

Celebrating 44 Years of HOPE

Our goal, in this 44th 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).

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. Send to - mail@hopeforbereaved.com

Each month, the HOPELine is sent to over 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). The cost is \$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 and picture of your loved one.

Thank you for supporting the HOPELine!

This issue of the HOPEline Newsletter is dedicated

**IN LOVING MEMORY OF
James "Jimmy" Manning**



By: Kathy Nichols, Jim's Fiance

*"When someone you love becomes a memory,
that memory becomes a treasure".*

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Surviving Valentine's Day with a Broken Heart

By Angela Morrow, RN

We are a nation that loves Valentine's Day. We feel a sense of loss when we take down the last of December holiday decorations and look forward to something else to celebrate. The heart-shaped chocolate boxes, red roses, and romantic champagne dinners are nearly as nostalgic to us as Christmas trees and Santa.

But if you've recently lost your Valentine, February 14th can be a very lonely and painful day. The pain and loss you feel when you lose your life partner is magnified every time you walk into the store and see the romantic cards, flowers and candy. How can you possibly make it through this holiday in one piece?

Valentine's Day doesn't have to be a day of sadness and mourning. You can choose to make it a special day in which you remember your loved one and celebrate the love you shared. Death may have robbed you of your loved one, but it can never take away the relationship you had and the love you shared. This year, you can find a way to remember, honor and celebrate that eternal love on Valentine's Day.

The way we honor and celebrate our loved ones is as individual as our relationships were. You can look within yourself to choose the best way you can do this. Below are some ideas to get you started but this ritual will be yours alone. Modify any of these to fit your preferences or create your own ritual.

Ways to Celebrate Your Love on Valentine's Day

- Make your loved one's favorite breakfast or dinner and enjoy it in their memory.
- Honor your Valentine's Day traditions. If you always went to the movies or on a special walk together, go alone this year.
- Decorate and light a special candle in their honor.
- Buy yourself a gift that you think your loved one would have bought you, or one that you've always wanted them to buy you, and think about them each time you use it.
- Volunteer some time at a local shelter, hospice, or food closet. Doing something good for others can help ease our pain.
- Listen to your favorite song and look back through picture albums and scrapbooks of your life together.
- If you can't bring yourself to do any of these things, that's OK too. You might find it helpful to talk to others who are experiencing the same loss this time of year. Reach out to others who have also lost their Valentine by contacting HOPE FOR BEREAVED for counseling and support group information.

To those we have loved.....

Those I have loved, though now beyond my view, have given form and quality to my being. They have lived on, feeding my heart and mind and imagination. They have led me into the wide universe I continue to inhabit, and their presence is more vital to me than absence.



~Rabbi Morris Adler



Valentine's Day Blues and Other Colors

by Laura Slap-Shelton, Psy.D.



Valentine's Day, a day when love is officially celebrated in the United States, can be a day of increased pain and sadness for the bereaved. Many individuals report images of their heart being shattered or smashed as they describe the pain their loss has created. They find it hard to assemble the pieces back into the beautiful wholeness they once knew.

Others feel frozen and disconnected from those they love. Their feelings no longer flow freely, and they carry a sense of emotional isolation. It is hard to keep one's heart open when it has been hurt and traumatized by a loss, and yet staying open to the sources of love in your life and remaining a source of love for others is one of the best paths to healing.

One way of turning the difficulty of Valentine's Day around is to re-label it as a time of opening the heart. Take some time to identify your feelings and openly accept them. It is likely that a variety of feelings are crowding together, making it hard to feel much of anything. Sometimes making a list of the different feelings you are aware of can help to them out. Noticing what problems the negative feelings stem from and thinking of possible solutions may help to release some of the worries and negative emotions that are present.

Focusing on the greatest source of love currently in your life is another positive way to reconnect with loving feelings. The source could be anyone or anything: a memory, a poem, a painting, an old letter, and spiritual or religious writings, whatever has positive meaning to you. Try relaxing and letting the positive feelings that this inspiration creates fill your mind. What colors does it bring to mind? As you relax see if you can notice a warm feeling in your chest and let it spread slowly throughout your body.

Connecting with friends and family can be helpful too. You might create a buddy system and agree to exchange flowers or candy with a friend, just for the fun of it. Send a card to someone whom you care about. Call a friend or relative. Go out for lunch or dinner. Let those close to you know that you love them even if it's been hard to show it recently. Reach out to someone who might need your attention.

Some people find it comforting to write a note to the person they have lost, and let the person know how they are feeling and what they are doing. Others might honor the person they have lost with a ceremony in their honor.

If Valentine's Day feels too big to handle, it may be a good time to find a counselor or therapist who can help you through it. Connecting with a support group of other bereaved people may be a great way to open up in a community who understands your experience and is able to offer support.

While the blues might well be a realistic part of your Valentine's experience, taking steps to reconnecting with your feelings and with others will allow other colors to flow in, and keep open path of healing.

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From the Executive Director Alicia Ernest

Celebrating HOPE's 44th Year!

February 2023



Dear Friends,

Many times, we remember to extend kindness and goodwill to others. However, when we are hurting, we often forget to be patient and loving with our own selves. In times of darkness, kindness and laughter can be the best medicine for healing and growth. When your inner monologue begins speaking to you in a way you would not tolerate from others, choose to give yourself respect. Be gentle and speak to yourself with tenderness.

"Be patient and kind with yourself. Be grateful for the progress you are making, even if it isn't as much or as fast as you had wished for. Take life one day at a time. Be glad for the good days and learn to cope with the bad days."

Therese Schoeneck HOPE's Founder

Gratefully,

Alicia

Special thanks.....The Parishioners of St. Charles/St. Ann's Churches for donating gifts and gift cards for **HOPE's Youth Clients; Mary Beth Harrison** for donating a **Panera gift card** for lunch for the **staff** and **\$100 for the purchase of Survivor of Suicide books for new attendees to the support group; Roy & Gabriela Hart** for donating coffee, sugar, & creamers for the support groups; **Chris Barnes** for donating paper products for the office. **HOPE** is truly blessed by **wonderful friends**. As always, a huge thank you to **Kathy Cardina, Ken Bush, Joe Trojnar and Tim & Valerie Sikora** for their tremendous work and dedication to the **Butterfly Garden of HOPE**

Our thoughts & prayers are with the **family of Rev. Dr. Richard (Dick) Gilbert**. Dick died December 3rd at his home in Illinois. **Dick & wife Sharon** have been long time friends and supporters of HOPE. **Dick** was a Grief Educator and presided at a few of HOPE's conferences at Stella Maris. He helped expand a now international network and support system for the bereaved and training for those who provided their care. Many of the handouts we use have be written by **Dick**. He will be greatly missed.

Thank you to our wonderful volunteer gift wrappers **Leslie Conway, Roxanne McMaster, Roni Ponto, Joanne Bucci and Chris Chiappone** for wrapping Christmas gifts at HOPE. The packages were beautifully done and our customers left happy. Hopefully, we will back at Destiny USA wrapping next year. Also a big thank you to the **shoppers** who entrusted us to wrap their treasures.



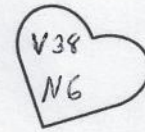
Please keep Therese Schoeneck, Bob Kriesel, Kathy Kowalczyk, Christy Dannible, Kathy Spencer, Christine Hart, Lanie Moses, Ann & Dan Emond, Kevan and all our grieving clients and their families in your prayers for peace in the New Year.



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/>

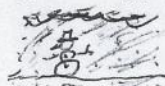












Hope
For
Youth



2/2023

Dear Friends,

For many of us, this time of year can often have dark and gloomy days.  The holiday season is past, and the winter days are cold. The weather at this time of year  might reflect how we feel inside.  We miss our loved one who died of COVID, and we may feel sad  and angry . The cold weather may cause us to stay inside the house more often, and we may just want to "bundle up" with a blanket and play inside . We can then wait for better days  ahead. This may be a good  time to do the same thing with our feelings of grief: hang in there and look  forward! 
Love, Mark 



for Teens & Adolescents

Dear Friends,

Vol 1 #11 2/2023

This time of year often features days that are bleak, as we deal with shorter days and colder weather. The holidays are over, and Springtime seems a long way off. Many people experience S.A.D. (Seasonal Affective Disorder) due to a lack of sunlight and other factors. Not coincidentally, we may feel *sad* emotionally as well. These feelings are particularly pronounced as we navigate through our grief journey. Ironically, there can be a certain sense of relief in experiencing similar emotions as many other people, as the weather seems to reflect our feelings in grief. "Misery loves company" is not necessarily entirely negative!

Yet, it is important that we do not allow ourselves to be content with these feelings. The days seem gloomy and it appears things are frozen and stagnant; however in reality this is far from the truth! The earth beneath the soil is hard at work getting ready for the coming warmth of Spring, as trees and plants are preparing for growth. Although things seem dormant, there is much activity and life occurring! So it is on our grief journey: we may feel that things are stagnant, but in fact we are preparing for change and growth that will emerge in due time (every journey is different and unique). It is important that we avoid despair during the slow times or dark days but maintain hope and belief that opportunities for growth and brighter days await!

Take Care, -Mark

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

CAREGIVER BURNOUT

by M. Ross Seligson, Ph.D., P.A

Being able to cope with the strains and stresses of being a caregiver is part of the art of caregiving. In order to remain healthy so that we can continue to be caregivers, we must be able to see our own limitations and learn to care for ourselves as well as others.

It is important for all of us to make the effort to recognize the signs of burnout. In order to do this we must be honest and willing to hear feedback from those around us. This is especially important for those caring for family or friends. Too often caregivers who are not closely associated with the healthcare profession get overlooked and lost in the commotion of medical emergencies and procedures. Otherwise close friends begin to grow distant, and eventually the caregiver is alone without a support structure. We must allow those who do care for us, who are interested enough to say something, to tell us about our behavior, a noticed decrease in energy or mood changes.

Burnout isn't like a cold. You don't always notice it when you are in its clutches. Very much like Post Traumatic Stress Syndrome, the symptoms of burnout can begin surfacing months after a traumatic episode. The following are symptoms we might notice in ourselves, or others might say they see in us. Think about what is being said, and consider the possibility of burnout.

- Feelings of depression * A sense of ongoing and constant fatigue * Decreasing interest in work
- Decrease in work production * Withdrawal from social contacts * Increasing fear of death
- Increase in use of stimulants and alcohol * Change in eating patterns * Feelings of helplessness

Strategies to ward off or cope with burnout are important. To counteract burnout, the following specific strategies are recommended.

- Consult with professionals to explore burnout issues * Participate in a support network
- Attend a support group to receive feedback & coping strategies * Get a weekly massage
- Vary the focus of caregiving responsibilities if possible (rotate responsibilities with family members)
- Exercise daily and maintain a healthy diet * Establish "quiet time" for meditation * Stay involved in hobbies.

By acknowledging the reality that being a caregiver is filled with stress and anxiety, and understanding the potential for burnout, Caregivers can be forewarned and guard against this debilitating condition. As much as it is said, it can still not be said too often, the best way to be an effective caregiver is to take care of yourself.

SUPPORT GROUP MEETING

TIME 6:30 to 8:30 PM

1st & 3rd Tues. Feb 7th & 21st Death By Drug Overdose

1st Wed. Feb. 1st HOPE for Widows/Widowers, Engaged & Significant Others

2nd Tues. Feb 14th HOPE For Family & Friends

2nd & 4th Wed. Feb. 8th & 22nd Survivors of Suicide

3rd Weds. Feb. 15th Bereaved Parents & Infant, Newborn, Miscarriage Death

Other Support Group Meeting Times

3rd Wed Feb. 15th. 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 & that includes



HOPE

for bereaved

As you journey from grief to HOPE

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FEBRUARY 2023

EVENTS/FUNDRAISERS FOR 2023

We don't have dates yet but we do have commitments for:

Tournament of HOPE TBD



Delmonico's Italian Restaurant Anniversary Party
TBD



Remembrance Run/Walk for HOPE Aug. 5th, 2023



Long Branch Park

Celebration of HOPE 2023 TBA

