



HOPELine Newsletter ~ April 2023
 A monthly newsletter of HOPE FOR BEREAVED,
 a not-for-profit community organization providing
 hope, support and services for the bereaved.

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.

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



LEADERSHIP TRANSITION

Alicia Ernest has resigned her position as Hope's Executive Director, effective February 28. The Board of Directors will begin the search for a new Executive Director immediately. For now, Walt Stein will serve as interim Associate Director. We are grateful to all of the staff and volunteers who have seamlessly kept Hope's services available to those who need them during this leadership transition. Please rest assured that the Board remains focused and committed to providing these essential services.



**HOPE FOR BEREAVED, INC.
 BOARD OF DIRECTORS**

**President, Treasurer- Stephen Schoeneck
 Secretary- Kristin Moses
 Brian Haynes
 Rodger Loomis
 Dan Cummings**



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!

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The Seasons of Grief: Winter to Spring

By: Kristen Lamb



THERE ARE DAFFODILS IN THE YARD.

How did spring sneak in so stealthily? I'm not ready. Winter fit my mood, my grief. Now there are flowers in the yard and a garden to tend. Things are growing. Life marches forward, even when we aren't ready. Spring reminds me of this.

When grief hits it's like a winter of the soul. Parts of us freeze in time. Not dead, but dormant. Pain blankets our emotional landscape like a fresh snow. It smothers greenery and muffles sound. Parts of us peak out, foraging to survive. It's a state of emotional survival. Oddly, at some point there is comfort in not having to grow, expand, or reach for the sun.

The expectations of myself were few in that season. But now there are flowers in the yard... I don't feel ready, but it's time to step into the sun. I'm not fully healed. Actually, I'm not certain that's possible. But it's been long enough and life is moving forward. My kids are growing older, friends need me...I need me. It's time to plan for the future again, not just survive the day. Within me are gifts and talents to share and give back to the world. By stepping back out into the sun I'll be able to fulfill my mission, purpose, and dreams.

Love means wanting the best for each other. Whether it's your child, parent, grandparents, sibling, husband, or wife, we seek to lift up our beloved and give them happiness. That's simply the nature of true, healthy, love. If something were to happen to you, wouldn't you want your loved ones to live a life of fulfillment and joy? Our lost loved ones want that for us too. They want us to be happy and even find new love. We honor them by re-joining life and growing again.

Life is a cycle. It doesn't reach a set point and stop, even when something horrible happens. New days dawn and seasons pass, both on the calendar and in our soul. As they do, healing continues, but in a new way, one that includes personal growth and respecting the wishes our loved ones had for us.

Looking out at the bright day and daffodils I know it's time to accept spring. My winter of grief served its purpose.

Stepping outside I lift my face to the sun and feel both warmth and tears...





LEAN INTO SPRING

By Jennifer Stern, LISW



Spring has sprung. The flowers are blooming. The birds are singing. The sun is shining. So why do I feel so dark? So stuck? So empty? So sad, overwhelmed and angry? Why do you long for cold, rainy, dark days? **Because you are grieving.**

Because Spring can feel like pressure. Pressure can be present and live life in spite of how you are feeling on the inside. Pressure to feel semblance of normal. Pressure to believe in the possibility of new. Spring, feels like a betrayal of your grief.

Grief is not predictable. It does not follow an order as the seasons do. It is personal. It is painful. It is messy. Grief can feel surprising, shocking, neverending.

Spring feels contrary to the realities of grief. To the experience of mourning. Sadness, anger, anxiety, loneliness, feeling overwhelmed...those feelings do not match the sights and sounds of Spring. And yet there is much to be learned from the audacity of Spring. Those feelings of deep grief are the winter frost forcing us to lie dormant, to turn in, to be in (and of) our grief. Trust in time that your Spring will come. That you too will begin to thaw. That in time you can and you will push through the bitter heaviness of grief.

You will bloom once again, new and different. You will begin to grow towards the sun and find respite and healing in its warmth.

Your Spring will come. In your time. In your way. Perhaps in the most trivial and unexpected ways...hearing the song of a bird and allowing that song to fill you. Noticing the crocus poking through the snow and experiencing a sense of awe at its resilience, strength and courage. Feeling warmth of sunshine from the inside out. Moments previously not accessible now experienced with heightened awareness and even gratitude.

Lean into Spring. Go outside each day and write one sound in nature you hear. One new flower or growth you see. Add to this list daily. At the end of one week reflect on this experience. Were you able to find some comfort (and maybe even HOPE) noticing the leaves on branches once barren, lying dormant under the weight of ice and snow? Nature provides a model for grieving, healing and resilience. Nature teaches us that there is a season for everything.

“Earth teach me to forget myself a melted snow forgets its life. Earth teach me resignation as the leaves which die in fall. Earth teach me courage as the tree which stands all alone. Earth teach me regeneration as the seed which rises in the spring.” **William Alexander**





News & Updates From the Staff



Dear Friends-More than 400 volunteers help HOPE to provide our support groups, services and raise funds. Volunteers are trained to work directly with the bereaved, serve on HOPE's board, help with our monthly HOPELine newsletter, special mailings and help with our various fund-raising efforts. HOPE's volunteers serve as facilitators of support groups, provide counseling, information and referrals on the HOPE telephone 'helpline,' assist with day-to-day administrative duties, send condolence notes, write articles for our monthly newsletter, chair and coordinate fund-raising events, annually plant and maintain our Butterfly Garden of HOPE and help with "Wrapsody," our holiday gift wrap project. Our board of directors guides HOPE with finances, human resources, public relations and long-range planning, while the advisory board members advise HOPE within their areas of expertise. May every HOPE Volunteer know you are loved, appreciated & prayed for each day! So in honor of National Volunteer Week, here are our much loved volunteers-

Receptionists: Janet Freeman; Ruth Jones; Nancy Menges

Peer Counselors: Christine Beattie; Margi Doran; Joanne Downes--Allan; Deb Lane; Lynn Maranelli; Stephanie Modugno; Linda Nelson; Kathleen Spencer;

Butterfly Garden Volunteers: Kathy Cardina; Ken Bush; Joe Trojnar; Val & Tim Sikora; Bill Campgnoni & employees of Excellus BlueCross/BlueShield

Newsletter/Mailing Volunteers: Danalee Capone; Nancy Lawler; Helen Stroud; Sheila Turverey

Support Groups Facilitators: Margi Doran; Tim Grobsmith; Tracey Mead; Stephanie Modugno; Carol Muldoon; Mary Paul; Katie Schaffer; Kathy Spencer; Sandy Vitagliano;

Fundraising committees: Dot & Jeff Booher; Peg Card; Wes & Peggy Daggett; Dianne DeCarlo; Dan & Rosanne Glavin; Kathy Kowalczyk; JoBeth Lehrer; Kathryn Mulhauser; Margie Nye; Julie Quinn; Katie Oja; Bob & Joyce Salvetti; Greg & Kim Brown; DeDe Walsh; Laura Hand

Office & Tech Support: Maha Ali; Steve Bacon; Jack Allen

Many more help on day of events including Tournament of HOPE, Remembrance Run/**Walk, Wrapsody, Butterfly Garden . If I've left anyone out, please let me know & we will add your name next issue.**

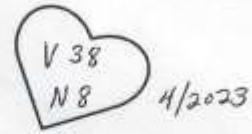
THANK YOU HOPE VOLUNTEERS-WE LOVE YOU ALL



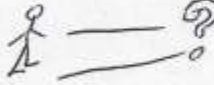

Please keep Therese Schoeneck, Bob Kriesel, Christy Dannible, Kathy Spencer, Christine Hart, Ann & Dan Emond, Kevan and all our first responders, medical staffs, essential workers and their families in your prayers for good health.






HOPE
FOR
YOUTH





Dear Friends,

Our grief journey  can be difficult at any time of year.  This is due to many variable factors, such as anniversary dates, special holidays, and reminders that occur randomly, to name a few.

However, the arrival of Spring  seems to bring us many signs of life. ☺ These examples of

new life can often bring comfort and HOPE  to everyone, especially when we are grieving. 

The air begins to warm us, we see plants grow,  and baby animals  are all around.

Things seem fresh and new, emerging from the cold and dark days of Winter. Springtime reminds us that in grief, brighter days and growth are ahead!

Love, Mark ✨



HOPE
for
Teens & Adolescents



Dear Friends,

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The process of grief is long and difficult. Indeed, it is a life process; as long as we miss and remember our deceased loved one, we will experience grief. In other words, the love we have for our deceased lasts forever! Even though there is pain involved, there is comfort in knowing that our loved one will always be a part of us and who we are. In this way, our deceased lives on, inside us and through us. They live on in our hearts and memories; if we are biologically related, they also live on in our very DNA. We may acquire mannerisms and habits that emerge naturally, or from lessons they taught us along the way.

Our grief journey takes us through many hills and valleys, through many twists and turns. We may experience uncomfortable periods, and also times of solace. We feel anger and sadness; even occasional happiness and contentment. There may be days or events that we dread, and some that we look forward to. We encounter dry periods of feeling “stuck”, and moments of new insights. As we undergo the process of grief, we realize that all of the “ups” and “downs” are part of the healing process. Through healing, we achieve growth and become stronger as a result. We therefore become closer and more integrated with our deceased loved one, and inevitably, we become better people as a result!

Take Care, -Mark

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

MARK YOUR CALENDARS –We have dates!!

- ♦ May 9th 4:30-Close –**Delmonico’s Italian Restaurant Anniversary Party**, come with friends, relax in a casual atmosphere, order your favorite Delmonico’s meal, appetizer or drink & HOPE receives 50% of all receipts including take-out!



- ♦ May 15th-21st-PGA Championship, Oak Hill, Rochester, NY HOPE volunteers will man a concession stand on the 18th hole. It will require 14 volunteers each day. For more information or to volunteer call Leslie at (315)475-HOPE(4673)



- ♦ June 26th Tournament of HOPE Sunset Ridge. This years tournament will be flighted-Men’s, Women’s, Mixed. For more information & registration go to www.hopeforbereaved.com



- ♦ August 5th, Remembrance 5kRun/Walk for HOPE, Long Branch Park— New this year-Super Hero Kid Fun Run



- ♦ Nov. 10th, Celebration of HOPE 2023, OnCenter



SUPPORT GROUP MEETING

TIME 6:30 to 8:30 PM

1st Tues. Apr. 4th Death By Drug
Overdose

1st Wed. Apr. 5th HOPE for Widows/
Widowers, Engaged & Significant
Others

2nd Tues. Apr. 11th HOPE For Family &
Friends

2nd Wed. Apr. 12 Survivors of Suicide

3rd Tues. Apr. 18th Death By Drug
Overdose

3rd Weds. Apr. 19th Bereaved Parents
& Infant Death

4th Weds. Apr. 26 Survivors of Suicide

Other Support Group Meeting Times

3rd Wed Apr.19th 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 some coffee or tea, it is
held on the 2nd Tuesday of each month,
9am to usually 11am.

HOPE

for bereaved
As you journey from grief to HOPE

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April 2023

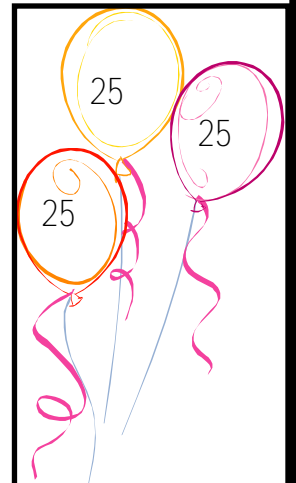
You're invited to join us for

Delmonico's Italian Steakhouse

25th Anniversary Celebration

Tuesday, May 9th, 2023 4:30-close

2950 Erie Blvd. E, Syracuse



Help grieving
children &
families in CNY

Delmonico's will donate 50%
of the event proceeds to
HOPE FOR BEREAVED, Inc.

For Takeout
315-445-1111

Magician Shaun Robison
Caricatures by JP Crangle

Many more
Surprises in
store