



This issue of the HOPEline newsletter is dedicated to all Mothers who died, those still with us and Bereaved Mothers. May your families remember and honor you with love & shared memories.



### INTERNATIONAL BEREAVED MOTHER'S DAY

Every year on the first Sunday in May, **International Bereaved Mother's Day** honors mothers who have lost a child. It's also a day to recognize women who cannot be a mother due to infertility or other health reasons. It's a day for healing & restoration. It's also a day to be sensitive to friends or family members who have lost a child. If you know of someone who has lost a child or lost the dream of becoming a mother, send them a note of encouragement or give them a hug.

## How to Handle Mother's Day

Written by Clara Hinton |

Special days of any kind can be especially difficult for anyone who has lost a child. The first year following the loss of a child is often filled with days of dread and fear when anniversary dates and holidays approach. Mother's Day is a holiday that is one of the most dreaded holidays of all. A mother grieving the loss of her precious child often spends weeks in fearful waiting of the day, wondering how she will every make it through.

There is no real way of avoiding Mother's Day. The stores are filled with gifts made and designed especially for mothers and children. Advertisements for gifts on the radio and in the newspaper bombard us every day for weeks prior to Mother's Day. Card and flower shops experience their busiest season of the year on Mother's Day. Reminders of this special holiday are everywhere!

The pain of facing Mother's Day without a child can be the most lonely pain a mother will every know. There is an empty ache that becomes increasingly more evident as the day approaches, and there seems to be no way to find relief. It is wise to share these feelings with other family members and friends rather than to avoid the topic. By sharing how you feel, you can alert others to be more sensitive to your needs during this painful day of sad reminders. Sit down with your family and discuss what you would like to do for Mother's Day. Remember that this is not a time to worry about hurting other's feelings, but rather a time to make your wishes known.

*Continued page 2*

### Share Your Story/Underwriting Opportunity

If you would like to submit an article to appear in HOPELine Newsletter, please send it to Leslie at [lconway@hopeforbereaved.com](mailto:lconway@hopeforbereaved.com). We are looking for articles that inspire **hope, help and healing** for the bereaved. Each month, HOPELine is sent to 1,200 families throughout Central New York and the United States. If you would like to underwrite the cost of HOPELine for a specific month, please contact Walt at HOPE at 315-475-9675. The cost to underwrite the newsletter is \$450. 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 HOPE**

### Feature Articles

### Page

<b>How to Handle Mother's Day</b>	<b>1-2</b>
<b>10 Tips for Mother's &amp; Father's Day</b>	<b>2-3</b>
<b>Tips for Self-Care on Memorial Day</b>	<b>3</b>
<b>News &amp; Updates from Staff</b>	<b>4</b>
<b>HOPE For Youth</b>	<b>5</b>
<b>HOPE For Teens &amp; Adolescents</b>	<b>6</b>
<b>Tournament of HOPE 2022</b>	<b>7</b>
<b>Support Group Dates &amp; Times</b>	<b>7</b>

Remind yourself often that there is no right or wrong way to handle Mother's Day. Some mothers have found it helpful to go away on a mini weekend trip, totally avoiding any church service, special meals, or family gatherings that will be too painful to attend.

Other mothers choose to do something special in memory of their child such as take a walk to a quiet place, or read a special poem,

Many choose to use Mother's Day as a special day to plant a flower or a tree in memory of their child who has died. Seeing something growing is often a visible reminder of the ongoing love a mother has for her child.

Whatever you choose to do, remember not to set expectations too high for the day. Plan to do something that is healing for you, but realize that you will still experience a wide gamut of emotions, and many tears will fall.

Because grief is exhausting mentally, physically, emotionally, and spiritually, be sure to eat nutritious food for the day, hydrate yourself with lots of fluids, and allow yourself time to rest and be replenished. Grief work is the hardest work you will ever do!

By planning ahead for Mother's Day, you have already crossed a big hurdle in your walk through child loss. Telling others that this is going to be a difficult day for you is a way of building up a support system that will help you get through the day. Remind yourself often that you will make it through Mother's Day, and when you do, you will be one step farther along in this difficult journey we call grief.

## 10 TIPS FOR MOTHER'S DAY & FATHER'S DAY

**Mother's & Father's Day** is celebrated in schools workplaces, faith organizations and families throughout the country. For those whose child or parent died, these holidays can be another painful reminder. While it is hard to escape the reminders-the greeting cards, the department store displays, and the restaurant special-it is possible to be better prepared.

### 1. ANTICIPATE POTENTIAL FEELINGS

Knowing these days are coming, anticipate that feelings might be triggered such as sadness, isolation, loneliness, anger and maybe even joy. Give yourself permission to experience these feelings when they arise. Cry if you feel like crying. Laugh if you feel like laughing. Punch a bag if you feel like punching a bag.

### 2. PLAN AHEAD

Think ahead about what you want to do or not to do. Who do you want to be with, and who do you not want to be with? Have a family meeting and include the children. Together develop a plan for how to spend the day. Remember, you are the expert on you and your family, so do what feels right.

### 3. EXPECT THE UNEXPECTED

Grief is unpredictable. It will challenge you every step of the way. People who are grieving often don't feel like themselves, or have the energy they once enjoyed. While you think you will feel one way, it could be that the opposite occurs. Be patient with yourself and willing to adjust your expectations.

### 4. DON'T ASSUME

Not everyone will remember that **Mother's Day or Father's Day** is different for your family. Let key people know what you might need or want for that day, whether it's a quiet day alone or involves some type of activity with others. Remind your child's teacher that a parent or sibling had died. Encourage teachers to ask the child what he or she wants to do or not do if there is an activity in the classroom. Then honor the child's preferences.

### 5. MEMORIALIZE

Create a ritual to remember and honor your person. Ideas include visiting their grave or their favorite place; lighting a candle, or a moment of silence at a meal; playing their favorite game; or doing something to help someone else.

Continued Page 3

**6. REVISIT MEMORIES**

Break out the photo album and/or video; take turns sharing favorite stories; go through valued possessions; encourage family and friends to write memories to be saved in a special box. Reminisce with others; laugh with them, cry with them. Let them know it's okay to feel all those feelings as they remember.

**7. WRITE LETTERS**

Take the opportunity to write a letter addressed to them on each **Mother's or Father's Day**. Tell them how you feel; what you are doing; how you are growing; what you miss; what you wish for; what goals you have; in what ways a the parent or child is still part of you and your life.

**8. BE GENTLE WITH YOURSELF**

This could be the most dreaded day of the year for you and filled with many different emotions. Often strong feelings erupt when least expected. Allow yourself to feel the feelings. Know that it's okay not to be okay; and it's also okay to feel good.

**9. LET OTHERS SUPPORT YOU**

Seek out those people in your life who are truly helpful and supportive to you. Let them know what they can do for you. Encourage them to talk with you about your child. You don't have to do this alone, unless you want to.

**10. CONTINUE THE BOND**

Although your loved one has died, your relationship continues. Find ways to continue to keep the relationship going. Share with him/her what has happened in the family; what milestones have passed; what ways he/she continues to be a part of your life; how you have continued to grow.

By GOODGRIEF.ORG MORRISTOWN & PRINCETON, NJ



### **Tips for Self-Care on Memorial Day By: Zaneta Gileno**



Whether this is your first Memorial Day or one of many since the passing of your loved one, this weekend can be especially challenging. On difficult holidays such as this, it's important to practice self-care.

Here are five tips to help you prepare for Memorial Day weekend and care for yourself:

**1. Have a plan**

It can be tempting to go into the weekend without a real plan in efforts to avoid it being difficult. But, it is best to have some idea of what you will do that day. Will you spend the day with family? Will you attend a memorial ceremony? Will you lay low and stay home? Whichever you desire, make a plan and share it with those closest to you.

**2. Have grace with yourself**

Although this our nation's day of remembrance to honor our fallen, the loss of our loved one is paramount every day of our lives. It's OK to not want to participate in memorial events. It's also OK to want to get out and do something special. Have grace with yourself to honor where you are in your journey.

**3. Ask for help**

Emotions can hit us hard, often when we least expect it. If you plan to attend a local Memorial Day event, we encourage you to bring a family member or trusted friend with you. It's a good idea to get a ride to any event or outing you plan to attend. Perhaps your fallen hero is being honored at a local ceremony, but you aren't sure you have the strength to attend. It's perfectly acceptable to ask someone you know to attend on your behalf. Don't be afraid to ask for support from your loved ones.

**4. Have an exit plan**

If you decide to head out to an event, have an exit plan. Tell the host you may not stay for the whole event but are glad to be coming. When you feel you are ready to leave, simply take care of yourself and go. Also, don't feel pressured to speak to media while at an event or attend an event you are not comfortable with.

**5. Remember you are not alone**

Whether you will be joining us in Washington, D.C., at the TAPS National Military Survivor Seminar and Good Grief Camp this year or not, just remember your TAPS family is always here to support you. We are a family and are here to share this journey with you. Know that you can call our National Military Survivor Helpline 24/7 at 800-959-TAPS (8277).



## News & Updates From the STAFF

### May 2022



Dear Friends, Therese has been transferred from the Rehab facility in Wilkes Barre, Pa. to a Rehab facility in Oneida to be closer to family. In fact, her husband David got to visit her for the first time since her fall on October 31st. As you would expect, it was a very joyous reunion!! It has been 23 weeks in hospital/rehab and Therese is finally preparing to be released sometime in the next couple of weeks. She will be going to her daughter, Margie Nye's home, where David will join her. Margie is an RN, but works outside the home and is looking for nursing help with Therese while she's at work. Therese is actively weaning off her trach/vent. Trach and vent experience is a plus, but any and all can be taught. If you or anyone you know might be interested in helping this wonderful lady who has helped thousands in their hour of need, please contact Margie by email at [thesixnyes@aol.com](mailto:thesixnyes@aol.com). As Margie says "Her eyes are bright and her smile is as warm as ever. Looking forward to hearing from those that can help or knows someone. Find HOPE in your journey".



The 30th Annual Tournament of HOPE is now set for June 6th at Sunset Ridge Golf Club. Please see page 7& 8 for more information and the insert for the registration form.

Please keep in your thoughts & prayers...**Therese Schoeneck, 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.



Long time **volunteer and facilitator** of the "Over the Rainbow" group **Clare Ramsden** died on March 28th. **Clare** had been part of the HOPE family for over 25 years and will be sorely missed. Clare always managed to light up a room when she entered. Our heartfelt thanks to her family for designating **HOPE** recipient of donations in her name.



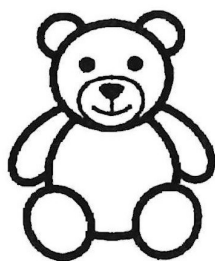
#### HOPE Helping the Community- Thank you to:

- ♦ Holy Family Church of Fairmount for requesting training & advice in starting a Bereavement Support Group for their parish. Walt provided the training and his expertise as a grief educator, counselor and facilitator.
- ♦ Central Square School District for having Walt speak at their Superintendent's Day on Grief in the School/Classroom.
- ♦ Pro-Iteracy for having Walt meet with their staff following the death of a staff member. They gathered as a support group and shared their feelings. It was very comforting to all attending.

If your school, business or group would like to have someone from HOPE come and speak about HOPE's support groups & services or after a death, please call Walt at (315)475-HOPE(4673)



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



5/2022

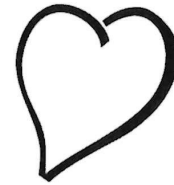
Dear Friends,

In recent days, we have all seen a lot about wars going on in the world, and a lot of death on TV. ♡ It is very difficult to see, and almost impossible to avoid. For those of us already on our grief journey, this can be very upsetting, and bring about many feelings we are struggling with. This is an important time to talk to others about how we are feeling. We can also write or draw about these difficult feelings. It is also O.K. to be scared and confused about the war and about our feelings in grief. It is important to know that these are normal feelings. This is a good time to reach out to loved ones who can take care of us and love us. ♡

Love, Mark



HOPE  
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: [hopeforbereaved.com](http://hopeforbereaved.com)





Please join us

# 30th Annual Tournament of HOPE Monday, June 6, 2022

Captain & Crew Golf Tournament

**8:30 AM Registration - 9:30 AM Captain's Meeting**  
**Shotgun Start immediately - Rain Date:TBD**

Register online at: ***hopeforbereaved.com*** or by calling  
**(315)475-HOPE (4673)**



*2814 W. Seneca Tpke., Marcellus, NY*  
*Website: [www.sunsetridgegolfclub.com](http://www.sunsetridgegolfclub.com)*  
*Phone (315)707-4503*  
*Email: [info@sunsetridgegolfclub.com](mailto:info@sunsetridgegolfclub.com)*

## SUPPORT GROUP MEETING

TIME 6:30 to 8:30 PM

1<sup>st</sup> Tues. May 3<sup>rd</sup>. Death By Drug Overdose  
1<sup>st</sup> Wed May 4<sup>th</sup> "Young at Heart" & Young  
Widow/ Widowers  
2<sup>nd</sup> Tues May 10<sup>th</sup> HOPE For Family & Friends  
2<sup>nd</sup> Wed May 11<sup>th</sup> Suicide  
2<sup>nd</sup> Thurs. May 12<sup>th</sup> \*Oswego Gen. Group  
3<sup>rd</sup> Weds. May 18<sup>th</sup> Bereaved Parents & Infant  
Death  
4<sup>th</sup> Tues. May 17<sup>th</sup> Death By Drug Overdose  
4<sup>th</sup> Wed May 25<sup>th</sup> Suicide  
4<sup>th</sup> Thurs. May 26<sup>th</sup> \*Oswego Gen. Group  
**Other Support Group Meeting Times**  
3<sup>rd</sup> Wed May 18<sup>th</sup> 10am to noon (seniors)  
**DAYTIME GROUP FOR WIDOWS/WIDOWERS**

Meetings are held at HOPE's Center,  
4500 Onondaga Blvd. Syracuse

All meetings held at HOPE's Center are in  
person & by ZOOM.

**\*HOPE For Bereaved-Oswego** groups meet at  
Christ the Good Sheperd 129 E. 4th St.Oswego  
One-on-one counseling- Call HOPE (315) 475-  
4673 (HOPE) for an appointment. Can be done  
in person or by phone. No charge for counseling,  
but donations are welcome.

## **Save the Dates-**

**May 21st Truck Sale at St. Ann's parking lot**  
**June 6<sup>th</sup> Tournament of HOPE**  
**June 11th Remembrance Ceremony @ The**  
**Butterfly Garden of HOPE 12noon-1:00**

**More information to follow**

**August 6<sup>th</sup> Remembrance Run/walk for HOPE**

# HOPE

for bereaved

As you journey from grief to HOPE

4500 Onondaga Blvd.

Syracuse, NY 13219

Electronic Service Requested

Non-Profit Org.  
U.S. Postage  
PAID  
Syracuse, NY  
Permit NO. 713



For you or to share

May 2022

We are seeking a Presenting Sponsor.  
This is a special opportunity to honor a loved one.

**Please join us for the  
30th Annual  
Tournament of HOPE**



[www.sunsetridgegolfclub.com](http://www.sunsetridgegolfclub.com) · 2814 W Seneca Tpke, Marcellus, NY