'first come first tattooed' basis, space is limited
- Tattoo's can be selected from flash sheet options only (above)
- Enjoy BIG1 beverage, compliments of Meiers Creek, when you purchase a tattoo
- Proceeds from this event directly support, **HOPE** for bereaved

HOPE
for bereaved
A journey from grief to HOPE



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HOPE for Bereaved, Inc. provides support groups, peer counseling, and resources at no charge to grieving Central New York youth, adults, families, and organizations.

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Remembrance 5K Run/Walk



Saturday, August 1st
Longbranch Park in Liverpool

Walk or run in honor of someone
you miss! To register, scan the QR
code or visit our website:
hopeforbereaved.com/events

