



HOPELine Newsletter ~ September 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.

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).



“When someone you love becomes a memory, that memory becomes a treasure”.

., This issue of the HOPEline newsletter is dedicated In Loving Memory of Bryan Rossi

SPECIAL NOTE: HOPE’s office will be closed Friday September 2nd & Monday, September 5th in honor of Labor Day. Please have a safe, fun & peace-filled holiday weekend!



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!

Our Feature Articles

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When a Parent Dies: Challenges for Adult Children

At a recent conference bookstore there were several books that spoke eloquently about what it feels like to lose a parent. The books were good, but the tears were all borne by young children.

I am an adult, in my 50s, and both of my parents have died. I miss them terribly, and still have days of weeping (even after seven years). They are a vital part of my life and story, still and always, and death can never take that, or them, away.

Yet it still can be very hard for us, and we are a very large group of people. It did not comfort me to be told, **"Your folks are in a better place now."** They may well be, but they were in good care with me and I really miss them. Others would offer, **"Their suffering is over. Cheer up."** Yes, my parents both suffered in their dying, but my suffering continues. My parents have died. I am the older generation now, and my story and life have been rewritten by their deaths.

This is the world of adult children grieving the death of a parent: Here are some suggestions:

1) Don't let others diminish your story, your feelings or your need to grieve. Even the well-intended can make things more difficult for us. Their age (or mine) doesn't lessen my right or need to grieve. Don't let others lessen it, either.

2) As our parents live longer, many times they "die harder". Their needs, and their growing dependence on you, probably has worn you down and also stressed and strained your marriage and your family. All of you need to grieve, and you should welcome the time for healing and regrouping with your marriage (if applicable) and family.

3) Many times we still view our parents through the "wonderful world of kids". As we unfold the memories, and often tend to very traumatic tasks (like clearing out the house, dealing with an estate, taking care of the pages upon pages of medical bills), we may see our parents a little differently. Claim and protect the memories that you need and deserve.

4) For some of you there are memories, but they aren't pleasant. Some of you may see the death of a parent as the closing of a long, dark, and painful experience. This "closure" may be a welcomed peace, but it often is a time out as we regroup and look deeper into our story. There is grief for what was, grief for what wasn't, and grief for what should have been. You may need special care, and deserve the best. Your hospice team (if you had one) will know the right people to talk to.

"I Remember Mama" was a television show from a long time ago. It was a weekly trip down nostalgia lane. Your parent(s) has died. You are on a different trip. Respect your story. Claim your feelings. Commit to healing.



(Reverend Dr. Richard Gilbert, Executive Director, The Wor1d Pastoral Care Center and author of *Finding Your Way After Your Parent Dies: Hope for Adult Children*.)



Grief and the Changing of Seasons



“Trust that you will find your way back to life just as a daffodil breaks through the frozen ground” – Linda Lehmann

The first year following the death of a loved one you may reflect on the significant and insignificant events of your life from the previous year. You may catch yourself thinking, “Last year, at this time, we were...”. Your memories of those seasons of life include your loved one and you may be painfully aware that when the season comes again, you will have lived a whole year without him or her. This reality confirms what you may already have known – that the physical presence of your loved one is lost forever – just like the last hint of snow that melts into the ground. And with that realization comes a new sense of how time and the seasons pass.

The change of seasons signifies the many roles that your loved one played in each of the seasons of your life. These role losses may trigger your grief all over again. The subtle changes that signal the approach of a new season observed by others may be overshadowed by the grief that looms over each passing day for you. And then, before you know it, time has continued to tick off minutes, hours, days, weeks, and months as you are confronted with a new season that brings with it more loss and grief.

As each season arrives, ask yourself:

- ◆ What roles did my loved one play in this season?
- ◆ Who will fill that role now?
- ◆ What role did I play in my loved one’s life that is now gone?

If no one can fill that role, you may need to ask for help from others who may be waiting for that opportunity. You will need to allow yourself to grieve the unique role your loved one played in your life, as well as the role you played in his or hers.





NEWS & UPDATES FROM THE STAFF

September 2022

Dear Friends— We have been very busy at HOPE this summer with an increase in calls for counseling. We are so fortunate to have 6 volunteer counselors, who have had training and also have experienced death in their families. This is besides the 4 counselors on staff. HOPE is truly blessed by these volunteers willing to give their time to help others. So a big thank you to Kathy S., Margi D., Joanne, Lynn, Chris & Deb. You are a blessing to HOPE & those you help!

Please join us for a Remembrance Ceremony at the Butterfly Garden of HOPE on Sept. 10th from 12-1:00. We will have music by The Spirit of Syracuse, opening prayer & short talk by **Fr. Joe O'Connor of St. Elizabeth Ann Seton, Baldwinsville**. Come and enjoy the beautiful surroundings as we remember our loved ones.

Best wishes to Dick & Sue Hollington, long time HOPE volunteers as they pull up stakes and move south to S. Carolina. Please know you both are loved and will be MISSED!!

From Alicia Ernest, Executive Director –Dear Friends, Since 1978, Therese Schoeneck has faithfully overseen her agency, HOPE For Bereaved. Over the years, many advances and changes have helped shape the services offered by HOPE. What has not changed is the Mission and our commitment to providing support, understanding, coping strategies, friendship and hope for the grieving people of our community. On July 18, 2022, I was welcomed to the team at HOPE, with open arms! It is my absolute honor and privilege to continue the inspired work Therese has devoted herself to. My role at HOPE is to carry out the original Mission and Vision, by following in the footsteps of **HOPE's Founder, Therese Schoeneck!**

If you visit the Center or attend an upcoming event, please introduce yourself to me. I look forward to meeting everyone and learning more about what HOPE means to you.

Gratefully, Alicia

HOPE FOR BEREAVED WILL HOLD IT'S ANNUAL CELEBRATION OF HOPE ON NOVEMBER 5, 2022. Over the past 2 years, we have changed the way we hold the celebration and also where it's been held. This year, with COVID still looming, the committee is planning a Virtual Celebration with an online auction. It will be live streamed from HOPE's Center hosted by Dan Cummings. As before, bidders will be able to view auction items for 1 week prior to the event. The online bidding will begin on Wednesday, November 2nd. Please watch for updates and more information on our website and social media sites. As always, we are looking for donations & gift certificates for the auction. Theme baskets donated in memory or honor of a loved one is a great way to remember them. For more information call (315)475-HOPE(4673)

SPECIAL THANKS TO: Our dedicated GOLF Committee-Chair-Margie Nye, Wes & Peggy Daggett, Bob Rogers, Leslie Conway, Kim & Greg Brown, JoBeth Lehrer, Rosanne Glavin and Sue & Dick Hollington for ALL their efforts on behalf of the Tournament of HOPE. Golfers and volunteers were very positive about every aspect of the day-very organized, delicious food and the gifts of golf balls, glasses & tees. The tournament raised much needed funds thanks to our sponsors, 17 teams and donations of food and beverages.

Presenting Sponsor: Stephen Schoeneck* Eagle Sponsors: Jeff & Dot Booher (B & B Lumber);

* Tee Sponsors: Adams & Son Inc; Buranich Funeral Home; Sue & Dick Hollington; & Amdursky- Pelkey-Fennell-Wallen, PC



Please keep Therese Schoeneck, Reenie Hayes, Christy Dannible, Kathy Spencer, Ann & Dan Emond, Christine Hart, Bob Kriesel, Kevan and medical staffs/essential workers, their families and all bereaved people in your prayers.



HOPE
FOR
YOUTH



9/2022

Dear Friends,

Many people believe that our journey through grief goes in stages or steps.  They may think  that our grief has a beginning, a middle, and an end. They might say that as time  passes, we should feel better  each day! Of course, my friends, those of us on our grief journey  know  that this isn't true! 

Our journey through grief is filled with ups and downs , and good days  and bad days . Our feelings take twists  and turns  and can sometimes be scary  and confusing. 

So my friends, if you are not  getting better each day, hang in there and have faith  - this is normal! Let others help you , and you will get through this!

Love, Mark 



HOPE
for
Teens & Adolescents



Dear Friends,

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You may have heard the idea that no two snowflakes are alike, or that no two fingerprints are the same. These facts of nature are often used to reference that **no two people are exactly alike**. Each one of us is **unique**, and that is precisely what makes each one of us so **valuable**. Each one of us has a different set of gifts; different things that we can contribute in a positive way. In other words, our differences are what make us so vital to the whole. The more we can appreciate and embrace our individual qualities, the better off **all** of us will be! Our many gifts and different points of view are what can help us each to learn, grow, and become stronger. We are healthier as a result!

These tenets also apply to our journey through grief. Each griefjourney is unique to our own experience. This means that we may experience feelings that are at times different from others. We might have good days or difficult times when others may not. We will likely learn and grow from our grief in a style that fits only ourselves. It is important to know that experiencing feelings of grief (that are unique to us) is not only OK, but it will lead to greater understanding of our loved ones, and their griefjourney. We can learn from them, and we can help them by sharing insights we gain along the way. You are valuable to yourself and others!

Take Care, -Mark

Please forward your questions, comments, and ideas to mail@hopeforbereaved.com

HOW HOPE FOR BEREAVED CAN HELP

When a grieving client asks “how can I help”

- * Share information regarding HOPE’s services, such as support groups...one-to-one counseling...telephone help...monthly news-letter
- * Give client HOPE’s book on grief
- * Consider giving one of HOPE’s memorial bricks at the Butterfly Garden of HOPE



When grief is in your workplace

- * Arrange for an on-site bereavement support session for co-workers after a death (best within 72 hours)
- * Provide Lunch n’ Learn workshops on grief for employees
- * Be proactive & hold a management training seminar on grief. Learn to understand grief, how to help, what to say & do, what not to say & do. Discover the many reasons for grief.

When grief is in your life

- * Turn to HOPE for support. Call 315-475-HOPE (4673)



How you can help HOPE

- * Suggest client remember HOPE in their will and/or donate used cars to HOPE
- * Make a financial donation
- * Designate HOPE For Bereaved to be recipient of your United Way, SEFA or Combined Federal Campaign contribution.
- * Connect HOPE with your community service clubs, place of worship or your place of employment

SUPPORT GROUP MEETING

TIME 6:30 to 8:30 PM

1st Tues. Sept. 6th. Death By Drug Overdose

1st Wed Sept 7th “Young at Heart” & Young
Widow/ Widowers

2nd Tues. Sept 13th HOPE For Family &
Friends

2nd Wed. Sept. 14th Survivors of Suicide

2nd Thurs. Sept. 15th ***Oswego** Gen. Group

3rd Weds. Sept. 21th Bereaved Parents &
Infant Death

4th Thurs. Sept. 22nd***Oswego** Gen. Group

Other Support Group Meeting Times

3rd Wed Sept. 21th 10am to noon (seniors)

**DAYTIME GROUP FOR WIDOWS/
WIDOWERS**

Masks are optional

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.

If you would like to help collate the
HOPEline newsletter, spend time with
friends & enjoy a lunch prepared by the
staff, it is held on the 2nd Tuesday of
each month, 10am to usually 1 and that
includes time for lunch.



HOPE for bereaved

As you journey from grief to HOPE

4500 Onondaga Blvd.

Syracuse, NY 13219

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September 2022

A BUTTERFLY

The butterfly is a symbol of hope,
The symbol of new life and the
Symbol of those who are bereaved.
Before it becomes a butterfly though,
It must spend time in a cocoon.
We have to grieve, hurt, be angry, and
Struggle to free ourselves
From the cocoon of grief.
And one day we do emerge
-a beautiful butterfly
A stronger person,
A more compassionate person,
A more understanding person.

Author unknown



Painting by former volunteer Carol Peltier