

This issue of the HOPE-line newsletter is dedicated to all Fathers that have died, those still with us & Bereaved Fathers. May your families remember and honor you with love and shared memories.



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 315-475-9675.

A LETTER TO ANYONE GRIEVING@ GlitterAndGrief



I know you feel *broken*
 Even when you try to be *strong*.
 I know your world has *shattered*,
 Yet some how you're still going.
 You may not feel like it, or even want it,
 But you, my Dear, are *healing*.
 It not always going to be *pretty*.
 It's not always going to feel *peaceful*.
 But next time you look at yourself in the
 mirror, please remember, you've kept going!
 Whether that's because you're living in
 Honor of their *memory*, or living a life
 they'd be *proud* to watch over. Or just
 because you simply have no other
choice. You're doing it. And I hope
 some part of you recognizes your
 own *resiliency* in all this grief.



Share Your Story/Underwriting

Opportunity

If you would like to submit an article to appear in HOPELine Newsletter, please send it to Leslie at leonway@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 HOPELine

Our Feature Articles

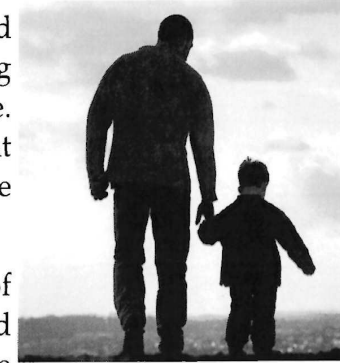
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Father's Day and What it Means for the Grieving Family

By: Grace Wulff

I will never forget the Father's Day the year my husband died. He had just been diagnosed with cancer, and that fact hung heavy in the air, an unspoken reality that we were afraid to face. We bravely had a picnic together and didn't speak about what was on all our minds - would this be the last Father's Day we would spend together? And it was.



Father's Day after that became the most difficult holiday of the calendar year for me and my children. It was an awkward time, we felt displaced and I ached for my kids. The first couple years we did not go to church, although I loved church usually. It was just too painful to sit there and watch others celebrate. I usually planned an outing instead that would take our minds off the focus of the day, and if we were close to the grave, we would stop by and remember.

As I write this article, Mother's Day has just passed, and this, too, is a painful day for many who's mother has died.

For younger children, there is the awkwardness of Father's Day gifts and cards that are often created at school or pre-school. Who do they make that special gift for? Some teachers will be more sensitive than others and provide alternatives and a caring atmosphere. It is important to communicate to these caregivers what our children's needs are. These are also good opportunities to talk to our children about their grief, and how these days affect them.

We might want to ask our kids how they want to spend this day and how they can remember the parent that died. It might mean releasing balloons*, or doing something special that reminds them of their dad. I encourage my kids to make a card for their dad; even though he was gone it is an expression of love and a way to share their thoughts and their love with him. I have always figured that God could pass on the message, even though we could not physically send the card!

It is important to acknowledge Father's Day, even though it might be painful. Not talking about it is like not acknowledging what is most on everyone's mind anyway. Shakespeare said that a sorrow shared is a sorrow halved. Sharing grief as a family and recognizing that these days are bittersweet helps to make it easier.

Children often have difficulty expressing their grief and how they feel. This is not abnormal, and kids want their lives to be as normal as possible.

As a parent we can take holidays, even though they might also be difficult for us, as an opportunity to have a conversation with our kids, and remember.

**Balloons are discouraged because they endanger wildlife.*



When Father's Day Hurts

By: Ilissa Jae Ducoat, LPC FT

It's hard to turn on the TV or scroll through social media this week without seeing references to Father's Day. Ads everywhere for the perfect gift, sweet articles highlighting a father's sacrifice for his family, even memories about the comical side of parenting, can hijack us, bringing us to a painful place. Reconnaissance work from the greeting card aisle provides evidence to support that our society views Father's Day as something we should be celebrating. There is not typically a section labeled "For Grieving Dads" or "For the Death of a Father."

Two kinds of people are reading this post right now, those who have never had a significant death, and those who nodded along with the first few lines. Both groups of people should continue reading.

If the concept of Father's Day being difficult never occurred to you, that's OK. By reading this, you are helping to create a safer space for the second group by spreading awareness that it can be a sad day. It can be something other than a celebration. Maybe the thought is crossing your mind, "well not everyone experienced a death. Can't you just be happy for them? They deserve to celebrate." Everyone deserves to celebrate. Just like everyone deserves to feel their feelings and educate the rest of the world on how difficult something can be. Let Father's Day be both.

If you have been nodding along, then the twinges that go along with the ads and the memories are not foreign to you. Father's Day can be hard. Maybe your (step/grand) father died or maybe you're a father whose child died. Maybe you and your partner are experiencing infertility. Maybe you've never even had a dad. Father's Day may just be tough, then.

It's much more common than you realize, how complex this time of year can be. Not enough people acknowledge it, and perhaps it is because of the societal pressure to celebrate this day. Without recognizing the grief Father's Day can trigger, we quietly oppress. It is an act of omission, overlooking sadness on a holiday. If it's in your heart to celebrate, then celebrate. If it's in your heart to grieve, then grieve. If you have feelings, feel them, talk about them, acknowledge them, experience them. Ignoring them will only prolong the grief process.

If you know someone who may be having a difficult time on Father's Day, say something. It does not have to be a greeting card worthy. Just a simple: "Hey, I was wondering how you were feeling about today. Thinking of you." This validates the person's grief, gives them an opportunity to talk about it if they choose, or to simply thank you for your sentiment if they choose not to go into it. It also spreads more awareness in the world that grief is hard, and that it's OK to not be OK sometimes.

Here are some suggestions on how to approach this Father's Day:

- **Make plans that are meaningful to you** – Try to stay busy to get through the day, keep company with understanding people, spend the day reflecting on your own, maybe even celebrate the bond you had, and honor the sadness that goes along with the new normal you have to live now.
- **Pay tribute to the person who has died** – Engage in their favorite activity, do random acts of kindness in their name, visit a gravesite, plant a tree, eat their favorite meal, do charity work.
- **Make new memories** – Do something completely different than you've done before. Maybe the things you've done with them are too difficult right now.
- **Make plans with safe and understanding people** – Spend time with people who are OK with a last minute cancellation if you're not up to it, or with whom you feel comfortable sharing these bigger emotions.
- **If things feel unmanageable, call HOPE for Bereaved for a phone counseling session, or talk to a mental health professional.** During the pandemic counseling and some HOPE support groups may be by phone. A little extra support through this difficult time may be just what you need.

Keep in mind that Father's Day is just that, Father's Day. You decide what it means for you. This year, it may mean one thing and next year, it may mean another. On this Father's Day, I wish one thing for all, peace of heart.

Article adapted by HOPE for Bereaved for the HOPEline Newsletter.



**NEWS & UPDATES FROM
THE STAFF
JUNE 2023**

Dear Friends— It's a very exciting & busy time at HOPE as planning is in full swing for our annual Tournament of HOPE, the Remembrance Run/Walk, Day of Remembrance at the Butterfly Garden, and the Celebration of HOPE commemorating HOPE's 45 years of service to our community and beyond. The committees for each event are meeting monthly and working diligently to make these events fun, well attended and successful. All committees are looking for volunteers to either join the committee, work the event, participate or donate in memory of a loved one, create a gift basket for the Silent Auction in memory or plan to attend. With a return to normalcy following COVID, let's make 2023 & HOPE's 45th anniversary the best year!!

NOTE: Therese Schoeneck, HOPE's Founder & retired Executive Director is looking forward to celebrating this monumental anniversary of the agency she started and ran for 43 years. She is still recuperating from her fall in 2021 but her passion for HOPE has never diminished. She is currently working with the Celebration committee and serving with others as Co-chair of the event. The staff love & miss you

Long time HOPE volunteer **Marvin "Marv" Hahn** died April 10th, 2023. As a member of the **Syracuse Elfun Society Marv & the Elfuns** started volunteering at the **Butterfly Garden** around 2002. **Marv** took charge of all the garden's electrical needs. He rewired the entire garden, digging down far enough so that the "critters" couldn't chew on the wires; he helped with installing the lighting in the gazebo, on the Butterfly Garden sign, and on the pergola. **Marv** built a box to house the electrical systems and installed it on the gazebo. **Marv** started attending the Widow/Widowers support group after the death of his beloved wife, **Joan**. During the group Marv would share his feelings and experiences of grief with others. He was especially helpful to the newly bereaved that attended. When the meeting was over, **Marv** never failed to stop by each office to say "hello" and tell us how the garden was going. He would visit the garden each weekend to make sure the garden was set for any weddings/pictures/memorial services or that it was cleaned following any events. **Marv** attended every Memorial Day Ceremony for the past 20 years.



Marv and the Elfuns would decorate the gazebo with Christmas lights each year so that the garden was lit up and festive as you approach Lights on the Lake. They also decorated the outside of HOPE's Center for the holidays. **Marv** was loved by everyone at HOPE and we will truly miss his smile and cheerfulness.

We thank **Marv's family** for designating HOPE recipient of donations in his memory.



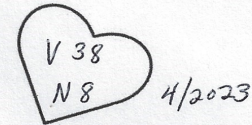
In our thoughts & prayers...**Therese Schoeneck, Christy Dannible, Kathy Spencer, Christine Hart, Bob Kriesel, Ann & Dan Emond, Kevan** and all our **first responders, medical staffs, essential workers** and **their families** in your prayers for safety & good health. Please pray for the **students of Fayetteville Manlius & Fulton High School** and **their families** during this most difficult time.



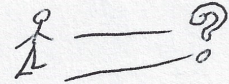

Hope





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
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Dear Friends,

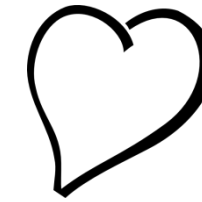
Our grief journey  can be difficult at any time of year.  This is due to many variable factors, such as anniversary dates, special holidays, and reminders that occur randomly, to name a few.

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 



Dear Friends,

Vol 2 #1 4/2023

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

Be Good To Yourself This Summer

Whether you are grieving or not, it is wise to get away and “recreate” yourself. When you are grieving, it is even more important to relax and take time to be good to yourself. Grief work takes an amazing amount of physical, emotional, and spiritual energy. The following are some random thoughts which we hope you will find useful.

Get outside as often as possible, even if only into the backyard. The warmth of the sun, soft breezes against your skin, the scent of grass and flowers, and the chirping of birds all fill your senses and help to make you feel better and more alive.

Exercise. Exercise helps to work off anger, frustration, and depression. Search out local parks and nature trails – even walk around your own block. Brisk walking, bike riding, and swimming are all great ways to reduce tension. Be sure to observe safety rules and, if you can, invite a friend, family member, or another grieving person to join you.

Try to visit places where there is water. Watching water and hearing it lap against the shore is soothing. As the waves recede, try to envision your grief receding. As the waves return, think of them bringing peace and comfort.

Spend some time alone. Possibly go for a drive and observe pleasant surroundings. Or roll up the windows and yell and scream and vent your anger. Or go somewhere comfortable where you can just sit and reflect.

Plan a vacation that will be a peaceful, restful time. Don’t try to do too much. Try to take a respite from your grief work, knowing that undoubtedly there will be more grief work waiting for you when you return home. Sometimes it’s easier if we can put grief work aside for a bit and, when we come back to it, we see it in a different light.

Attend a support group meeting. Groups keep regular schedules all summer. The newly bereaved will gain helpful ideas on coping. For those who have been bereaved a longer time and who have not attended in a while, go back to visit your support group and lend a hand to the newly bereaved.

SUPPORT GROUP MEETING

TIME 6:30 to 8:30 PM

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

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

2nd Tues June 13th HOPE For Family & Friends

2nd Wed June 14th Suicide

3rd Weds. June 21st Bereaved Parents & Infant Death

4th Tues. June 27th Death By Drug Overdose

4th Wed June 28th Suicide

Other Support Group Meeting Times

3rd Wed June 21st 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.

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, it is held on the 2nd Tuesday of each month.



HOPE

for bereaved
As you journey from grief to HOPE

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For you or to share

JUNE 2023

SPECIAL THANKS TO.....

Thank you to everyone who came to **Delmonico's Italian Restaurant** on May 9th to support HOPE and enjoy a delicious dinner. The evening was a major success. The staff at Delmonico's always outdoes themselves in serving the enormous crowds and carrying those trays in & out of the throngs of people waiting to be seated and the HOPE Volunteers. Thank you to **John & Joanne Wade** for again allowing HOPE to host their 25th anniversary party, donating the beautiful Italian Gift Basket for HOPE to raffle, and donating 50% of the proceeds from the evening to HOPE. This was the 13th year Delmonico's and HOPE have worked on this special evening. All figures are not yet in for 2023 but the prior 12 years have seen donations of over \$90,000 from **John & Delmonico's** to HOPE.

Thank you to the **Edwin F. & Delores P. Davis Fund** for HOPE's annual grant. Delores was on the charter **Board of Directors for HOPE For Bereaved** in 1991 and continued to volunteer throughout the years until her death. When she died, Delores's will set forth the formation of this fund in her and her late husband's names. The fund annually supports four local organizations where **Delores** volunteered during her lifetime. Recipients along with **HOPE For Bereaved, Inc.** are **Carriage House Foundation; Crouse Health Foundation** and **Aurora of CNY.**

HOPE is so blessed by the people, businesses and clients we have met and worked with during our 44 years of service.

