



HOPELine Newsletter ~ November 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.

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 in loving memory of



Henry Balzer ^{11/28/1948-9/1/2020}

Hank was a loving husband, father and grandfather. He served in the Air Force for four years. He was a Philadelphia Police officer for 34 years. Most of all he was a family man; his family and home came first. He loved family dinners and spending time together. We all love and miss you and your jokes. It's hard for all of us without you, Happy Birthday. Love, your wife Pat & children Tricia, Bob, & Grandchildren Collin and Bobby.

"It has been said, 'time heals all wounds.' I do not agree. The wounds remain. In time, the mind, protecting its sanity, covers them with scar tissue and the pain lessens. But it is never gone." Rose Kennedy

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. The cost to underwrite the newsletter is \$450 an issue. 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.

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HANDLING THE HOLIDAYS

.....AND OTHER SPECIAL DAYS

Holidays, birthdays, and other special days are usually times for family gatherings and celebration. When we come together for the first time after the death of our loved one, it can be really difficult! Our families try to protect us in the best way they can, but it can still hurt. How can we cope? How can we handle these times in a realistic and effective way?

First, acknowledge and accept your feelings. Tears, depression and loneliness are all natural reactions to a loss—months, a year, or even more after the loss. At the same time, do not feel as though you are betraying your loved one if you are able to enjoy some of the festivities.

If the thought of preparing for these special days seems overwhelming, one helpful first step may be to make a list of things to be done in planning for the holiday. Have a family conference and together decide what is really important: What traditions do you want to carry on? What would some members find meaningful, or what things might be too painful? What changes, if any, would you want to make? Consider whether a task can be shared, if someone else can take it on, or whether it should be eliminated. Whatever decisions are reached, this sharing can **demonstrate recognition and respect for each person's values.**

In setting priorities, guidelines to use are: Would the holiday or special day be the same without it? What gave meaning to our holidays in the past? If you have family traditions, decide together whether you want to carry them on this year or if this is a good time to begin new ones. Consider and discuss ways of keeping traditions while trying to lessen the pain of loss, perhaps by making some changes in the usual way of doing things. Remember that although we may decide to do some things differently this year, we can decide to return to earlier customs another year if we wish.

It is important to realize that while holidays and special days are traditionally a time of festivity, they can also be a time of frantic busy-ness and resultant fatigue. **Don't set unrealistic expectations for yourself. As grieving persons, we must recognize that we may simply be unable to function at our usual pace.** We may need to break things down into smaller, more manageable goals we can achieve. Fatigue can be deadly, and lead to feelings of **depression under the best of circumstances. Don't overextend---don't over commit. Eliminate the unnecessary** and reduce the pressure on yourself and others. By talking over what is really important with family members, priorities can be set, tasks shared, and plans made to accomplish those things considered essential. Decide what you can handle comfortably, and then let your needs be known to friends and relatives.

If your faith has been an important part of your life, allow time for its expression during these holidays and special days. If it has not, this may be a fitting time to approach the clergy person or church/synagogue of your choice. In either case, you may find that by enriching and deepening your religious experience, you have added a new dimension to your life.

Our lives have changed. Our holidays will be different. It's not a choice of pain or no pain, but how we manage the pain we feel. The important thing to remember is to do what is comfortable for you and your family. It may **help to know that those of us who've been through these holidays and special days before have found anticipation** is frequently worse than the day itself!

As you seek to make sensible plans, remember to make them firm enough to support you but flexible enough to leave you some freedom:

Know When Your Holidays are:

Holidays are not just at Thanksgiving, Chanukah, Christmas or New Year's. They are the times when family and friends get together for fun or celebration. It may or may not be associated with one of the traditional days.

Mark on your calendar the months during which your family's holidays occur.

Begin early to plan your coping strategies.

Be intentional about How You Plan Your Holiday:

Together, as a family, examine the events and tasks of the celebration and ask the following questions:

Do we really enjoy doing this? Is it done out of habit, free choice, or obligation?

Is this a task that can be shared? Would the holiday be the same without it?

Continued on page 7

THANKSGIVING IS FOR THE BEREAVED

By: Alice Wisler



I have a hard time believing it is the season of holidays again. While this year should be easier since it will be our fifth Thanksgiving, Christmas, and New Year's without our son Daniel, I still feel myself putting on an extra shield of courage.

In the cool afternoon air, I am reminded of my first Thanksgiving since Daniel's death. On that day, I wrote a poem; it wasn't very good, but it did express what I had learned from reflecting on the origins of this national American holiday.

For the first time, I thought that the initial Thanksgiving among the settlers and the Indians couldn't have been that glamorous. Why not? For one, there had been many losses. Around those tables were certainly fathers and mothers who had had to bury children. While thankful for much, these parents held heavy hearts, too.

Continuing to reflect this way helps me realize Thanksgiving is also a holiday with reality. It is not a Norman Rockwell painting. While we like the warmth this artist has created in his capturing of a happy Thanksgiving table, we know that in most families, everyone is not present. Family members are gone from us and at times, all we can notice are the silent empty chairs.

How can we have Thanksgiving when we are lacking? This holiday does not have the bereaved in mind at all, we conclude.

But in time, we are able to reflect on the presence our loved children held in our lives instead of only focusing on their absences. They lived and we are the more blessed because of their lives – so vibrant and so loving. We become more aware of just how much they impacted our lives then— and even now.

Light a candle this Thanksgiving for those we miss. Recall how blessed we were to have them, even for a short while.

And remember that the origin of Thanksgiving does not stem from the situations of cheery and perfectly intact families. There had been many deaths during the difficult trek to this land from England and Europe and once the settlers arrived, more deaths due to illness, occurred. The Native Americans experienced heart-breaking losses as well.

Even so, these men and women found reasons to be thankful. So although our sorrow is great, we can be appreciative for the memories we hold in our hearts.

Thanksgiving is a holiday which includes each of us—bereaved and broken.

~ Copyright 2001 by Alice J. Wisler.





News & Updates from the Staff

November 2023

Dear Friends, Grateful, Thankful, Blessed, and HOPEFUL! We are so excited to welcome Kelly Ocampo, **HOPE's new Executive Director.** With 18 years in human service nonprofits, and 14 of those in leadership roles, Kelly has dedicated her life to helping people who face systemic barriers due to their mental health, disability, or medical condition. Kelly previously held positions with Loretto, the YMCA, Elmcrest Children's Center, and The Salvation Army. Kelly also provides consultation services through her business, *Salt City Grants*. Kelly holds a Master's degree in Inclusive Special Education from Syracuse University. Please stop by HOPE and introduce yourself & welcome Kelly!

From Kelly: It is my great honor to step into the role of Executive Director at HOPE for Bereaved, and as I come to the end of my first month, it is clear why HOPE has persisted for the last 45 years. Its strength lies in the dedication of its staff, donors, and many volunteers. I have spent time speaking with people, hearing their stories, and listening to their journeys of HOPE. With each story, I know that HOPE has made a profound impact on them. The term "lifesaving" was used more than once. I'm humbled at the opportunity to serve our diverse community, and to be entrusted with HOPE's future. Our team is ready!

Kelly Ocampo, Exec. Director
HOPE For Bereaved, Inc.



NOTE: We are still looking for donations for our silent/live auctions at the Celebration of HOPE. Gift baskets or gift certificates may be donated in memory of a loved one. All donations must be at HOPE by Oct. 25th. Tickets to the Celebration of HOPE, Nov. 10th at the OnCenter are still available @ \$145per person or Table Host of 8 @ \$1145. For more information call 315-475-HOPE (4673)



NOTE: HOPE will be offering gift wrapping at HOPE's Center on all Fridays, Saturdays & Sundays thru December 22nd. Call HOPE (315)475-HOPE(4673) to schedule an appointment to have your gifts wrapped or to volunteer to wrap gifts



Please keep Therese Schoeneck, Bob Kiesel, 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



11/2023

Dear Friends,

The holiday season      is a time of great joy and fun for everyone. However, this poses a challenge for those of us on our grief journey.  We may want to feel happy , but we are also sad  because we miss our loved one who died.  Some of us might even think  that if enjoy the holidays,   then we are forgetting about our loved one, or somehow not loving them  as much. My friends, it is important to remind ourselves  that our deceased loved one **WANTS** us to be happy and enjoy ourselves, especially during the holidays! So giving ourselves permission **NOT**  to be always sad , and being OK to feel happy  during the holiday season     is a good  way to stay close to our loved one!

Love, Mark 



**for
Teens & Adolescents**

Dear Friends,

Vol 2 #8 11/2023

The holiday season is a time for celebration, gifting, and joyous gatherings with friends and relatives. This is also a time for making memories and reflecting upon our lives. We look forward to the holiday season with eager anticipation, as well we should. However, we have all felt occasional disappointment that certain days or events didn't quite turn out as we had hoped. Perhaps we expected more; we may have had some disagreement, or just didn't have as good a time as we wished. This may be especially true as we grieve the death of our loved one.

*One of the primary lessons in grief is that life does not necessarily go as we would like. The death of our loved one is an unwanted intrusion into the way things "should" be. We can use this lesson to our advantage as we navigate through the holidays. First of all, we can minimize (or eliminate) any and all expectations of how the holidays "should" feel. In other words, it is OK if we **don't** feel like celebrating or having a good time. It is perfectly fine to have quieter gatherings with fewer people, for example. Or we might want to limit time spent at an event, instead of avoiding it all together. It is completely normal to allow ourselves to have a good laugh and a good cry at the same get-together! The touching part of this approach is that by taking care of ourselves, we may end up experiencing a more meaningful holiday season!*

Take Care, -Mark

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

Decide What You Can Handle Comfortably:

- Whether we are open to talk about our loved one.
- Whether we feel able to send holiday cards this year.
- Whether we can handle the responsibility of the family dinner, holiday parties, etc. or if we wish someone else to take over some of these traditions this year.
- Whether we will stay at home for the holidays or choose a different environment.
- **Shopping is definitely easier if you make the entire list out ahead of time. Then when one of the “good days” comes along, you can get your shopping done quickly and with less stress. It is important to remember there is no right or wrong way to handle the holidays.**
- Do whatever you feel comfortable with and believe will work best for you!

Be thoughtful about holiday greetings

If you know someone who is grieving or facing hardship, you may be looking for ways to support them through a challenging holiday season. We’ve compiled safe and practical ways for you to show your loved ones how much you care during the holidays. Cheery season’s greetings may not feel right. Try some of these phrases instead.

- **Instead of:** “Happy holidays” try- **“I’m thinking of you, especially during the holidays.” “I imagine this holiday is tough for you. How are you doing today?” “This might not be your best holiday ever, but I’m thinking of you and wishing you the best New Year possible.”**
- **Instead of:** “Where’s your holiday spirit?” “Cheer up! It’s the holidays!” try- **“It’s okay for you to feel however you feel this holiday season. I’m here for you.” “I want to spend time with you this holiday season, no matter how you’re feeling.”**
- **Instead of:** “It’s the most wonderful time of the year!” “I love the holidays so much!” try- **“I’m grateful to share this moment with you.” “This [tree/snowfall/religious ceremony] is so beautiful. Your mom would have loved it.”**
- **Instead of:** “You still have so much to be thankful for.” “At least you still have ...” try- **“I’m so grateful for your friendship.” “I’m so grateful that we’re all able to be together.” “It means so much to me to spend today with you.”**

Hopefully, these recommendations will help you support your loved ones this holiday season. Don’t worry about getting this exactly right. At some point, you might say something that you wish you hadn’t. That’s okay—just say you’re sorry and keep going. The most important thing is that you care and you’re trying.

SUPPORT GROUP MEETING

TIME 6:30 to 8:30 PM

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

1st Tues. Nov. 7th Death By Drug Overdose

2nd Wed. Nov. 8th Survivors of Suicide

****2nd Mon. Nov. 13th YOUTH GROUP**

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

3rd Weds. Nov. 15th Bereaved Parents & Infant Death

3rd Tues. Nov. 21st Death By Drug Overdose

SEE NOTE**

****5th Weds. Nov. 29th Survivors of Suicide**

Other Support Group Meeting Times

3rd Wed Nov. 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 and spend time with friends it is held on the 3rd Tuesday of each month at 9am

A special evening to celebrate and support

HOPE for Bereaved

with music, dining, live and silent auctions

Celebrating HOPE's 45th Anniversary

Community Chairs

Dan & Danielle Cummings

John & Robin Katko

Honoring HOPE's Volunteers

Over 200 silent auction items, including restaurant, golf and service certificates, art, sports, antiques, jewelry, children's, holiday, and much more!

Celebrating
45 YEARS
of **HOPE**

Join us as we celebrate 45 years HOPE's helping grieving children and adults in our community and beyond. Proceeds from this event help provide HOPE's services (counseling, newsletters, and support groups) for free.

Response card enclosed • Reception/Silent Auction at 6:00 PM
Raffles • Cash Bar • Dinner at 8:00 PM • Live Auction at 9:00 PM

It is affirming to hear the bereaved reflect on how helpful, even lifesaving, HOPE is.



Celebration of HOPE Reservation

November 10, 2023 • Please RSVP by October 27, 2023



- Patron table(s) of 10 \$2,000 includes full page ad (due by 10/25)
- Patron table(s) of 8 \$1,500 includes 3/4 page ad (due by 10/25)
- Table(s) of 10 \$1,450 includes half page ad (due by 10/25)
- Table(s) of 8 \$1,145 includes half page ad (due by 10/25)
- Volunteer Table(s) of 8 \$1,145 includes half page ad (due by 10/25)
- Seat(s) \$145 per person or \$200 per patron
- I am unable to attend but wish to donate \$_____ in honor/memory of _____.

Presenting - \$5,000	Dinner - \$3,000	Reception - \$2,000
Underwriter - \$1,200	Benefactor - \$500 or more	Supporter - \$250 or more
Patron - \$200 or more	Friend - \$145 or more	Contributor - Any Amount

Name _____ Telephone (____) _____
(As you would like it to appear in our Program & Seating List)

Address _____ Email _____

City _____ State _____ Zip _____

Enclosed is my **check** for \$_____ made payable to **HOPE FOR BEREAVED, Inc.**

I will pay by **credit card**: American Express Discover MasterCard Visa

Card # _____ Exp. Date ____/____

Signature _____ Card Security Code _____

Please include list of guests/tablemates on reverse side. Your check is your reservation.
Vegetarian entrée upon request. Contact Pat Kriesel at (315) 475-9675 or pkriesel@hopeforbereaved.com.

— DINNER GUEST LIST —

TABLE HOST

Name/Company _____

Address _____

- We welcome full or partial tables. -

Guests	Addresses
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____

HOPE

for bereaved

As you journey from grief to HOPE

4500 Onondaga Blvd.
Syracuse, NY 13219
Electronic Service Requested

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For you or to share

NOVEMBER 2023

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. 27th, 6:30 at **HOPE Center, 4500 Onondaga Blvd**
- 2) Nov. 29th, 6:30 at **Sponsored by Safe Harbor Wills & Trust at St. Matthews Episcopal Church Parish Hall, 900 Vine St., Liverpool**
- 3) Dec. 4th, 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)