



HOPELine Newsletter ~ July 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

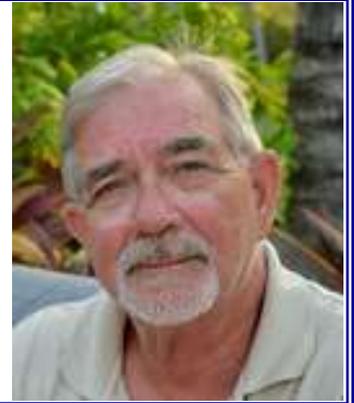
Our goal, in this 43rd year, is to expand our support, services and outreach to the bereaved with emphasis on helping grieving youth, and to financially solidify HOPE for decades to come.

*Thank you to all our readers for your continuing support of HOPE For Bereaved and the services we provide. We are truly blessed and proud to be part of a community that believes in and supports not for profit agencies such as HOPE.*



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 peer grief counselors, please call us today at 315-475-HOPE (4673).

This issue of the HOPEline newsletter is dedicated  
 In Loving Memory of  
*John Kowalczyk Jr.*  
 By his wife Kathy & Family



Remembrance

You can shed tears that he is gone, or you can smile because he has lived. You can *close your eyes and pray that he'll come back*, or you can open your eyes and see all he has left. Your heart can be empty because *you can't see him or you can be full of the love you shared.*

You can turn your back on tomorrow and live yesterday, or you can be happy for *tomorrow because of yesterday. You can remember him and only that he's gone, or you can cherish his memory and let it live on.*

You can cry and close your mind, be empty and turn your *back, or you can do what he'd want:*  
 Smile, Open Your Eyes, Love and Go on.

Author Unknown



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](mailto:mail@hopeforbereaved.com)

Each month, the HOPELine is sent to 1,500 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 Walt Stein 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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## Getting Through the Sadness

By: Karen Rowinsky, LMSW



Many say the first year after the loss of a loved one is the hardest but most people find that different seasons or dates bring up sadness and feelings of grief years after our loved one has died. There are things we can do to ease our pain during these seasons of sadness no matter when they occur.

I've never really been a summer person but since 1994, the dog days of summer have really become my season of sadness. My first husband died on August 19 of that year. Ever since, the weeks surrounding that date have been difficult for me.

Most people mark their year with anniversaries – the celebration of birthdays, holidays, and days significant to us for one reason or another. After a death, those anniversaries can be quite painful. I, personally, have found the days and weeks leading up to each anniversary date to be harder than the day itself. I call this anticipatory grieving.

The dictionary defines grief as, "keen mental suffering, distress over affliction or loss, and sharp sadness." We often associate grieving with the death of a loved one but we can grieve any time we suffer a loss. We can grieve over the loss of a job, a relationship, or our health. We can grieve when we move from a home, have financial difficulties, or do not realize a dream. We can grieve alone, as a family or community.

While we share the experience of grieving with every other person on this planet, the way we grieve is unique to each of us. Some describe the act of grieving in different stages. Yet grieving is not a linear experience but a process that weaves through the fabric of our life. While the intensity of our grief can ebb and flow, there are no time boundaries to our grief. Even if the death occurred years ago, we can experience grief at any time. Sometimes our grief surprises us as if it is saying, "Hey, I'm not done with you yet!"

I've had a love/hate relationship with my grief. Grief is good; it just hurts so badly. Because I had experienced many losses prior my husband's death, I was familiar with grieving and healthy ways to do it. In the days, weeks, and months after my husband's death I even welcomed those times of intense sadness and pain because in some way they made me feel closer to him. But, when my heart began aching, my natural inclination was to run away from the feelings rather than let them wash over me. I have to constantly remind myself to just "be" in my grief.

I have found the following strategies helpful during my seasons of sadness. I hope you will find them helpful in yours.

### ◆ Embrace Your Grief

We all have built defense mechanisms to help us deal with pain. This is not the time to use them though. As a wave of grief begins to pass over you, let it flow. Acknowledge that you have good reason to feel this way and the more you let yourself experience grief, the less it will stick around. While the wave may last for minutes, hours, or even days it will eventually play itself out and you will feel peace again. My dad's favorite expression was "this too shall pass." He used it throughout his life but especially during the pain at the end of it. Your grief too shall pass. Embrace it until it does.

### ◆ Experience Your Uniqueness

Each of us experiences grief in our own way. Don't compare yourself to others. Don't let others tell you how to grieve. Our loved ones don't like to see us suffer. In order to avoid this, they often encourage us, in not so subtle ways, to hide our feelings. Or they may be quite up front about telling us to get over it. Accept your own uniqueness. Grieve in the way that is right for you.

### ◆ Be Kind to Yourself

During times of grieving we should be especially good to ourselves. That means we should take care of ourselves by getting enough sleep, eating well, drinking plenty of water, and doing some kind of physical exercise frequently to alleviate our stress. Don't push yourself to do things you don't want to do but be careful of the stress caused by avoiding doing those things. Being kind to yourself also means not anesthetizing yourself from your grief. Be careful not to use alcohol, drugs, or even food to avoid feeling your pain. If you feel overwhelmed, seek counsel from the leader of your faith community, your health care provider, a therapist or HOPE for Bereaved.

### ◆ Express Yourself

The expression of grief can be in words, actions, or tears. Crying can be quite a relief yet many of us are afraid to cry during times of intense sadness because it feels as if we start we will never be able to stop. Don't worry, you will eventually stop but in the meantime you will reap the benefits of a good cry. If you are like me, and do your best crying in private, be sure to find the alone time to let the tears flow. You may also gain comfort in writing what you feel. If you feel awkward in doing this, try writing your feelings in the form of a letter to a trusted friend. You don't necessarily have to mail the letter but the writing can be the cathartic experience you need.

### ◆ Surround Yourself with Love

While you may be a very private person and prefer to experience your grief alone, this is not the time to isolate yourself. Reach out to friends and family. They may need you more than you need them. When you're with other people you will have more opportunities to laugh (a wonderful grief reliever), gain perspective, and share your pain. Share rituals with others, too. You may want to commemorate the anniversaries of loss with a time to reminisce or even a celebration of hope of their life.

We need to honor our losses by letting ourselves grieve them. Life has many seasons of sadness. Just like spring follows winter, our sorrow is eventually followed by joy. **We need both to truly make our life work.**



## 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.



**“They say it takes a minute to find a special person, an hour to appreciate them, a day to love them, but then an entire life to forget them.”**

Unknown



## News and updates from the STAFF



Dear Friends, As the school year comes to an end and parties and vacations began, please be safe and know that if you need to talk, please call (315)475-HOPE (4673). We are ready to listen and validate your feelings. May the warm days of summer bring you peace – Love & hugs – The Staff

**SPECIAL THANKS.....To the wonderful** volunteers who travelled to Rochester to work the concession during PGA Championship for HOPE: Rich Adams, Brad Aldrich, Mary Ellen Andrews, Anne Andrusyszyn, Mary Jo Beamish, Darlene Black, Jeff & Dot Booher, Gary & Sandy Booher, Christine Buff, Peg Card, Rick & Tina Casella, Kathy Ciota, Leslie Conway, Dianna Craig, Kathy Cunningham, Kathleen Curley, Kevin Deutsch, Debbie Dillabough, Ellen Donigan, Marren Felter, Linda Flynn, Linda Foster, Julie Frawley, Eileen Gibson, Roseann Glavin, William & Maria Granato, Pamela Halpin, Lynn Harrington, Brigid & Kate Heinrich, Doreen Henson, Judy Homer, Larry & Lisa Hopkins, Eric Hurley, Karen Johnson, Rick & Rita Keyes, James Klenk, Jo Beth Lehrer, Rodger Loomis, Anne Louise, Aimee McBride, Chris McCarthy, Chris Menges, Carol Murname, Maureen Noonan, Carl & Margie Nye, **Lauri O'Brien, Melissa Orlins, Lynda Page, Lisa Phelan, Rose Prior, Kay Quigley, Patricia Reid, Bob & Barb Ryan, Colleen Sauer, Geralyn & Mari Saya, Richard & Candy Searing, Kristen Shapiro, Mike & Pat Shute, Sandy Stowell, John & Diane Sutton and John & Elizabeth White.**

**YOUTH GROUP:** During the months of May and June, two of **HOPE's counselors**, Margi Doran and Lynn Marinelli facilitated a Youth Group. Children were invited to attend a weekly session with their peers to talk about their feelings and participate in group activities to help them through their grief due to the death of a **“Special Person”** in their life. Special thank you to Margi, Lynn and the participants for making this group a success. HOPE will run this group again in the Fall.

**SPECIAL THANKS TO:** St Charles/St Ann Outreach Program for the Snacks and supplies for the Youth Group.

**THANK YOU...**One of the Counseling Rooms has a new look. Special thanks to: Lynn Marinelli for coordinating the new look; John Welch for the sofa; Chris & Nancy Menges for the chair.



Thank You



Please keep in your thoughts and prayers Therese Schoeneck, Bob Kriesel, Christy Dannible, Kathy Spencer, Christine Hart, Ann & Dan Emond, Kevan and all first responders good health, safety and a peace-filled July !

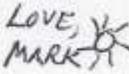


Hope  
For  
Youth



7/2023

Dear Friends,

Our grief journey  is a long and difficult process. Although we are ALWAYS in a state of grief, there must also be times  that we find  some "RELIEF." This means that it is good  to "take breaks"  from the intense feelings of grief.  We all need a rest once in a while; like a good night's sleep , the body needs time to recharge and become stronger . In grief, our minds  and hearts  also need to refresh. This way, we can have a clearer view  of our journey, and make better choices. So, we must think of those things that give us relief, comfort, and rest.  We can then use them to help us to keep growing.  LOVE, MARK 



**for  
Teens & Adolescents**

Dear Friends,

Vol 2 #4 7/2023

When our loved one died, we began a long process of intense grief. The feelings during our journey can often lead to difficult paths and dark places. We experience great pains of sadness, anger, and guilt, to name a few. We must **go through** our greifjourney; we can't escape above, below, or around it. We work through our grief, we don't give up, and we eventually find that some days are better than others. What is the advantage to "hanging in there" with our grief? What is the payoff to our daily struggles of surviving our loved one's death?

Among many opportunities in continuing our journey through grief are the life lessons we can learn. As we navigate through and transcend various dilemmas, we grow and become stronger individuals. We can then apply these endurance skills to other problems that may occur in the future. As we become more resilient, we become more resourceful in problem-solving. In realizing the pain of grief, we may be more aware of how precious life is, and how important numerous relationships are. We can then more fully appreciate the people in our lives, and even find ways to enhance those relationships. Ultimately, grief can teach us to more fully value ourselves, and embrace our unique qualities. We then gain more respect and enthusiasm for those in our lives, and the ventures life has to offer!

Take Care, -Mark

Please forward your questions, comments, and ideas to [mail@hopeforbereaved.com](mailto: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.



Reprinted from Compassionate Friends of Los Angeles, July , 2006

### SUPPORT GROUP MEETING

TIME 6:30 to 8:30 PM

\*\*\*1<sup>st</sup> Tues. July 4th. **NO MEETING**

1<sup>st</sup> Wed July 5th “Young at Heart” & Young  
Widow/ Widowers

2<sup>nd</sup> Tues July 11th HOPE For Family & Friends

2<sup>nd</sup> Wed July 12th Suicide

3<sup>rd</sup> Tues. July 18th Death By Drug Overdose

3<sup>rd</sup> Weds. July 19th Bereaved Parents &  
Infant Death

4th Wed July 26 Suicide

#### ***Other Support Group Meeting Times***

3rd Wed July 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, it is held on the 2nd Tuesday  
of each month between 9-11am

# HOPE for bereaved

As you journey from grief to HOPE

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Syracuse, NY 13219  
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**HOPE's Center**  
will be closed Tuesday,  
July 4th

For you or to share

JULY 2023

## Remembrance Run/Walk 2023

Date: August 5, 2023

Location: Long Branch Park, Liverpool, NY

Event Includes:

5K Run/Walk @ 9am

(NEW) Kids Superhero Fun Run (12 & under) @ 10:15

Memorial Opportunities



Registration is now open. To Register online to go:

- ♦ [www.runsignup.com](http://www.runsignup.com)
- ♦ see registration form insert
- ♦ **visit HOPE's website**—[www.hopeforbereaved.com](http://www.hopeforbereaved.com) ( for details and links)

Sponsorship opportunities and memorials are available.

(Registration deadline Aug. 4th at 12 noon)