



# HOPELine Newsletter ~ April 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 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.

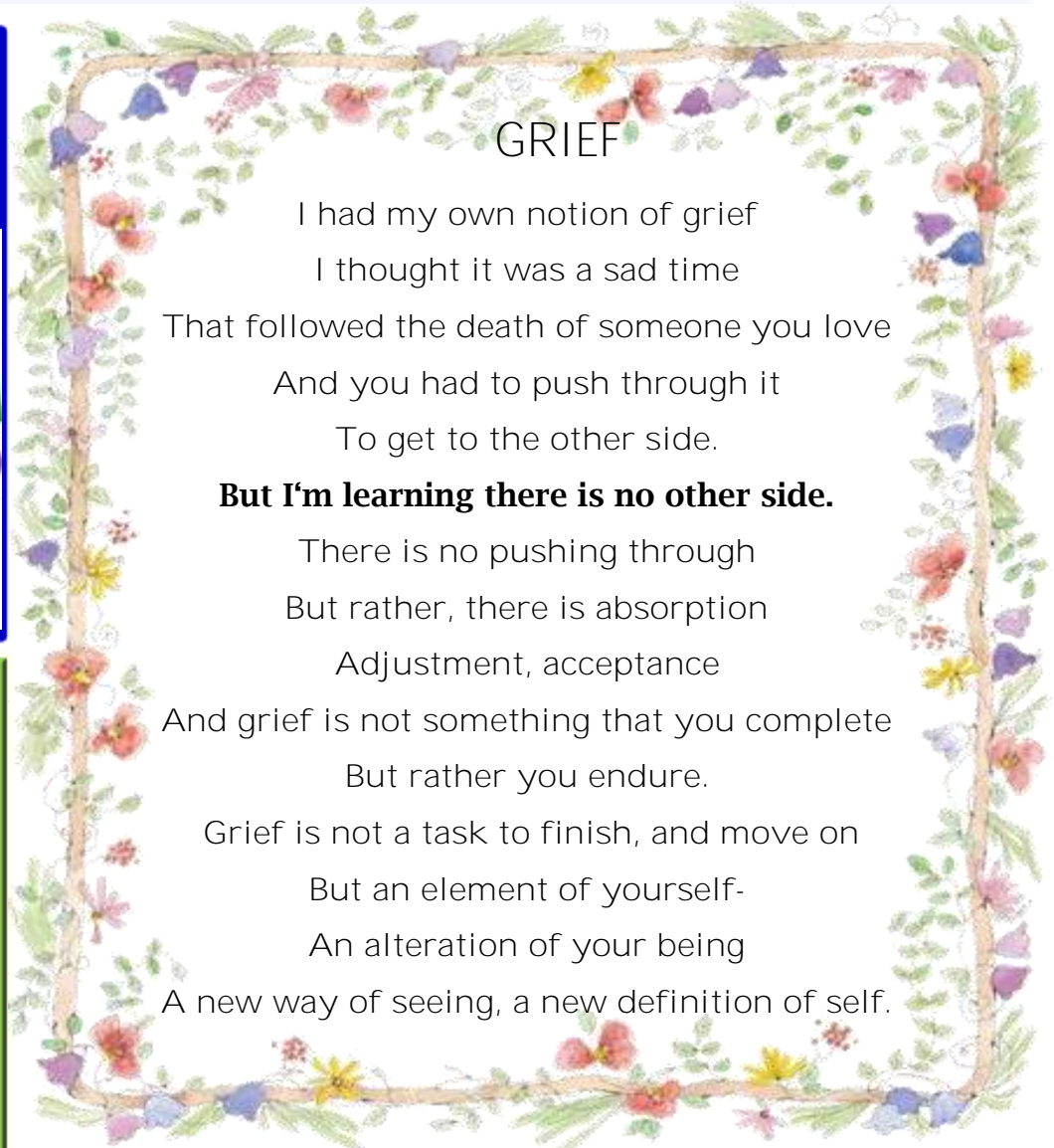
This issue of the HOPELine newsletter is sponsored by Jim & Megan Sollecito and Sollecito Landscaping Nursery



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

[www.hopeforbereaved.com](http://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!



## GRIEF

I had my own notion of grief

I thought it was a sad time

That followed the death of someone you love

And you had to push through it

To get to the other side.

**But I'm learning there is no other side.**

There is no pushing through

But rather, there is absorption

Adjustment, acceptance

And grief is not something that you complete

But rather you endure.

Grief is not a task to finish, and move on

But an element of yourself-

An alteration of your being

A new way of seeing, a new definition of self.

### 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 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!

### Our Feature Articles

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## TIPS FOR SURVIVING GRIEF AT EASTER



- ◆ **REMEMBER, IT'S JUST ANOTHER DAY**- While Easter is a special holiday and a time to celebrate for Christians, it can be helpful to remember that it's just like any other day. You can choose to embrace, ignore or outright reject Easter. If you're grieving, choose what kind of day you need it to be and plan accordingly.
- ◆ **UP YOUR SELF-CARE**-While self-care is important at all times of the year, it's crucial even more so after you experience the death of a loved one. Many people forget to eat, sleep as much or take care of their health and safety when in grief. These are all normal responses to shock or sadness, but they can also be dangerous. Up your self-care routine. Make sure you're getting plenty of rest, eating healthy foods and exercising for at least a half hour per day. Easter can be a chaotic time, so stick with this routine as best as you can.
- ◆ **DON'T OVERDO IT**-Don't put pressure on yourself to host events, organize egg hunts or attend family dinners, unless you want to. If you are dreading seeing family or enduring the pressures of a social occasion, skip it this year. The people who love you will understand if you have less energy for Easter. Conscious decisions to manage stressful environments is a factor in self-care.
- ◆ **ASK FOR (AND ACCEPT) HELP**-If you're like most people, your default setting is "I'm fine" - even when you're completely overwhelmed. When you're grieving the death of a loved one, remember that you aren't going through it alone. Remember to say "yes" when your friends offer care or a listening ear. While you may need to avoid large Easter events at this time, that doesn't mean you should shun all company. Rely on your closest confidantes to express and share emotions this holiday weekend, and/or attend a grief support group if you would like to talk to others who understand what you're going through. Get in touch with those who have experienced death if family or friends aren't available over Easter.
- ◆ **EAT A CHOCOLATE BUNNY**-Whatever your Easter treat of choice may be, ensure you indulge! It's important to enjoy the parts of Easter that usually bring you joy. Whatever that luxury item or activity is, make time for joy.
- ◆ **A FINAL THOUGHT**-Grieving at Easter can be rough, but by taking some of the holiday advice above, you can mitigate some of the pain. Treat yourself! Your mental and physical health will thank you.



# How to Deal with the Exhaustion of Grief

By: Gary Roe

I'm tired all the time. I can barely put one foot in front of the other. Bruce is the same way. Exhaustion has become a way of life." Carla said.

Carla and Bruce's sons Blake and Barrett were practically inseparable. Two years apart, they grew up as boys will - competing, fighting, cooperating, and having great adventures together. The family lived on a large piece of land out in the country, giving the boys lots of room to roam and explore. They loved their mini-kingdom.

One Saturday, the boys were out riding their ATVs. Inattention led to a loss of control, and they collided. Barrett was killed instantly. Blake died a day later in the hospital. They were 13 and 15. "Life is heavy now. Last night at dinner, I was so exhausted that I could barely chew. Fatigue has taken over our lives." Carla shared.

Grief takes incredible energy

Losing a loved one is like being hit by a bus. It immobilizes us. The shock waves are immense, and roll over us again and again, relentless and debilitating. Some days, we can barely lift our heads. Chronic fatigue, even exhaustion, is a common and natural experience for those in heavy grief.

**We wake in the morning, and it smacks us again. They're gone. The shock stuns us. We close our eyes** and sigh. We rise and attempt to do life. We drag from room to room, place to place, task to task. There is little to no heart in what we do. How could there be? Our heart is shattered and in a million pieces.

We put on a mask and fake it through the day. Others are aware of our pain, but don't know what to do with it. Relationships become awkward, tentative, and different. At work, we go through the motions. Our **performance isn't what it was. We're more irritable and erratic. We wonder what others are thinking.**

Perhaps we have children. They might be grieving, too. We can't handle ourselves right now, so how in the world do we love them through this? Our backs are broken. The thought of shouldering any more weight - even an ounce more - is terrifying.

Numb. Dazed. Fatigued. Exhausted. Our bodies are feeling it. Grief is terribly draining.

*"Missing you is exhausting. I'll be patient and take my time."*

Some suggestions: Grief is incredibly demanding. Fatigue is the natural result. Here are some possible action steps to help manage this:

- Make taking care of yourself a high priority. Focus on nutrition, rest, and exercise. Let these things rise to the top of your list.
- Downgrade your expectations of yourself. If you're a list person, limit each day to three things, and tackle them in the order of importance, not urgency. Most of us in grief have to "do less." Pace yourself.

Be patient with yourself. **This isn't a common cold that will resolve itself in a few days. Recovery often feels slow.** Time doesn't heal all wounds, but healing does take time - lots of it.

You may always grieve on some level, but the grief will change. Handle today, this hour, this moment. One moment, one baby step at a time.

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

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*Exciting fundraising and opportunity to support HOPE coming soon!*

Participate in our Trunk Treasures Garage Sale fund-raiser by becoming **a vendor and/or coming by and checking out what's there!** Where?: **St. Ann's Church, 4471 Onondaga Blvd, Syracuse, NY.** When?: **May 21st, 10:00 am to 4:00 pm.** (Rain date June 4th.) To become a vendor and reserve your space call HOPE at 315.475.4673. Updates will be posted on the HOPE website [www.hopeforbereaved.com](http://www.hopeforbereaved.com).



From the Executive  
Director Therese S. Schoeneck  
April 2022

Dear Friends:

This quote applies to our faithful volunteers. We could not provide the help and support for the bereaved without the help of so many. Having struggled with their grief and finally reaching a better place volunteers want to “pay it forward.”

*In this troubled world, it's refreshing to find someone who still has the time to be kind. Someone who still has the faith to believe that the more you give, the more you receive. Someone who's ready by thought, word, or deed to reach out a hand, in the hour of need.*

*Helen Steiner Rice*

In helping others we ourselves are helped. When you are ready I encourage you to volunteer at HOPE, at a food bank or for a cause your loved one believed in. Helping others can be a tribute to your loved one. Wishing you comforting memories and HOPE for the future.

(Reprint from April 2021)

Love and hugs, *Therese*



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

### HOPE' s VOLUNTEERS MAKE A DIFFERENCE

Annually over 400 volunteers help to provide our core services and raise funds. Due to the pandemic, the normal **number of volunteers were not able to help.** HOPE' s volunteers still serve as facilitators of support group meetings (in person or by phone), provide counseling and answer HOPE' s telephone 'helpline' and present work shops online. A dedicated crew of newsletter volunteers collate the newsletter each month. Volunteers send condolence notes, chair and coordinate fundraising events, help maintain our Butterfly Garden and serve on HOPE' s Board of Directors.



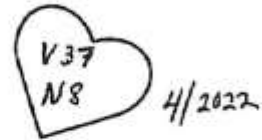
May every HOPE volunteer know you are loved,  
appreciated and prayed for each day!




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,

Welcome to the "new" Hope for Youth newsletter! 

Notice  the above letterhead is different.   The teddy bear tells us that we can find comfort  during our grief journey, and that we can have something to help and hang on to, as long as we have each other. The teddy bear also shows us we can talk to each other, and cry together when we need to. The other side of the letterhead is a heart.  The heart shows us the LOVE we have for our deceased loved one.  The heart is also for the love our friends and family share with us. And we must love ourselves enough to stay on our grief journey and GROW  to explore  better places! LOVE, MARK 



**for  
Teens & Adolescents**

Dear Friends,

Vol 1 #1 4/2022

Welcome to the first "Hope for Teens and Adolescents" newsletter!

This page is a forum devoted to all Teens, Adolescents, and Young Adults who are experiencing grief due to the death of a loved one. We will cover a wide range of topics over time, and each newsletter will focus on a certain issue(s) as we navigate through grief. I call this our "griefjourney".

Each griefjourney is unique, no two are alike; therefore it is important to remember that there is no one right way to grieve. Grief is a **feeling** process, not a logical process. In other words, we can't "think" our way through grief; it is a journey that must be experienced and felt. Since feelings don't necessarily have to make sense, we must trust our griefjourney to lead us to places of healing. So when we are having a bad (or difficult) day, or don't understand why we reacted in a certain way, we are not "going crazy", but experiencing the very essence of grief. During these hard times, we have to realize that our journey will have its ups and downs, and that we will eventually get to a better place. How long will this take? There is no time line; we need to have faith that our journey will take as long as it takes, and some periods will feel OK, while other times will be very difficult. We must persevere through the tough parts, and appreciate it whenever our journey feels more manageable and a little better.

Take Care,

Mark

P.S.: This is **your** newsletter. I invite your questions, comments, and ideas. If you have any, please forward them to: [mail@hopeforbereaved.com](mailto:mail@hopeforbereaved.com)

# April 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	6:30 - 8:30 PM Death by Drug Overdose	5	6:30 - 8:30 PM Young @ Heart & Young Widow & Widower	6	7
10	11	6:30 - 8:30 PM General Support	12	6:30 - 8:30 PM Survivors of Suicide	13	Oswego General Support Group 6:30 - 8:30 PM
Happy Easter 	17	6:30 - 8:30 PM Death by Drug Overdose	18	19	10 AM — 1 2 PM Senior W/W Group 6:30 - 8:30 PM Bereaved Parent & Infant Death	20
21	22	23	24	25	26	27
			6:30 - 8:30 PM Survivors of Suicide	28	Oswego General Support Group 6:30 - 8:30 PM	29
						30

**All Support Groups are meeting in person with proper social distancing and masks or you can attend via Zoom. Air filtration systems will be running in meeting room. Limited seating, no refreshments, we will screen all in person attendees with questions and temperature checks. Call HOPE for details 315-475-HOPE (4673).**

- ◆ 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)
- ◆ HOPE for Bereaved, Oswego: For more information contact Donna Lupien 315-342-6326.  
Meeting Location: Christ the Good Shepard Church 129 E. 4th. St., Oswego, NY (In Person)
- ◆ One-on-One Counseling: Call HOPE 315-475-HOPE (4673) for an appointment. **No charge for counseling but donations are greatly appreciated.**
- ◆ **The COVID support group is no longer meeting. If you need help, please call HOPE for counseling or to attend another support group. Thank you for your understanding.**

# HOPE

for bereaved

As you journey from grief to HOPE

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April 2022



## Tournament of HOPE SPECIAL OPPORTUNITY



Have you ever wanted to hold a golf tournament in memory of a family member, friend or coworker? Maybe you have but now your volunteers are no longer able to do all the work. An easy solution is to become the presenting Sponsor at our 30th Annual Tournament of HOPE in June at Sunset Ridge Golf Club in Marcellus, New York. More information to follow or call HOPE 315-475-HOPE (4673).



*Laughter*  
is like  
a windshield  
wiper,  
it doesn't  
stop the rain  
but allows us  
to keep going.

