



# HOPELine Newsletter ~ March 2022

A monthly newsletter of HOPE FOR BEREAVED,  
a not-for-profit community organization providing  
hope, support and services for the bereaved.

## Celebrating 43 Years of HOPE

Our goal, in this 42nd 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. Sollecito Landscaping Nursery & Jim & Megan are dear friends of HOPE



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).

Peace. We all want it in our lives. We long to be at peace when the circumstances of life begin to unravel and pull at us from every direction. We want to know how to remain calm when we are being tossed about by the stormy seas of life.

The answer to attaining peace is really quite simple, yet we often spend a lifetime searching for it. We must simply continue to see hope in even the darkest hour. We remain at peace as we place our hope in the belief that tomorrow is a brand new day with many new possibilities.

We place our hope in the knowledge that God is in control. As we watch the morning sunrise and the evening sunset, we know that every tomorrow unfolds into a bright, new day of unexpected possibilities and new beginnings.

**Peace and HOPE. You can't have one without the other.** By Clara Hinton reprinted with her permission-Please check out her website: <http://www.silentgrief.com>

### 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](mailto: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 Walt Stein 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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In the Midst of a Pandemic:  
Making Memories or Missing Opportunities?(Reprint from 2021)

By: Bob Baugher, Ph.D.

Source: <https://www.bobbaugher.com/dr-bob-s-Covid-19-response>

Do you take pictures? Video? Selfies? Are you camera shy? If you are like many bereaved people, you have regretted not **having taken the time for more pictures of your loved ones who've died.** But, **why take pictures now while the world is reeling** from illness, death, paranoia and protests? Because, as you know, someday this will all be history. By capturing memories now, you can, years from now, share the memories with those who are not yet born, those too young to understand what is going on, and anyone else who wishes to look back on this time in our history. To place it in context, might you have found it interesting if you discovered writings from your ancestors who lived through the plague of 1918?

Each day you carry around a miracle. You have something that your ancestors could have only imagined. With the push of a button, you can capture the moment - forever. Looking back, you may wish you would have done it more often in the past. And, given the pain you are in as you cope with your grief, taking pictures and video at this time in your life may seem like a trivial task **you don't care much about.**

As you read this, the initial stages of the virus have moved on. However, there is still much to record as we continue to be in the middle of it. Are your family members interacting more than they ever have? In March, 2020 I asked my college students to state one positive thing that happened to them during the previous week. The most common response went something like this: **I've been interacting with my family members more than I ever have—and, it's nice. There may never be another time when so many of you will be around one another.** Take advantage of these extraordinary times: pictures of the entire group and photos of people doing things together. I know that, with the opening of the economy, we are beginning to drift back to our old ways. But, do what you can while there is still time. Take video of people coming and going, of loved ones wearing masks, of events on TV, of people eating dinner, hugging, laughing, playing games, dancing, or just hanging out. Of course another way to capture the moment is to write about it. Keep a journal, write a poem, react to the news, and/or narrate a day in your life as these events swirl around you.

Here are a few generic suggestions for capturing life's moments:

1. Capture events, even if they have already happened. For example, just after a funny event has taken place, I would still **grab my video camera and say to the people involved (as they are laughing), "What just happened?"** Later, when we view the video, we laugh almost as hard even though we had not caught the event as it was happening.
2. **Don't be intrusive. Shoving a phone or camera in a person's face will usually not get you praise.** I have found that most camera-shy people will relax if you are not pushy.
3. **Engage your subjects. Don't set up your phone on the kitchen counter and walk away.** Get as close to people as comfort will allow. This will capture good, full-face views, something those who know the person will later appreciate.
4. **Don't forget to include yourself.** In addition to selfies, you can hand the phone to someone else. Someday when you're gone, you don't want people to say, "Why was she (or he) always behind the camera?" There is the argument that pulling out a camera takes away from the spontaneity of the moment and that the person holding the camera loses out on **being part of the group interaction.** I've found this not to be true. The only exception is when the camera-person is taking pictures most of the time and missing out on the real fun.
5. **Don't videotape or take pictures of someone without their knowledge unless you absolutely know that later they would approve of what you have captured.** You don't want to get the reputation of being a stealthy photographer, creating paranoid friends and relatives.
6. **Don't forget to download your videos and photos.** As you know, something could happen to your phone and, in an instant, all could be lost.
7. At the end of each day or of the week, as I said before, sit down and talk about the events into your phone or write about them.

As you know all too well, life is short. You have already experienced the death of one or more precious people. Your job is to learn from the past and use the little miracle you carry in your hand to capture the memories of your life and the life of those around you especially in this time of uncertainty. Trust me, you won't regret it.

*Bob is a Psychology and Death Education instructor at Highline College in Des Moines, Washington. He's been taking video for nearly 40 years and has more than 1,600 hours in his home collection.*

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# Time to “spring clean” your grief



By: Megan Meade-Higgins, LMSW

Winter is finally almost over! Trees are budding, animals are coming out of hibernation- even people are “thawing out” after the long, cold days of winter. It’s time to get ready for spring!

## After A Loss

The death of a loved one can feel like bitter days of winter. You go into hibernation, and turn inside yourself to cope with your pain and sorrow. It may be months before you pick your head up and look round and realize you’ve been immersed in your grief for so long that you’ve tuned out everything else: your family, your friends, even the change of seasons. You can only just now start to look around and move a little more outside yourself. This is what I call the heart and souls “spring awakening.” It is the time in your grief journey when your heart and soul begin to “bud” with little shoots of hope- where you can recall your loved one’s death and still feel sorrow, but you also begin to remember the joy of your relationship.

## “Spring Cleaning”Your Heart and Soul

You will feel a momentum inside you when it is time to start “spring cleaning” your grief. Many people in your life may think they know when it’s best for you to start this process. Friend and family may tell you to “get over it and move on,” often before you are ready. But only you will know when the time is right. Respect your own timeline for grief; it will be different from everyone else’s.

One suggestion for everyone, however; DO NOT DO ANYTHING DRASTIC FOR ONE YEAR. The first year after a loved one dies is full of “firsts:” first holidays, birthdays, anniversaries, etc. Your loved one’s death is often too new and the grief too overwhelming for you to make any major decisions such as moving, changing careers or beginning a new relationships. Let yourself ease back into life. How you feel right after a death and how you will feel in a year will be different. Commit to the one-year rule, and when that is over, take a deep breath and take stock of your life. Where are you now?

## The “Stuff” Does Not Equal the Person

One really great way to do this “spring cleaning” is with someone who loves you and understands this bittersweet time. Reminisce about your loved one. As you go through their belongings, tell stories of the life you shared with that person. There is comfort in the shared joy and sadness this task will bring. Sometimes, knowing you are helping others can relieve some of the grief you are feeling. Many people give away some of the stuff they clean out to charities so that the gift of your loved one’s life can go on. Keep your most treasured, favorite items to celebrate the life of the person who has died, and if you want, display them proudly!

Time by yourself can often be good for “spring cleaning” your heart and soul, too. Alone times gives you the chance to reflect on your life with your loved one, and start thinking about where you are headed. Lots of people will tell you it will take time, but you’ll get “back to normal.” A very important thing to understand about losing a loved one is that you will never be “back to normal.” Things can never be exactly the same as when your loved one was alive. Instead, you will have to go on without that person physically in your life and create a “new” normal. Your loved one will always be with you, but now, it will be in a different way as you learn to live in the world without them there. How will it all turn out? No one knows... you cannot control the future or plan too far in advance. Make small changes, lean on your friends and family for support, and take it one step at a time. You CAN do it!

## Seasons Change, But Love Never Dies

The death of a loved one is devastating. But death and loss are NOT the final word. Seasons change, and with death, relationships change too. But in the circle of life, spring always follows winter, and new life grows from the greatest despair and loss. Embrace your pain, and when you are ready, do some “spring cleaning” and start letting it go. Your emptiness will be filled with new gifts and ways of loving.

## From the Staff at HOPE



## March 2022

Dear Friends, Hope you are all doing well and staying safe & warm during these cold and wintry months. I wanted to give you an update on our Executive Director, Therese Schoeneck. As you know, she had a very bad fall on Halloween morning. She has been hospitalized since then. She has made tremendous progress but still has a lot of work ahead of her. Therese will be transferred to a rehab facility in Wilkes-Barre, Pa. in the very near future. This is a very positive step in her recuperation and the prognosis is that after a couple of weeks there should be well enough to finally return home. Please continue to pray for Therese and her family as she continues to work feverishly to be reunited with her family and HOPE For Bereaved .



We cannot share this sorrow  
If we haven't grieved a while.  
Nor can we feel another's joy  
Until we've learned to smile.

For the test of the heart is trouble  
And it always comes with years.  
And the smile that is worth the praises of  
earth  
Is the smile that shines through the tears.

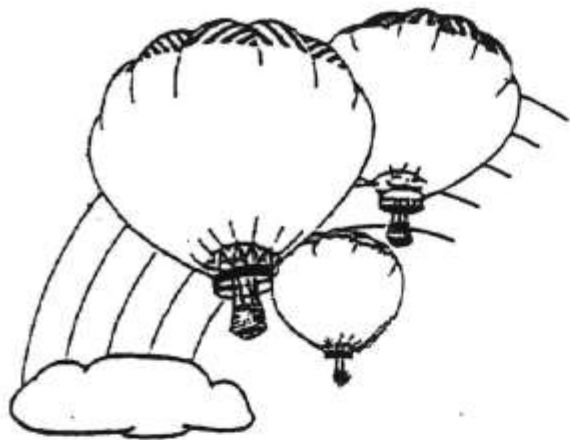
Please keep Therese Schoeneck, Kathy Kowalczyk, Christy Dannible, Kathy Spencer, Christine Hart, Lanie Moses, Ann & Dan Emond, Kevan and all our first responders, medical staff, essential workers and their families in your prayers for good health during these difficult days.



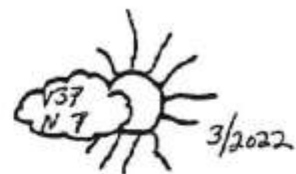
SPECIAL THANKS TO....Volunteer Kathy Menard for her dedication and commitment to working the front office 2, 3, & sometimes 4 times a week for the past 3 years. Kathy answered phones, phone counseled those who needed a good listener, volunteered on the Run/Walk committee, the Senior Widow/Widower support group and helped out where ever needed. Kathy is relocating to Maine to be closer to her adult children. Kathy, many thanks from all of us and know that you will be truly missed.

To the **"anonymous friend"** who donated \$500 to HOPE and to all who donated at the end of the 2021. These donations make it possible for HOPE to continue to offer our core services free of charge to the grieving children, adults and families of our community and beyond.






# THANK YOU

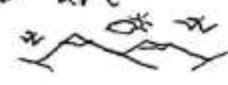




## HOPE FOR YOUTH



Dear Friends,

The death of our loved one  is in many ways "the end of an era". This means that when our loved one died, everything changed.  Although these changes are difficult , our grief journey will also lead to positive growth, and in some ways, we become stronger.  Our grief journey will bring us to better places, and we can become closer to our deceased loved one, and live better. 

The Hope for Youth Newsletter is also reaching "the end of an era." After 37 years, we are changing the format of this newsletter. 

Beginning next month, in the April, 2022 Hope for Bereaved Newsletter, you will find ~~to~~ a different letterhead at the top of this page. The Hope for Youth Newsletter will be on <sup>47</sup>ONE side of the page only. Although the space used will be shorter, I will continue to write a monthly newsletter that will address various issues of your grief journey. ~~to~~? The other side of the page will introduce the "Hope for Teens and Young Adults Newsletter". This newsletter will address issues that affect people in that slightly older age group. This way, we can reach more people dealing with the pain ~~of~~ of a loved ones death. Many of these monthly topics will be similar for both newsletters; many topics will be different.  It is my intention that ALL age groups will be able to read BOTH newsletters, and find them HELPFUL.  Although CHANGE can be difficult, it can lead to GROWTH and BETTER UNDERSTANDING.

Love, Mark 

MARCH 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 6:30-8:30pm Death By Drug Overdose	2 6:30-8:30 pm Young @ Heart & Young Widow/Widowers	3	4	5
6	7	8 10 AM Newsletter Work Meeting General Sup. Group 6:30-8:30pm	9 6:30-8:30pm Survivors of Suicide Meeting	10 6:30-8:30pm Oswego Gen. Support Group	11	12
13	14	15 6:30-8:30pm Death By Drug Overdose	16 Senior W/W Group 10:30 am—12 pm Bereaved Parent & Infant Death 6:30—8:30 pm	17 ST Patrick's Day 	18	19
20	21	22	23 6:30-8:30pm Survivors of Suicide Meeting	24 6:30-8:30pm Oswego Gen. Support Group COVID Sup Group 6:30-8:30 pm	25	26
27	28	29	30	31		

- ◆ 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 for 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*

**HOPE**  
for bereaved  
As you journey from grief to HOPE

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March 2022

## ANNUAL EVENTS/PLANNING

HOPE For Bereaved annually hosts 3 major fundraisers-Tournament of HOPE Golf; Remembrance Run/Walk; Celebration of HOPE 2022; Wrapsody @ Destiny USA. These events are critical to the financial success of HOPE. They are a lot of work and require a dedicated committee for each event. If you are interested in volunteering on any of these committees, please contact Walt at (315)475-9675 or [wstein@hopeforbereaved.com](mailto:wstein@hopeforbereaved.com). Many of our clients have volunteered as their way of giving back for the support they received from HOPE.

Thank you for considering this request.

