

Celebrating 43 Years of HOPE

Our goal, in this 43rd year, is to expand our support, services and outreach to the bereaved with emphasis on helping grieving youth, and to financially solidify HOPE for decades to come.

The purpose of this newsletter is to help those who have experienced the death of a loved one. Each month, we share information and ideas from bereaved people and professionals to help you through your grief journey. Please know you are not alone. HOPE is here to help you. To talk with a compassionate, caring professional, please call us today at 315-475-HOPE (4673).

Please visit our website to view our video **Celebrating 40 Years of HOPE!**

www.hopeforbereaved.com

You can access so much information on our website: upcoming events, support groups, one on one counseling, purchase HOPE books, bricks for memorials at the Butterfly Garden of HOPE, read, print and share current and past editions of the HOPELine newsletter and so much more!

This issue of the HOPEline newsletter is dedicated to all our recipients by very generous friends of HOPE that prefer to remain anonymous. We greatly appreciate all our clients, friends, donors and corporate sponsors who have responded to our Circle of Friends newsletter. We were unable to do a Year End Appeal letter this year but you have all made up for it by your generosity. Therese is still recuperating from her fall but improving daily. I have shared with her your wonderful response and it brings a smile to her face and a thumbs up.

“At times our own light goes out & is rekindled by a spark from another person. Each of us has a cause to think with deep gratitude of those who have lighted the flame within us.” (Albert Schweiter)

You all have been the spark that has kept me going throughout the years. May the New Year bring each and every one of you peace, good health and safety. God bless and thank you !



Pat, Office Administrator

Share Your Story Underwriting ~ Opportunity

Do you have an article or story to share? We are always looking for articles that inspire *hope, help and comfort* to the bereaved.

Email us at: mail@hopeforbereaved.com

Each month, the HOPELine is sent to 1,200 families throughout Central New York and the United States. If you would like to underwrite the cost of the HOPELine for a specific month, please contact Pat Kriesel at HOPE at 315-475-HOPE (4673). It costs \$450 to underwrite the newsletter. Your donation will fund 100% of the expense of a newsletter for a month. You may include a special dedication to your loved one.

Thank you for supporting the HOPELine!

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New Year, New Grace, New You

By: Marie Slaton

One of the most difficult things about grieving is not the initial blow. The shock of losing someone, the whirlwind of the funeral or the immediate absence of a loved one wears off. The time I spent grieving seemed to creep by, with years spilling into other years. Often, I felt that things would never heal, that there would be no brightness in my life. For all of us, two and three years after the loss, the grief is still there and changes are still being made. Holidays, especially, make us remember good as well as hard things so that this can be a season of sadness and regression or a season filled with renewal. The amazing part of it is that one has the ability to choose to go backward, stay stagnant or move forward.

The following are some simple suggestions to help you move on with your New Year, to find a new sense of grace and perhaps a new you. There are ways to move on with dignity, to give up that person you have lost without anger, and to find a loving way of letting yourself move on. Use this New Year to present yourself with a new way of living!

BREATHE: Often this is the time when we start learning how to mark the holidays with new traditions. Breathe into the changes. We can rest for a moment of peace to revere her/his memory. We can rest for a moment for ourselves. Take a few deep breaths, especially when feeling overwhelmed. With each breath, bring yourself into the moment and just be.

ACKNOWLEDGE: Holidays are never easy, regardless of the emotional state in which we find ourselves. There is no reason, however, that we should spend the holiday season wrapped in sorrow. Acknowledge the loss. However, acknowledge both what you are moving away from and how and where you are going. Allow yourself to move on.

MEMORIALIZE: Many changes occur in holiday seasons and throughout a grief journey. Simple, small acts can help to mark the changes, help you to move on, and help you to access emotions and healing. Try incorporating a memorial even a small one, into some new holiday traditions. Try creating an ornament with a picture, have a date engraved on the bottom of a crystal glass, or perhaps say a special prayer at a meal. These little things can help you move forward while including your loved one in your new holiday traditions.

HOLIDAY SPIRIT: FIND PEACE: Some times, especially when the grief is new and the shock is bold, peace and healing are not the first things that come to mind when we look at our grieving journey. We just want to get through a day or in this case, the holiday season. Start each day with a simple mantra or phrase.

"I am at peace with my grief and with the changes." This will help you to be mindful every day.

BE INVOLVED: There is strength in the grief journey, in gratefully standing up and living vibrantly following a loss. At first, this might not make sense. Over time, because all things take time, our hearts begin to glow again and, suddenly, we see that we have become emotionally stronger, that the years have not weathered us too terribly. We are involved in the healing process and in life. So, start this New Year with a commitment, one day at a time, to be involved with the healing process and your whole life.

UNIFY: For many, involvement in the grief process means an involvement in a spiritual process, which may be a recognition of the ordered chaos of life. This recognition is often a giant step toward understanding, acceptance and peace. To start this process, look at what is going right this New Year. Look for the ways in which you are unified with the world and its people rather than separated.

HIGHER LOVE: "Why me," is a common and understandable cry among those who are grieving. When I lost my love, I did not just feel abandoned by him; I felt abandoned by a loving higher power. For many, it takes slow and steady work to search out goodness and joy, to feel included rather than excluded, to feel love from a higher source again. Rediscovering love is a process and an important one. While making resolutions this New Year, you might want to resolve to be part of that process, to continue daily healing and to let yourself be moved by a loving spirit.

BEGIN AGAIN: NEW YEAR, NEW YOU: Finding a new you in the New Year does not have to be hard or scary. No one has ever suggested that losing someone or that grieving is easy. This New Year, however, take some time to let yourself grow and move one. Find a place within yourself that speaks more deeply of little things and the spirit! Let it be the best present you get this year and the resolution to which you adhere most closely.



New Year's Wishes for the Bereaved

To the newly bereaved

We wish you patience-patience with yourselves in the painful weeks,, months even years, ahead.

To those of you who are newly widowed

We wish you courage and energy to carry on.

To those of you who are single parents

We wish you the inner resources we know you will need to cope, often alone, with your loss.

To bereaved siblings

We wish you and your parents understanding of each other's needs, and the beginnings of good communication.

To those of you who are plagued with guilt

We wish you the reassurance that you did the very best you could under the circumstances, and that your loved one knew that.

*To those of you who have suffered multiple losses, who have experienced the death of more than **one-***

We wish you the endurance you will need to fight your way back to a meaningful life once again.

To those of you who are deeply depressed

We wish you the first steps out of the "valley of the shadow."

To those of you who are deeply depressed

We wish you the first steps out of the "valley of the shadow."

To all men,

We wish you the ability to express your grief, to move beyond society's conditioning and cry.

To those with few or no memories of your child, perhaps because you suffered through a still-birth, a miscarriage, or infant death

We wish you the sure knowledge that your child is a person and that your grief is real.

To those of you who are unable to cry,

We wish you healing tears.

To those of you who are tired, exhausted from grieving,

We wish you the strength to face just one more hour, just one more day.

To all others with special needs that we have not mentioned,

We wish you the understanding you need and the assurance that you are loved.

Modified from an article by Joe Rousseau, 1994 TF President, Reprinted from The Compassionate Friends, Topeka Chapter

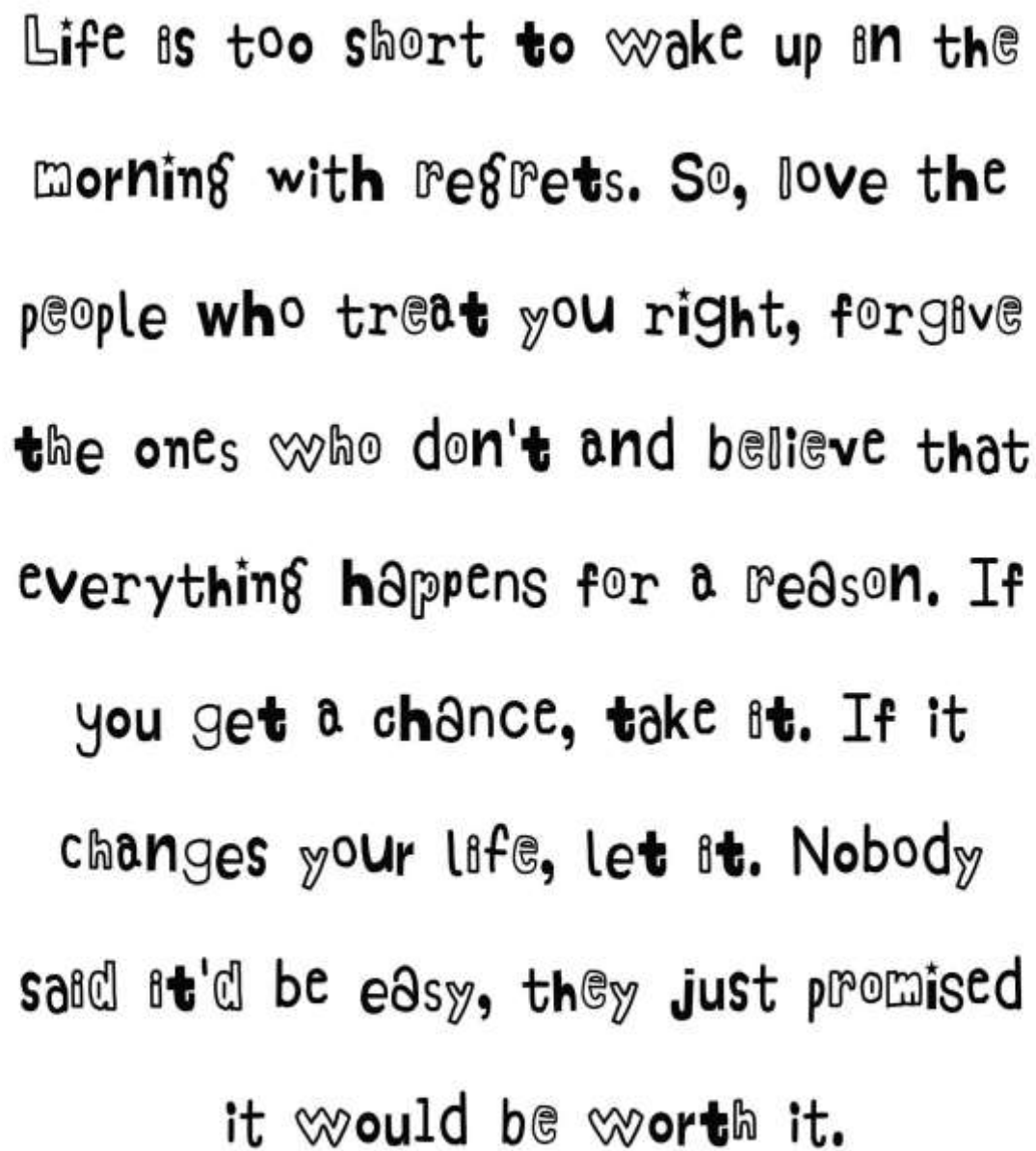
An Idea for the New Year:

So many of us look to the New Year as a time of new beginning, a sign that things will be different. And then we wake up on January 1st and things are just the same. Are you wondering what you can do to make this New Year better? Some things really can be different, but you'll have to work on it.

As an idea, take a piece of paper (or sit down at your computer) and at the top write "this year I hope I can...." Or "This year I hope to do....". Then make a list of what you hope will be different in 2022 and what you will have to do to make it happen. Maybe you could number each "hope" in the order of your preference or what is most important to achieve. That's the easiest step.

Now you have to work on each "hope". Now it is time to work on one thing at a time, one day at a time, one step at a time. As you work on each item record your comments, and as soon as you complete a goal, mark it off your list. Some may come off quickly, some may take longer. The idea is not to become discouraged but to be able to see that you are making progress. Remember it is progress each and every time you accomplish something you try to do, no matter how small or trivial it may seem at the time. Often seeing a sign of progress in our difficulties encourages us to work hard at what we need to do.

Mary H. Ballard

A decorative border of pink, multi-petaled floral motifs surrounds the central text area.

Life is too short to wake up in the
morning with regrets. So, love the
people who treat you right, forgive
the ones who don't and believe that
everything happens for a reason. If
you get a chance, take it. If it
changes your life, let it. Nobody
said it'd be easy, they just promised
it would be worth it.

-Dr. Seuss



From the Executive Director Therese S. Schoeneck January 2022

Dear Friends— As many of you know, I had an accident on Oct. 31st, 2021. I am composing this from my hospital room with the help of my daughter, Margie. This has been a tough road that I am traveling. The love and support from my family and friends has been wonderful. The hospital staff is exemplary. The many cards, prayers and well wishes bring a smile to my face. There is something about friends and family that brings a sense of joy and peace. This has been and will be a journey for me. **Not the rejuvenating trip to Florida that we had planned. I have gone from ICU to “step down”** and now awaiting a spot in the rehab wing. I will continue to work on my recovery journey. The goal is being home next to my husband of 67 years and our little dog, Teddy. At HOPE we talk about a grief journey. Not one we may have expected, but one we must travel regardless. Be kind to yourself, push yourself when you can, and know you have people on your journey with you. As a new year approaches, keep your priorities and expectations in check. Reach out to friends and loved ones who need our help and HOPE. Be kind, make a difference! Love & Hugs—

Therese



In Our Thought & Prayers....



Please keep Therese Schoeneck, Christy Dannible, Kathy Spencer, Christine Hart, Lanie Moses, Ann & Dan Emond, Kevan and all our medical, front line workers and their families in your prayers for good health .

Special Thanks.....

Dan & Rosanne Glavin for serving as Community Co-Chairs for the Celebration; JoBeth Lehrer, Julie Steinbrecher, Kathy Kowalczyk, Sue Hollington, Peg Card & Margie Nye for working long days & nights to prepare & set up the Hybrid Celebration

Sollecito Landscaping Nursery for winterizing & fertilizing the entrance Hydrangea Garden at the Butterfly Garden of HOPE and the gardens at HOPE's Center.

Walt Stein, Leslie Conway, Kim Bermel, Katie Craigin, Kathy Menard, & Tim Grobsmith for being on the panel for our annual **“Coping With the Holidays”** program. Thank you to **St. Ann's/St. Charles Church** for letting us hold it at St. Charles. Thank you also to Holy Family Parish in Fairmount and Sacred Heart Parish in Cicero for inviting HOPE's panel to do the “Coping “ program at their churches.

The Celebration Committee for their hard work and the compassion they put into making the Celebration of HOPE the success it is, year after year. This year was no exception, but much harder on them as they continued to do what needed to be done while worrying and praying for Therese. Margie running back & forth to the hospital, working on the finishing touches nights after visits with her Mom and everyone pulling double duty to make Therese proud!

THANK YOU TO ALL WHO SPONSORED, BOUGHT TICKETS, ATTENDED AND WORKED THIS YEAR'S



Remember when you shop AMAZON use AMAZON SMILE and choose HOPE FOR BEREAVED - the Amazon Smile Foundation donates back .05% of your purchase price on eligible products to HOPE! <https://smile.amazon.com/>

The Hybrid Celebration of HOPE 2021 Reception was a big success. As always, the Live & Silent Auctions were great. We thank the following for their part in making our Celebration such a successful fundraiser. Their annual support enables HOPE to continue to offer our core services free of charge to the bereaved children, teens, adults and families of our community.










Presenting Sponsor Jeff & Dorothy Booher	Tablehosts Dan & Tricia Brice Nascentia Health Care Stephen & Kristin Schoeneck Erie Mechanical	Christopher Bedford Ed & Leslie Rapson David & Lisa Craig Lawrence Komuda Linda Mattes Lynn Chase Rega Powers James Jerge Doug & Janice Ross Patrica Barbero Leon & Danalee Capone Walt & Lucy Copeland Bob & Joyce Salvetti Kathleen Elliott Jane Kwasigroch Steve & Lyn Rice Pat Fatti Marybeth & Tim Mumford Tony & Kay Sgarlata
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Patron Tablehosts John & Rockette Brunetti		
		Special thanks to friends who provided professional services at no charge: Patty Schuster of Page Designs for designing the invitations/corporate packet; Syracuse Blue Print for donating signage; Eileen Gibson & Tony Provost for the delicious hors d'oeuvres; the Volunteers who work to serve & clean tables; Dan Cummings as emcee and the entire Celebration Committee (see below) for all their time & efforts to make this Hybrid Celebration the success it was. Rosanne Glavin Dot Booher Sue Hollington Sue Lerro Kathy Kowalczyk DeDe Walsh JoBeth Lehrer Margie Nye Julie Steinbrecher Peg Card Therese Schoeneck







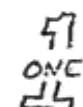





HOPE FOR YOUTH



Dear Friends,

The holiday season    is winding down, and we are getting ready for a new year.  Many of us will be glad  to say goodbye to 2020, as it has been a year of many unexpected things! Of course, the COVID-19 Pandemic  has changed our lives forever, including the ways in which we grieve the death of our loved one.  Some important things remain the same: we still need each other as we progress on our grief journey!  

Many of us may miss certain things about 2020 (for example, the last time we did something with our

loved one), but we also have reason for HOPE ~~2~~ in 2021.
We can certainly hope for a vaccine  that will help us
get the COVID-19 virus under control. ~~X~~ Then we can
develop a "NEW NORMAL", including how we can go
along our grief journey! We can then find ~~new~~ new ways
to learn ~~2~~ and grow  strong. We can hope for
new experiences and better times  in 2021. We can
then hope to become closer to our friends and loved ones
again, ~~1~~ ~~2~~ ~~3~~ ~~4~~ ~~5~~ and as a result become closer to our
loved one who died.   ONE important lesson from 2020
is a reminder ~~1~~ ~~2~~ ~~3~~ that there are some things that we
can control, and some things that we can't. 
Once the Pandemic began, we could NOT stop it.  But
there are things we can do  to make it more
manageable. Our grief is something like that. We
could NOT stop the death of our loved one. 
But there are things we can do to make it more
manageable. As we reach out ~~2~~ to others, we 
will move along our journey and come to better places!
Love, MARK ~~X~~

HELPING YOUR CHILD THROUGH GRIEF

By Mark Scrivani

Grief is an extremely difficult process. We must focus on ourselves during this period and rightly so. Many times, however, we overlook the fact that grief comes to those of all ages. Therefore, children are often ignored during mourning, with the rationale that "they wouldn't understand." The grieving process in children is highly complex, since so much depends upon each child's stage of development. For instance, a 3-year-old's understanding of death and the mourning process will be quite different from that of a 10-year-old. Both of them would be very different from a 16-year-old. Yet, there are many fundamental similarities between a child's grief and the adult mourning process. It is important to understand that the grief work provides vast potentials of growth for all ages. If children do not work on their grief, behavioral and emotional problems may arise now or later. Following is a list of suggestions for helping your child through grief:

- As soon as possible after the death, set time aside to talk with your child. Gently explain what is happening, why you are crying, etc.
- Use the deceased person's name when referring to him or her.
- Use basic words like "die" and "dead" to convey the message.
- Avoid the phrases that soften the blow such as "sleeping," "went on a vacation," "God took them," "passed- away," etc. These will confuse and scare a child.
- Let your child ask questions. Answer truthfully! Be honest, simple, and direct. If you don't understand something, let your child know that, too.
- Be sensitive to the age and level of understanding of your child. Don't offer information beyond the child's comprehension, as it will only confuse matters.
- Read or have your child read children's books relating to death.
- Play with the child (e.g., dolls, drawing, imagining) in ways that will allow the child to express his/her feelings.
- Watch for T.V. programs that might help your child's understanding.
- Read books yourself on helping a child through grief. There are many excellent ones.
- Talk about God with your child. Pray with your child.
- Let your child participate if he/she wants to (e.g., going to the funeral, visiting the cemetery). However, it is very important that you don't pressure your child into doing any of these things or into expressing feelings.
- Accept help from others to watch your children and talk with them - but remember, you are the most important person to your child!
- You are a role model for your child - if you hide your grief, they will learn to hide it, too. Instead, share your feelings with your child. Your example will set the tone for your child to do the same.
- We should (as much as possible) have an understanding of our own grieving process, since these are communicated to the child.

Help your child to vent and acknowledge his or her emotions.
Watch for tell-tale signs of maladjustments; such as eating and/or sleeping disturbances over a long period of time.

Seek pastoral or family counseling if the grief is unresolved.
Communicate to the child your appreciation of having had the deceased person in your life.
Discuss and have the child recognize changes in routine due to death.
Plan something (e.g., a vacation) to which you and your child can look forward.
This is perhaps the most important of all - please do not be disappointed or angry if your child does not: understand or appreciate death! They are going through a learning experience and discovery-give them time!

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Suggestions for New Year's Resolutions

Instead of the old kind of New Year's resolutions we used to make and break, let's make some this year and really keep them!

Let's not try to imagine the future – let's try to just take one day at time.

Allow yourself time to cry, both alone and with your loved ones.

Don't shut family and friends out of your thoughts and feelings. Share the difficult times. You may all become closer for it.

Try to be realistic about your expectations of yourself, your spouse, and other family members and friends. Each one of us is an entity, therefore different. So, how can they perfectly understand?

When a good day comes, relish it. Don't feel guilty and don't be discouraged because it doesn't last. It will come again!

Take care of your health. Even though the mind might not care, a sick body will only compound your troubles. Drink lots of water, eat healthy foods, rest (even if you don't sleep) and get moderated exercise. Help your body heal as well as your mind.

Share your feelings with others and let them share with you. You find that as you care about the pain of others, you start to come out of your shell – a healthy sign.

Try not to expect so much understanding from others who have not walked the same path.

Be kind to yourself – take care of your appearance. Do give yourself time to be alone.

Try to remember that you owe it to yourself and to your loved ones to enjoy life.

Try to be considerate of your spouse, children and parents. They too, are coping and deserve your help.

Resolve in memory of your loved one to do something to help someone else. In doing this, your loved one will live through you.

Keep a journal to see your own progress through grief.

We know following these suggestions won't be easy, but what has been lately? It's worth a try. There is nothing to lose and perhaps much to gain.

Thanks to Central Wisconsin Chapter POMC. Reprinted from Greater Portland Area Chapter PARENTS OF MURDERED CHILDREN Newsletter, Portland, Oregon.



January 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						New Years Day 1
2	3	4 6:30-8:30 PM Death by Drug Overdose	5 6:30-8:30 PM Young @ Heart & Young Widow & Widowers	6	7	8
9	10	11 10:00 AM Newsletter Work Meeting 6:30-8:30 PM General Support Group	12 6:30-8:30 PM Survivors of Suicide	13 Oswego General Support Group 6:30-8:30 pm	14	15
16	17 Martin Luther King Birthday	18 6:30-8:30 PM Death by Drug Overdose	19 10:00 AM-Noon Senior W/W 6:30-8:30 PM Support Groups *Bereaved Parents *Parents Infant Death	20	21	22
23	24	25	26 6:30-8:30 PM Survivors of Suicide	27 Oswego General Support Group 6:30-8:30 pm Covid Support Group 6:30-8:30 pm	28	29
30	31					

Due to the rise in the COVID-Delta Variant and the uncertainty that follows, we are asking that ALL individuals vaccinated or not vaccinated, please wear a mask while in HOPE's building. If you wish to connect by zoom please call HOPE for the necessary Meeting ID and Passcode information. To reach HOPE call 315-475-9675.

- ◆ HOPE For those whose loved one died by Drug Overdose (In Person & Zoom)
- ◆ HOPE For Young @ Heart and Younger Widow/Widowers, Engaged & Significant Others (In Person & Zoom)
- ◆ HOPE for Widow/Widowers Senior Daytime (In Person & Zoom)
- ◆ HOPE for Youth Support Group: For children, teens whose parent, sibling, relative or friend died will meet upon request. Call 315-475-9675
- ◆ HOPE for Bereaved: Any adult whose loved one, parent, sibling, relative or friend died. (In Person & Zoom)
- ◆ HOPE for Bereaved Parents: For those whose child of any age died (In Person & Zoom)
- ◆ HOPE for Parents: whose infant died by miscarriage, stillbirth or newborn death. (In Person & Zoom)
- ◆ HOPE those whose loved one died by Suicide. (In Person & Zoom)
- ◆ NEW HOPE for those whose loved one died from COVID or another illness during the Pandemic (In Person & Zoom)
- ◆ HOPE for Bereaved, Oswego: For more information contact Donna Lupien 315-342-6326.
Meeting Location: Christ the Good Shepherd Church, 129 E. 4th St., Oswego, NY 13126 (In Person)
- ◆ One-on-One Counseling: Call HOPE 315-475-HOPE (4673) for an appointment. *No charge for counseling but donations are welcome.*
- ◆ COVID SUPPORT GROUP: For those whose loved one died of COVID or another illness during COVID.

HOPE

for bereaved

As you journey from grief to HOPE

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January 2022

HAPPY NEW YEAR TO OUR VOLUNTEERS, CLIENTS & SUPPORTERS

It seems like a very appropriate time to thank all of you who have meant so much to us at HOPE. The 300 plus volunteers who serve on the Board of Directors, Co-facilitate 13 support groups a month, sit on committees for fundraisers such as the Run/Walk for HOPE, Tournament of HOPE, Celebration of HOPE and Wrapsody. It involves a lot of time, hard work and a commitment to serve on these committees. We also have dedicated volunteers that donate time each month to collate, seal and label 600 newsletters and the many mailings we do throughout the year. We have volunteers that commit to coming in 1 or 2 days a week to help answer phones, greet clients and help with office duties.

Kathy Cardina is our garden coordinator for the Butterfly Garden of HOPE. She contacts dozens of volunteers each spring to help with the planting, mulching and mowing of the Butterfly Garden. She makes sure it's in beautiful condition from April thru October for bridal pictures, prom photos and memorial ceremonies. Rain or shine our garden volunteers are there.

Our Clients/Supporters who thru their generosity have helped HOPE provide our core services to the bereaved of our community and beyond for 43 years.

HOPE is blessed to have such wonderful and dedicated friends. We could not do all we do without the help of our volunteers and friends. May you all know how important and loved each of you are to us. May you and your family have peace-filled NEW YEAR

WE  OUR VOLUNTEERS