

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.

This issue of the HOPELine newsletter is sponsored by **Jim & Megan Sollecito of Sollecito Landscaping Nursery.**

We thank **Jim & Megan** for their friendship, generosity & garden help & expertise throughout the years!

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!

VALENTINE'S DAY

By Glen Lord

When someone we love dies, days on the calendar take on a new meaning. Days that once were full of joyful anticipation can now be a cause for dread and fear. Knowing that we can no longer celebrate special days without our loved one has changed every holiday and other special days. Some of these days like Christmas, Thanksgiving or birthdays are clearly going to be triggers and the anticipation of them allows us and others to prepare a bit for them. Other holidays may take us by surprise. Maybe they were not significant when our loved ones were a live so we don't initially associate the holiday to the pain of missing them that we are now feeling.

Valentine's Day can be one of these days, The pain of the holiday is clear to those who have lost a spouse. Most often thought of as a romantic holiday for spouses and couples, this holiday can be very painful for people missing others as well. We begin celebrating Valentine's Day as children when we struggle to put our names to our classmates valentines. The day is filled with heart shaped candy, class parties and homemade valentines for our parents. It is a day to celebrate love, children, spouses, grandparents, siblings and other family friends. The day can bring up the pangs of grief because someone we love is now missing from this celebration.

With the death of our loved one, some control has been stripped from our lives. What we thought would be forever is suddenly taken from us. Just the same as we do not have control over the days that comes along every year, we wish there was a way for them to just disappear—to have "special" days that cause pain, to just forever be taken from the calendar.

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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).

Continued from page 1

Unfortunately, time moves forward without our permission and these days will come every year. We are left to decide how to make them bearable. This will be different for each day, but Valentine's Day invites us to remember the love. We can decide to focus on the memories. We can decide to focus on the love. The goal is not to take away the pain or to make everything okay, rather to allow us to share the love that always and will forever be there.

Some things that you can do on Valentine's Day to share that love:

- ♥ Light a candle in honor of your loved one
- ♥ Bring Valentine's Day cards to people who may not get any.
- ♥ Write a love letter to them and read it aloud and share it with the universe.
- ♥ Make a donation in their name to a homeless shelter or donate a book in their name to a library.
- ♥ Plant a tree or plant in their memory and place a memorial plaque beside it.
- ♥ Post their picture on Facebook and ask others to share their memories or photos with you.
- ♥ Go shopping for a Valentine's card and look for the perfect one-the one that they would have purchased for you and buy it as a gift to you from them.
- ♥ Go to a favorite place and spend time with your memories.
- ♥ Make their favorite meal and invite others to come share in love and memories.

These are just a few ideas. Open your mind and your heart. Do what feels right to you. Try one thing, if it does not work for you then try something else.

Valentine's Day is different but it is still Valentine's Day. Our loved ones are forever a part of us. They have changed us forever and their love lives on in us. This Valentine's Day allow space for the joy of their memories and the power of their love to share space with the pain of them not being with you.

Happy Valentine's Day, LOVE NEVER DIES!

[Www.thegrieftoolbox.com](http://www.thegrieftoolbox.com)



To those we have loved.....

Those I have loved, though now beyond my view, have given form and quality to my being. They have lived on, feeding my heart and mind and imagination. They have led me into the wide universe I continue to inhabit, and their presence is more vital to me than absence.



~Rabbi Morris Adler

What Mourners Long to Tell Others

Dear Friend and Potential Comforter,

Perhaps you have noticed my watery, red-rimmed eyes. Maybe you've missed me and wonder where I've been lately. Is my downcast appearance a giveaway? Or is it my forced personality that clued you in? Yes, it is sorrow. Intense grief. It originated from loss, loss of someone dearly loved.



What you see on the outside is just a fraction of the turmoil going on in the inside. Inside I am a crumpled heap on the floor. In an instant, everything changed. The plans I had for the future have been obliterated; the past has disappeared in pain. Surviving another minute seems impossible. My world is no longer safe. I realize I'm not in control. I don't know who is.

The one thing I do know is how uncomfortable I make you feel. Some people can't handle this and I won't see them again. Some people try for a while, but it's hard and they have their own life. It takes a special person to walk with the grieving. Being able to be my friend through all this is one part love, one part God's wisdom, and a hefty dose of perseverance. And it may take more than one of you.

So, what do I need while I walk this mourning road? I probably won't be able to communicate that to you. Sometimes I don't know. There are a few constants, though. I need to know that you love me, that God loves me, that I can love again.

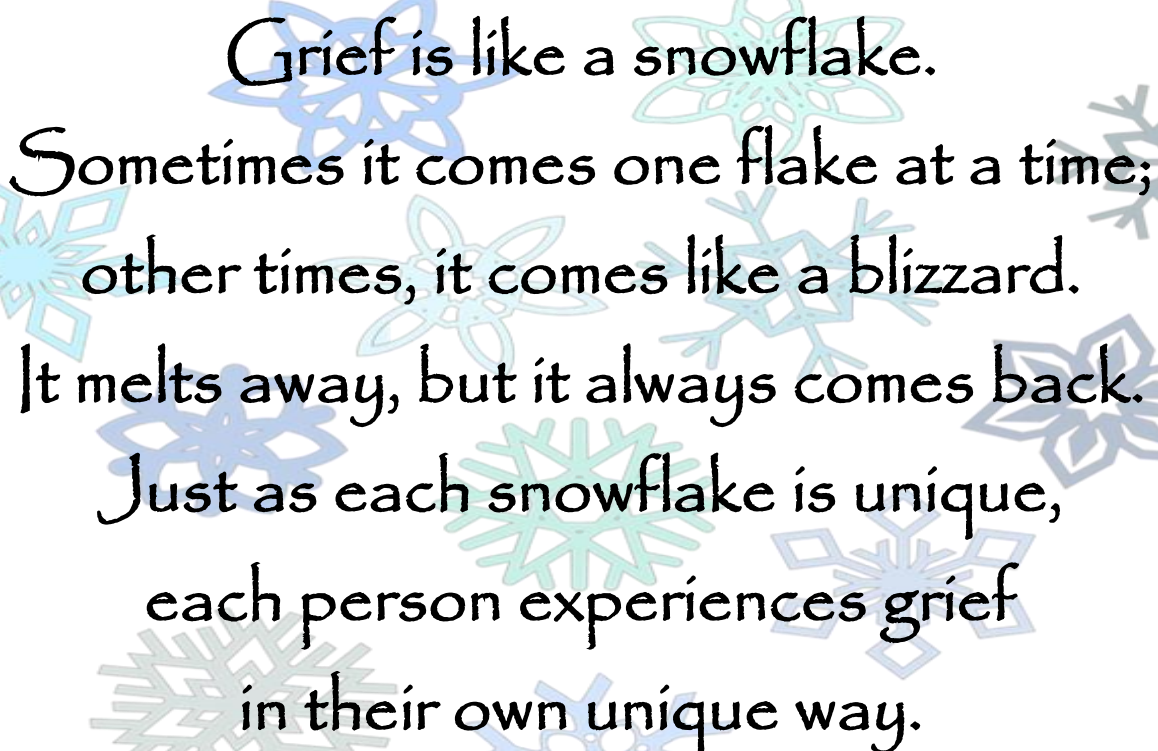
I need to feel safe; safe physically, safe emotionally, safe spiritually. I feel alone and that is not safe. When I am with you I need to be able to express myself without feeling judged, be able to cry with you, be angry and mad without scaring you. I need to process my loss and not receive spiritual clichés in response. In grief, I can see right through them and they hurt.

I need prayer. Please pray for me and with me. Sometimes I can't pray on my own. I may be mad at God. Don't let that worry you; God is big enough to handle it. He does not reject me in my grief. But knowing that someone is praying for me is a big help and I can feel it.

Thank you for being there for me when it is hard. I won't always be like this. You may need to tell that to me, actually. I won't always feel so bad. And one day our crying together will change to laughing together. One day I will again feel joy, even while I feel sorrow. One day I will again be able to stand, even while in pain. One day, I will again be able to feel alive.

Thank you my friend!

*Thanks to Desiree Harless of the Gateway Church in Southlake, Texas
for granting HOPE permission to use her wonderful article.*



Grief is like a snowflake.
Sometimes it comes one flake at a time;
other times, it comes like a blizzard.
It melts away, but it always comes back.
Just as each snowflake is unique,
each person experiences grief
in their own unique way.

~ Julia Cook



From the Executive Director Therese S. Schoeneck

Entering our 43rd Year! February 2022



Dear Friends -Valentine's Day

Another holiday looms on the horizon. There are ads on TV and in the paper suggesting thoughtful ways to remember your valentine... if only we could. After a loved one dies you may dread the day.

It may help to make plans to honor your loved one in a special way — light a candle and place it with a flower near your loved one's picture... spend the day or dinner with an understanding friend... donate to a food bank in their memory... volunteer to serve a meal to the homeless... find a peaceful place to talk to your loved one, tell them you love them and ask for their help on this special day.

REMEMBER NOT ONLY WHAT YOU LOST BUT LET YOUR HEART BE WARMED ALSO BY WHAT YOU HAD.

Love & hugs-*Therese*

"Special Thanks to..."

Walt Stein and Roxanne McMaster for working with Clear Path for Veterans & National Council of Negro Women on behalf of our Wrapsody fundraiser. It is a 3 month project of planning, obtaining volunteers, purchasing supplies, scheduling & wrapping. **Leslie Conway** for wrapping gifts at HOPE for those that did not want to go to the mall.

Bob Kriesel for doing a fantastic job overseeing, setting up, moving & ordering supplies to make our annual Holiday Gift Wrap at Destiny USA a huge success!

Our Thanks to all our outstanding "Wrapsody" volunteers! Their commitment and hard work were essential to our success. Special thanks to **Tim & Heather from Whispering Woods Camp Ground** for creating beautiful signs for our wrapping station & them and Harriett Kimball filling in when needed. The signs really helped to attract many more customers.

Planet Self Storage for renting the Wrapsody agencies an indoor storage space at a discounted price. This will be so convenient since it's located on Hiawatha Blvd & State Fair Blvd, right down the street from Destiny USA.

The need for "HOPE" today and in the future.

A reporter asked *"How do you all keep doing this ~ listening to people's pain?"* We understand their pain because we have lived that pain. We know that with help they can get to a better place. For all of us "paying it forward" is important. It is rewarding to hear the bereaved reflect on how helpful, even life-saving HOPE is. Periodically we receive stories from those who have been helped by HOPE. They inspire us to continue to serve and support the bereaved. **HOPE truly makes a positive difference for the bereaved.**

In our thoughts and prayers ~ Please keep **Therese Schoeneck, Christy Dannible, Kathy Spencer, Kathy Kowalczyk, Christine Hart, Lanie Moses, Ann & Dan Emond, Kevan** and their families in your prayers for good health. **Special thanks to the family of Jeanne Huss** for designating HOPE recipient of donations in **Jeanne's** memory



*Can you imagine a
future without HOPE?*



RE-GIFT TO HOPE

Whenever you receive gifts that you either don't want, don't need, or don't like, please re-gift those unwanted **new & non-perishable** items and we will store them as the beginning of our silent auction items for our **Celebration of HOPE 2022.**



HOPEline changes.....

We are going to be cutting the number of pages in the HOPEline newsletter beginning March 2022. Mark Scrivani has been writing the children's page for over 25 years. Mark has agreed to change our children's pages from 2 to 1 and make the 2nd page for teens. Mark will be covering topics that affect teens. We will still be offering 2-3 articles each month that deal with the time of year and /or special days like Mother's Day, Father's Day, Holidays etc. We will continue to offer the opportunity to sponsor/dedicate an issue in honor/memory of someone special.



The newsletter is offered free of charge to anyone requesting it. After 1 year we send a notice asking for a donation to continue the HOPEline, but no one is ever refused it if they can't pay. Therese has always stated that anyone bereaved should never have to worry about how to pay for help when grieving.

Please visit our website to view our video

**Celebrating 40
Years of HOPE!**

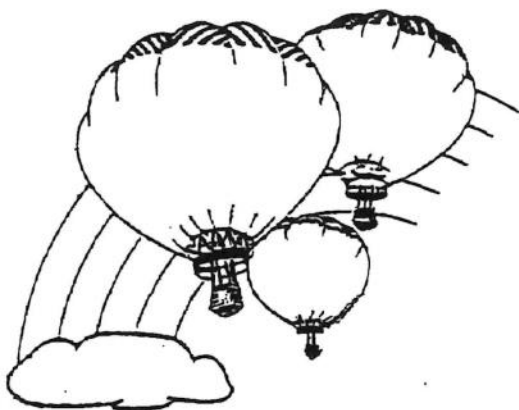
www.hopeforbereaved.com

You can access so much

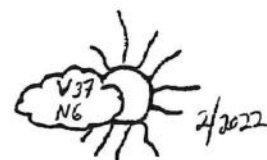
information on our website: upcoming events, support groups, one on one counseling, purchase HOPE books, bricks for memorials at the Butterfly Garden of HOPE, read, print and share current and past editions of the HOPEline newsletter ... and so much more!














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/>













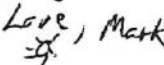


HOPE FOR YOUTH



Dear Friends,

Our loved ones death  has led us into a very difficult time.  We have felt many different feelings     during our grief journey,  and may have often felt "out of control".  This can also cause us to feel "lost", and not  be sure of what we should do next.  So what should we do if we are feeling lost and out of control? Perhaps the  ^{1st} _{FIRST} thing we

can do is simply take a step back! In other words,
we can give ourselves permission to take a deep breath,
 and  not make any quick decisions. This
way, we can slow down  and start to figure
things out. When we feel lost, we can use a map
 or a compass  (or the app on our cell phone!)
to help us get back on track.  What is the
map in our lives that can help us get to a safe
place where we are no longer lost? The map could
be a routine that we do    that help us
feel better. The map could be a trusted
relative or friend we can talk to.  My
friends, the map is anything that can help to
calm us down, feel safe, and help us to
see things  more clearly. When we are
no longer lost, and in control, we can journey again! 
Love, Mark




Finding Meaning After a Sudden Death

By: Megan Meade-Higgins

“Why?” It’s the first question people ask after a sudden or traumatic death. As we’ve seen recently with the shooting deaths of students and innocent bystanders, these deaths instantaneously shatter our life as we know it. They make no sense. We feel unsafe, out of control and vulnerable. We are forced into a world forever changed.

Part 1: Sudden Death vs Expected Death

Grieving a sudden or traumatic loss is often very different than grieving an expected death. There is no warning. There is no time to prepare, no time to say good-bye.

Traumatic or sudden loss can result in intense grief feelings including shock, anger, guilt, despair, hopelessness and depression. A sudden or traumatic death heightens our sense of vulnerability and anxiety. It shatters our sense of order. We feel out of control.

Along with the primary loss of the person, families and loved ones may experience multiple secondary losses as well: lost income, loss of home, loss of social status. Family roles and responsibilities can change, too.

Reaction to a sudden death may be further complicated if the death is due to a violent act. If a survivor was involved, memories of the accident can dominate the person’s mind. They may be overcome with feelings of numbness, unreality and fear. A bereaved survivor may even feel “survivor guilt”, and wonder why their loved one was killed and they survived.

If there is a trial, grief may be prolonged. Families and survivors may have to deal with the police, investigators and lawyers. If the death was a suicide, survivors may agonize with shame, anger and guilt and the threat of social stigma. In public or newsworthy events, survivors may also have to deal with intrusion by the media-the loss of privacy, or the replaying of the tragic event over and over, such as when a public figure gets shot.

What you may be feeling:

There are many normal, common reactions to a traumatic or sudden death. You may experience intense grief responses such as shock, anger, guilt, depression, despair and hopelessness. Feelings of anxiety, panic and fear are normal. You may find it very difficult to concentrate or even make simple decisions. You may “disassociate” and feel like you’re watching everything happen from “outside” your body.

Physically, you may be exhausted but not be able to sleep or eat, or you may eat too much. You may be hyperactive or feel like you can’t get moving at all. You may have headaches and nightmares. You may have a hard time getting along in your relationships. You may even want to isolate yourself from others.

Sometimes, people may be frightened that they or other loved ones may also die suddenly, or that another random act of violence may occur. Memories or imaginings of the accident or disaster may dominate the person’s thoughts. They may believe they should have done more to prevent the tragedy.

As people question “why”, their spirituality may be challenged as well. Sudden losses in particular can set a survivor on a crisis of faith as he/she searches for meaning.

All of these feelings are normal and none of them are wrong. Don’t be surprised by the intensity of your feelings. You are not going crazy! One of the most important things to know is that ALL of these reactions will flux over time. You will feel many emotions in the space of one day, sometimes even all at once. It is ok. You are experiencing grief, and it is not an easy, linear process. It will come and go, wax and wane. Your intense grief means that you intensely loved the person who died.

WALKING IN YOUR OWN SHOES: How Grief is Unique



A Native American saying is “Do not judge your neighbor until you have walked two moons in his moccasins.” To see the situation from his perspective is to understand him.

In grief, you long to be understood by other grieverers and to walk along side them on this journey. Yet, even if you wear the same shoe style as your neighbor, your own are more comfortable. How can the two of you be so similar and yet so different.

Although grief is part of the human condition and no one is exempt, your loss is as individual as you are and as unique as the relationship you had with your loved one. You may see other grief travelers on this rocky road and wonder, “Can they possibly know what I’m going through? Why is that person walking so quickly? Why is that person wearing THOSE shoes?”

Here are some of the many factors that influence how you grieve:

- ♦ **Gender Differences:** Research confirms that men and women express themselves and cope in different ways. Whether differences can be attributed to biology or to how we’ve been conditioned to grieve is debated in the literature. It’s probably a little of both.
- ♦ **Culture:** It includes your language, values and the “rules” that govern acceptable behaviors and what’s prohibited. Does your culture value individuality? Conformity? Freedom of emotional expression? Stoicism? How you grieve is highly influenced by the subtle forces of your culture.
- ♦ **Religion/Spiritual Beliefs:** Are there rituals around death and grieving that are sanctioned by your faith community? How does your belief (or disbelief) in an afterlife shape your choices in this life? Do you believe there is a higher purpose or meaning to your loss?
- ♦ **Personality Style:** Which describes you best: lion or lamb? Turtle or hare? Thinker or feeler? Shy or outgoing? Heart on your sleeve or heart of stone? No style is better or worse, just different, with it’s own strengths and weaknesses.
- ♦ **Life Experiences:** *What experiences have you had with loss and death? Have you experienced many losses or few? How old are you? How is your health? What kind of support do you have? Are you dealing with other stressful situations? The more layers of loss you’ve suffered and the more complicated or difficult life is for you, the harder your grief process may be.*

Despite these factors that affect the individual grieving process we feel a connection through our shared experience of grief and our desire to support each other. Remember, however, that we are all different and walk in different shoes. Wear the shoes that feel most comfortable to you and walk in your own way and at your own pace. The trail will lead you where you need to go.

Journeys/Kansas City Hospice & Palliative care Grief Support Services



February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:30-8:30 PM Death by Drug Overdose 1	6:30-8:30 PM Young @ Heart & Young Widow & Widowers 2	3	4	5
6	7	10:00 AM News- letter gathering 8 <hr/> 6:30-8:30 PM General Support	6:30-8:30 PM Survivors of Suicide 9	Oswego Gen Support Group 10	11	12
13	 14 Valentine's Day	6:30-8:30 PM Death by Drug Over- dose 15	10-12 noon Sen. W/W 16 <hr/> 6:30-8:30 PM Support Groups *Bereaved Parents *Parents Infant Death	17	18	19
20	21	22	6:30-8:30 PM Survivors of Suicide 23	Oswego Gen. Support <hr/> group 6:30-8:30 24	25	26
27	28					

Due to the rise in COVID– Delta Variant & the uncertainty that follows, we are asking that ALL individuals vaccinated or unvaccinated, please wear a mask while in HOPE's Center. If you wish to connect by ZOOM-please call HOPE (315-475-HOPE (4673) for the necessary Meeting ID and Passcode information.

- HOPE for Those whose loved one died by Drug Overdose (in person & ZOOM)
- HOPE For Young @ Heart & Younger Widow/Widowers, Engaged & Significant Others (in person & ZOOM)
- HOPE For Widow/Widowers Senior Daytime (in person & ZOOM)
- HOPE For Youth: For children & teens whose parent, sibling, relative or friend died will meet upon request (in person & ZOOM)
- 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 for those whose loved one died by suicide (in person & ZOOM)
- NEW Support Group: 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 (In person)
- One-to-one Counseling: Call HOPE 315-475-HOPE(4673) for an appointment. No charge for counseling but donations are welcome.

HOPE for bereaved

As you journey from grief to HOPE

4500 Onondaga Blvd.
Syracuse, NY 13219

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FEBRUARY 2022

UNTIL WE MEET AGAIN

*Those special memories of you will always bring a smile.
If only I could have you back for just a little while
Then we could sit and talk again, just like we used to do
You always meant so very much and always will too.
The fact that you're no longer here will always cause me pain,
But you're forever in my heart until we meet again.*



The capacity to love requires the necessity to grieve!