



HOPELine Newsletter ~ November 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).

This issue of the HOPEline newsletter is dedicated to Special Helpers, Jim & Megan Sollecito of Sollecito Landscaping Nursery. In 1992, Jim designed the Butterfly Garden of HOPE. In 2017, Jim re-landscaped the front & back of HOPE's Center. In 2018, they designed and planted a beautiful hydrangea garden at the entrance of the Butterfly Garden in memory of their daughter Hanna. Last summer Jim & Megan paid to replace our furnace & air conditioner when it stopped working. Every spring they send a crew to open & prepare the gardens at HOPE for the spring and every fall come back to prepare for the winter. Jim & Megan have been on-going generous supporters of HOPE. We thank them for their support and as Jim always says:-

“Fall is for Planting Memories”

(Jim instructing volunteers)



HOPE is a skill; it requires practice. HOPE is an organic thing; it requires cultivation. If you become an expert at nothing else, let it be HOPE!

Margaret B. Moss, Life's a Dance

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) or email pkriesel@hopeforbereaved.com. 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 picture and/or special dedication to your loved one.

Our Feature Articles

Our Feature Articles	Page
HOPELine Dedication	1
Thanksgiving Thoughts- Thankfulness in Times of Trouble	2
A Grandparent's Holiday Dilemma	3
News & Updates	4
Love Mark	5
HOPE for Teens	6
HOPE For the Thanksgiving Holiday	7

Thanksgiving Thoughts: Thankfulness in Times of Trouble

By: Rose DesRochers

Thanksgiving is a time for food, celebration, and fun. Every year on Thanksgiving, families gather around the table to enjoy a meal and give thanks. But for some folks, Thanksgiving can be a lonely time. Many adults spend the holidays feeling isolated and depressed.

Today as we celebrate this Thanksgiving, it is important to remember that it's more than about being thankful for one day, it is an entire lifetime. Today is the day to be thankful for all the things in your life, no matter how big they are, or how small. Even in our deepest sorrow, we can find things to be thankful for.

Holidays bring out emotional pain. This time of year can be difficult for anyone who has suffered a loss. Should you be missing loved ones this holiday, allow yourself this time to grieve.

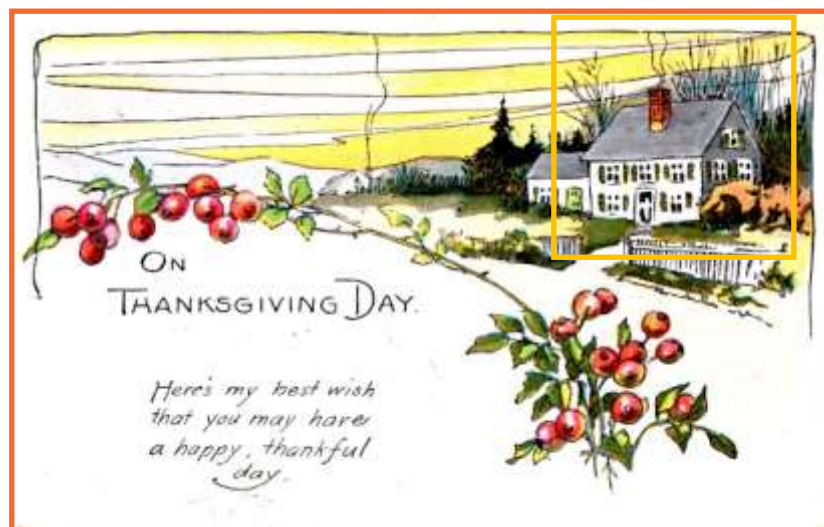
For those who may be feeling depressed this Thanksgiving holiday, open your heart to giving. Helping other people in need is a wonderful way to celebrate the day and may make you feel less alone. Check out programs & agencies in your area that may need volunteers during the holidays - example: soup kitchens, shelters, hospitals or reach out to your local church.

Life is full of unexpected changes. Death is very much a part of life. Whatever you do today, don't cover up your feelings of depression and isolation. Own up to those feelings and know that you're not alone. Somewhere today, someone is feeling the same way that you are.

This Thanksgiving, please remember, though the harvest might not always be plentiful, family and friends may be few, there is a great deal to be thankful for. It's my experience that it's much easier to feel thankful for blessings than to find a way to be thankful in the midst of our troubles.

I'm thankful that I have the strength to meet the challenges that come with life. I'm thankful for each memory that family and friends have given me. I'm thankful for having a profound understanding that it is more important to give than to receive. This Thanksgiving I have much to be thankful for. Today be thankful for what you have to give, not just what you have received. Happy Thanksgiving.

Rose DesRochers is the founder of Today's Woman Writing Community <http://www.todays-woman.net>, a supportive online writing community for men and women over 18. Rose is also the founder of Blogger Talk Blog Community <http://www.bloggertalk.net>, a friendly fast growing blogging portal, offering bloggers support, advice, tools, tips and information about blogs and blogging.



A GRANDPARENT'S HOLIDAY DILEMMA

By: Margaret Gerner, Bereaved Grandmother and Bereaved Mother, St. Louis, MO



A difficult part of being a bereaved grandparent at the holiday time is that we are expected to be all things to all our children. To those who have healthy and complete families we are expected to share in their joy. To our bereaved child we are expected to understand, empathize and, above all, be aware of the special difficulty the holidays bring for them. We are put in the middle between our children, happy families on one side, and a sad one on the other. In addition, we have our own pain to deal with.

It seems to me that this is an impossible situation and frequently we are expected to do the impossible, but I don't think we can, nor do I think we should try. Because I am a bereaved parent myself and I have experienced that special grief, I know my bereaved daughter's second Christmas without her Emily will be a hard one, maybe even harder than the first one. It will be especially hard for her because this year my oldest son and his (complete) family will come from Minneapolis to St. Louis for Christmas. He has three little ones; the oldest is the same age that Emily would be. Seeing Bob's children, especially Robbie, will remind Dorothy even more that Emily will not be physically a part of our holidays.

For weeks I have been tormented with thoughts on how I will handle this situation. Will I act at the holidays in a way that will make my son happy, or in ways that will be supportive of my daughter? Granted, there will be separate times when I can be happy that my son and his family are here and happy to see my grandchildren, whom I don't see often; and there will be a time when I can be totally supportive of my bereaved daughter. But this will not be possible for all the time, especially on Christmas Day.

I have decided that, as hard as it may be to do, I must make a choice between them this year, and I choose to be supportive of my bereaved daughter. This may sound unfair, but is it? When our children were younger, weren't there times, such as when one was sick and needed our special attention, didn't we give it to them, oft times to the neglect of the others? This didn't mean we loved the sick child more than the others. It simply meant that the sick one needed us more than the others at that time. Our bereaved child is experiencing the most pain he/she will ever experience in his/her life and right now, needs us more.

Unfortunately, our child with the complete family may resent our attention to the bereaved child and feel neglected maybe even hurt, and for that we are sorry, but our child who has not lost a child has not experienced the constant pain and hurt our bereaved child has for a year or longer. We cannot let ourselves be too concerned that he/she may feel neglected or hurt for a few days.

To benefit ourselves as well as our bereaved child, we may consider changing some of our holiday traditions this year. Have a buffet instead of a sit-down dinner. Put the tree in the living room instead of the family room this year. A number of changes are possible. As in my case, my bereaved child lost her only child. I have asked her to come later, after my son's three little ones have opened their presents, so that she won't have to see the joy in their eyes that she will never again see in Emily's.

Even as parents of grown and married children, we never stop being teachers to them. We can take this opportunity to teach our non-bereaved children empathy and concern for others. This too can be a special lesson for our surviving grandchildren that they can learn from us.

We can enlist our non-bereaved children's aid in helping the bereaved child get through the holiday with a little less pain. We can remind them that while it may be somewhat uncomfortable for them to acknowledge or talk about a child who is dead, how much more uncomfortable it is to the parent of a child who is dead. We may suggest some special ways to remember the dead child in our family celebration.

Each person may make some statement about how they miss that child or a certain thing they remember about him/her. Or, we might light a special candle on the dining room table or hand a special ornament. This serves two purposes. It is helpful to the bereaved child because it lets him/her know his/her child has not been forgotten and is still, in a special way, a part of the family. And, it helps the non-bereaved children because it clears the air of unspoken thoughts and feelings.

Source: www.bereavedparentsusa.org



News & Updates from the Staff

Dear Friends,

Grateful, Thankful, Blessed, and HOPEFUL! These words live joyfully within me, since joining the inspired team at HOPE! As we again observe Thanksgiving, I am abundantly grateful for the tireless work of the Board of Directors, Staff, and Volunteers, who give selflessly of themselves to achieve our Mission of supporting those who are grieving. HOPE is blessed to be here for YOU!

“It’s so important to us because, by comforting grieving people, something positive is happening as a result of the death of our loved ones. Working with grieving people is truly rewarding”! ~Therese Schoeneck, HOPE’s Founder

Gratefully, Alicia

Volunteer with HOPE! HOPE counts on the dedication of our volunteers, as their gifts of time and talent are essential to our mission! Currently, Hope is seeking volunteers to help meet the needs within the Center of Hope.

Office Support:

- Assist in the office (answering phones, clerical help, collate mailings, etc.)
- Additional volunteers are needed M-TH to help cover meal breaks and meetings. Volunteer days & shifts are flexible. One-Two volunteers are needed on Fridays from 9:00 AM-2:00 PM

Housekeeping:

- Assist in keeping the Center of Hope a safe and clean environment (sweeping, vacuuming, dusting, windows, etc.) Days & shifts are flexible

Donations needed: Our peer-counselors see many children each year. HOPE currently has a need for supplies to restock our children’s counseling room. If you would like to donate any of these items, please drop them off at the Center of HOPE or contact us at mail@hopeforbereaved.com Any donations would be greatly appreciated!

- **HOPE’s Wishlist:** Kinetic Sand (any kind); Fidget and Sensory Toys; Teddy Bears

Thank you in advance for consideration of these requests!

There’s still time.... To register online for our annual Celebration Auction. The Celebration is Nov. 5th. Viewing of auction items online begins on Oct. 28th & bidding starts on Weds. Nov. 2nd. Register to bid at HopeFB2022.givesmart.com. Winning items can be picked up at HOPE on Sunday Nov. 6th



Remember when you shop AMAZON use AMAZON SMILE and choose HOPE FOR BE-REAVED - the Amazon Smile Foundation donates back .05% of your purchase price eligible products to HOPE! <https://smile.amazon.com/> To date Hope has received over \$1100 as a result of your purchases with AmazonSmile



Please keep Therese Schoeneck, Bob Kriesel, Christy Dannible, Kathy Spencer, Christine Hart, Lanie Moses, Ann & Dan Emond, Kevan and all our medical, front line workers and their families in your prayers for good health .















Hope
For
Youth



11/2022

Dear Friends,

The Holiday Season    is approaching. This is a time  for family and friends to gather and celebrate.  Everyone around us may seem 'happy' at this time of year. For those of us on our grief journey  however, this can be a very difficult and sad time. It is very important to pay attention to how you feel;   some days will be hard, and some will feel O.K. We miss our loved one who died, and certain things during the holidays will cause us to miss them more.  Let people know  how you feel! You may then find  you will cope better! Love,  Mark



**for
Teens & Adolescents**

Dear Friends,

Vol 1 #8 11/2022

The approaching holiday season can be a time of mixed (or even conflicting) feelings. Family and friends may be in a happy and festive mood, while we might be having a difficult day as we miss our deceased loved one. Or perhaps we are confused because one moment we feel some joy, and in the next minute we experience intense sadness or anger. The holidays can be like a magnifying glass: certain memories or activities of past holidays might create very intense triggers that cause great pain or cheerfulness. It is useful to understand this ahead of the holiday season so that we can be more prepared when those feelings occur.

Holiday decorations, activities, and the season surround us for nearly 3 months, so we must remember that there will be many opportunities to experience “ups and downs”. At the same time, it may be a helpful reminder that the Holiday itself is time-limited. For example, Christmas Day is 24 hours long, the same as every other day in the calendar. Therefore, our task is to make it through our grief for that period; literally, **take things one day at a time**. It is important to let others know how we are feeling at any given point, and to know that it is OK to be in pain. Then, we can also allow ourselves to be joyful and participate in the holidays! Both of these pay tribute to our loved one who died!

Take Care, -Mark

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

Hope for the Thanksgiving Holiday

By: Patti Cox

The holidays can be an especially difficult time of year for those who are grieving. When everyone around you seems happy and full of holiday cheer, you may want to just skip the holidays all together. The sights, sounds and smells of the holiday season can be overwhelming and the period of time leading up to the holidays can actually be worse than the day itself.

Before Thanksgiving Day, think about what might be tough and plan ahead, for example the “empty chair,” should you keep it in place or remove it from the table all together? Should the oldest child or another family member sit there now? Should you set a place in honor of **your loved one**? **There's no right or wrong answer, do what's best for you and your family.**

Be realistic... Don't over schedule, you know yourself better than anyone. Set realistic goals and always have more than one plan. By having multiple plans – plan A, B and C – you can quickly move to the next plan if the previous one isn't working or becomes too difficult.

It's important to remember that you don't have to do things the way you've always done them. It may be a good time to start some new traditions, this doesn't mean you're going to lose the old traditions; you can always go back to them or incorporate them again when you're ready. Just because you've always put on a huge feast doesn't mean you have to this year, have everyone bring a dish, have another family member host Thanksgiving dinner, or go out to a restaurant this year.

Address the “elephant in the room,” by acknowledging your loved one and including him or her in your gathering by lighting a candle, making a toast in his or her honor, or sharing favorite memories and funny stories about them. It may be difficult to start these conversations but it will benefit everyone around you and help each of you heal a little bit at a time.

A wonderful new tradition is to cover the table with a plain table cloth, provide permanent markers for family members and guests to write what they're “thankful” for on the table cloth, a favorite memory or message to your loved one, and children can have fun by drawing pictures. Bring the tablecloth out at each holiday until it's full and then start a new one.

Remember to give “thanks” for what you had and what you still have... memories, love and feelings in our hearts can never be taken from us unless we let them. This year give thanks that the grief you feel is based on the enormous love you've shared!

SUPPORT GROUP MEETING

TIME 6:30 to 8:30 PM

1st Tues. Nov. 1st. Death By Drug Overdose

1st Wed. Nov. 2nd HOPE for Widows/
Widowers, Engaged & Significant Others

2nd Tues. Nov. 8th HOPE For Family & Friends

2nd Wed. Nov. 9th Survivors of Suicide

3rd Weds. Nov. 16th Bereaved Parents &
Infant Death

Other Support Group Meeting Times

3rd Wed Nov. 16th 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.

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



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

NOVEMBER 2022

COPING WITH THE HOLIDAYS

The very first HOPE support group meeting was actually a
COPING WITH THE HOLIDAYS program held on **December 4th, 1978.**

This year HOPE will hold (3) **COPING WITH THE HOLIDAYS** programs for those grieving the death of a loved one. The evenings will include guest panelists, suggestions for moving through the holidays while grieving and helpful handouts.

They are free & open to the public.

- 1) Nov. 14th, 6:30 at **St. Charles Church, 417 S. Orchard Rd., Syracuse**
- 2) Nov. 18th, 6:30 at **Sponsored by Safe Harbor Wills & Trust at St. Matthews Episcopal Church Parish Hall, 900 Vine St., Liverpool**
- 3) Nov. 21st, 6:30 at **All Saints Church, 1340 Lancaster Ave., Syracuse**

All are welcome! Please join us for a special evening

For more information call HOPE (315)475-HOPE(4673)