

Celebrating 45 Years of HOPE

Our goal, in this 45th 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 Anthony F. (Tony) Dannible

April 1, 1947-December 22, 2014

By Wife, Judy; children-Christy, Amy & Mark; Grandchildren-Eva & Nicholas

You are on our minds every day. Each of us in our own special way. It seems since we saw you last, time has flown by so very fast. We miss you and love you forever. We will never forget you, NO NEVER!! All our love! Always in our



HOPE FOR BEREAVED's office will be closed starting December 22nd and reopening on Tuesday December 26th to allow our staff and volunteers time to rest. We will also be closed on Monday, January 1st.



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). 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 the HOPEline!

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Holiday Survival Strategies for Coping With Grief

By: Angela Morrow, RN

For anyone dealing with an illness, grief, or the death of a loved one, the holidays can be a time of sadness, pain, anger, or dread. It can be difficult to cope, especially when you see the sights and sounds of holiday happiness all around you.

The ebb and flow of grief can become overwhelming with waves of memories, particularly during Valentine's Day, Thanksgiving, and Christmas. Grief can also magnify the stress that is often already a part of the holidays. How can you begin to fill the emptiness you feel when it seems that everyone else is overflowing with joy? There are a few strategies that you can employ to help you get through this time.

Offer Yourself Some Grace

One of the best things you can do is give yourself permission to feel whatever it is you're feeling. Try not to fall prey to the belief that you have to feel a certain way or do certain things in order to make the holiday "normal." If you feel sad, allow the tears to come; if you feel angry, allow yourself to vent some steam.

Be Kind to Yourself

It's important that you get the rest and nourishment you need and try not to take on more than you can handle. If you need to be alone, then honor that. If you crave the company and affection of others, seek it out. Do whatever feels right to you during this difficult time.

Ask For and Accept Help

The holiday season is no time to feign strength and independence when you're grieving a death. You will need the help and support of others to get through, so don't feel as if you are a burden. People generally receive satisfaction and even joy from helping those they care about.

After a death, people often desire to help but simply don't know how. If you need someone to help you prepare meals, shop, or decorate, this is the time to speak up and make your needs known. Quite often, they will be delighted to feel like they are helping you in some way.

The same holds true for your emotional needs. Friends and family members might feel uncomfortable talking about your grief. They might think that you don't want to talk about it and don't want to be reminded of your pain.

The American Psychological Association (APA) notes that not talking about someone's death leads to isolation and discourages those who are there to support you. Again, you will have to tell your loved ones the best way that they can help you. If you want to talk about what you're going through, or you just need a shoulder to cry on, let them know.

Find Support

Sharing your feelings is often the best way to get through them and finding people you can talk to will help. Friends and relatives can be a great support during times of grief. However, they might be coping with their own feelings or so immersed in the holidays that they cannot offer the support you need.

Another good option is to look for a grief support group. You can search online or check with local churches, community centers, funeral homes, or a hospice to find a group that suits you. Support group members often make friends that end up being a source of comfort and care for many years to come.

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HOW TO HELP OURSELVES THROUGH THE HOLIDAYS By Donna Kalb



There are many holidays or “special days,” such as birthdays, anniversaries, graduations, weddings and Easter, to name a few. These are all difficult days for the bereaved, but for many, the most difficult holiday of the year is Christmas. This day, more than any other, means “family together.” They are synonymous and it is at this time we are so acutely aware of the void in our life. For many, the wish is to go from Dec. 24 to Dec. 26. We continually hear Christmas carols and people wishing everyone “Merry Christmas.” We see the perfect gift for our loved one who has died, and suddenly realize they will not be here to enjoy it. Eventually, the Christmas season will not be so difficult. This statement may not seem possible to those newly bereaved, but grief will soften and you will begin to enjoy life again, including Christmas.

SHOP EARLY- Shopping may be extremely upsetting. It may help to shop early through a catalog, by phone or to make plans to shop with an understanding friend. Plan to relax over lunch or a cup of coffee. Friends or relatives might be willing to shop for you if they realize that just the thought of shopping is bothering you. Some people pretend Nov. 25th is Christmas and try to get whatever shopping, card writing, etc. done by that date. By shopping now you are able to avoid hearing the Christmas carols, seeing all the decorations and being wished Merry Christmas.

- Family get togethers may be extremely difficult. Be honest with each other about your feelings. Sit down with your family and decide what you want to do for the holiday season. Don't set expectations too high for yourself or the day. If you wish things to be the same, you are going to be disappointed. Undertake only what each family is able to handle comfortably.
- There is no right or wrong way to handle the day. Some may wish to follow family traditions, while others may choose to change them. It may help to do things just a little differently. What you choose the first year, you don't have to do the next.
- Keep in mind the feelings of your children or family members. Try to make the holiday season as joyous as possible for them.
- Be careful of “shoulds”—it is better to do what is most helpful for you and your family. If a situation looks especially difficult over the holidays, try not to get involved.
- Set limitations. Realize that it isn't going to be easy. Do the things that are very special.
- Once you have made the decision on how you and your family will handle the holidays, let relatives and friends know.
- Baking and cleaning the house can get out of proportion. If these chores are enjoyable, go ahead, but not to the point that it is tiring. This year you could either buy baked goods, or go without.
- Emotionally, physically and psychologically, it is draining. You need every bit of strength. Try to get enough rest.
- If you used to cut down your own tree, consider buying it already cut this year. Let your children, other family members, neighboring teens, friends, or people from your church help decorate the tree and house. If you choose not to have a tree perhaps you could make a centerpiece from lower branches of a tree, get a ceramic tree or a small table-top tree.
- One possibility for the first year may be to visit relatives, friends, or even go away on a vacation. Planning, packing, etc., keeps your mind somewhat off the holiday and you share the time in a different and hopefully less painful setting.
- How do you answer “Happy Holidays?” You may say, “I'll try” or “Best wishes to you.” You think of many answers that you don't say.
- If you are accustomed to having dinner at your home, change and go to relatives; or change the time (instead of 2:00 p.m., make 4:00 p.m.) Some find it helpful to be involved in the activity of preparing a large meal. Serving buffet style and/or eating in a different room may help.
- Try attending Christmas services at a different time and/or church.
- Some people fear crying in public, especially at the church service. It is usually better not push the tears down any time. You should be gentle with yourself and not expect so much of yourself. Worrying about crying is an additional burden. If you let go and cry, you probably will feel better. It should not ruin the day for the other family members, but will provide them with the same freedom.
- Consider not sending or cutting back on your cards this year. It is not necessary to send cards, especially to those people you will see over the holidays.
- Do something for someone else, such as volunteer work at a soup kitchen or visit the lonely and shut-ins. Ask someone who is alone to share the day with your family. Provide help for a needy family. Donate a gift or money in your loved one's name.
- Share your concerns, feelings, apprehensions, etc., as the holiday approaches, with a relative or friend. Tell them that this is a difficult time for you. Accept their help. You will appreciate their love and support at this time.
- Holidays often magnify feelings of loss of a loved one. It is important and natural to experience the sadness that comes. To block such feelings is unhealthy. Keep the positive memory of you loved one alive.

Often after the first year, the people in your life may expect you to be “over it.” We are never “over it,” but the experience of many bereaved is that eventually they enjoy the holidays again. Hold on to HOPE. Don't Forget: “Anticipation of any holiday is so much worse than the actual holiday.” Although you and your loved one will be apart. May the spirit of Christmas comfort your heart and may its message of peace be with you each day to help and guide you along life's way.

From the Executive Director

December 2023

First, let me extend my heartfelt gratitude to each and every person who played a role in making our 45th Celebration of HOPE a success. It is heartening to witness the collective impact we can make when we come together in the spirit of HOPE and generosity. As we bask in the afterglow of this joyous celebration, let us also take a moment to acknowledge the bittersweet nature of the holiday season. While it is a time of festive cheer and shared moments of happiness, it also serves as a poignant reminder of those we have lost along the way. The holidays are a delicate balance between the joy of the present and the reflection on cherished memories of the past. In the spirit of our shared commitment to HOPE, let us continue to uplift one another and extend our hands to those who may be navigating the holiday season with heavy hearts. Together, we can transform moments of reflection into opportunities for compassion and understanding. May the spirit of unity and kindness that defines our community guide us through the holiday season and into a future filled with promise and possibility.

With gratitude, Kelly Ocampo

Memorial & Year End Donations

Please consider making a donation to our Year End Appeal. We are so grateful for everyone who has supported our annual fundraisers, designated HOPE when a loved one has died, dedicated an issue of the HOPEline Newsletter or made donations to HOPE throughout the year. Thru the generosity of our clients, friends and the community we are able to provide our core services free of charge to the grieving children, adults & families who turn to HOPE. A special thank you to the families of Marvin Hahn, Pat Fatti, Charles Moynihan, Paisley Doane, & Kathleen Zepp for designating HOPE recipients of memorial contributions in their name. Memorial donations this year resulted in over \$2,200 in much needed funds. Thank you for considering this request!



26th Worldwide Candle Lighting

Sunday, December 10th from 7 p.m.

Join The Compassionate Friends for the annual candle lighting in memory of all children who have died “...that their light may always shine.” People around the world are invited to light a candle on Sunday, Dec. 10th at 7 p.m. As candles burn down in one time zone, they will be lit in the next, thus creating a virtual 24-hour remembrance of all children who have died too soon.



World AIDS Day -Each year on December 1st **World AIDS Day** commemorates the millions who have died of AIDS or are living with AIDS. It also raises awareness to AIDS and to efforts to find a cure.



REMINDER: CopingWithThe Holidays Programs are as follows

- Nov. 27th, 6:30 at **HOPE's Center 4500 Onondaga Blvd.**
 - Nov. 29th, 6:30 at **Sponsored by Safe Harbor Wills & Trust at St. Matthews Episcopal Church Parish Hall, 900 Vine St., Liverpool**
 - Dec. 4th, 6:30 at **All Saints Church, 1340 Lancaster Ave., Syracuse**
- ALL ARE WELCOME —OPEN & FREE TO THE PUBLIC**



Please keep Therese Schoeneck, Bob Schuster, Bob Kriesel, 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



12/2023

Dear Friends,

The holidays     are a time for celebration, fun, and giving gifts.  For those of us in grief, it is also a particularly painful  time of year. We miss our loved one who died , and perhaps wish  we could bring them back to be with us.  There are things we can do to help feel closer to our deceased loved one, especially around the holidays. We can decorate a card  for them, and tell them how we feel in it. We might draw them a special picture  of a wonderful memory we have. We could write a letter expressing how much we miss them and why. Some of us might make them  something unique. We can put these in a special place for our loved one to have. Our loved one will be with us then!  LOVE, MARK 

Make a Difference

Many people like to help others in large or small ways during the holiday season. We may drop our change in a charity basket, purchase a gift for a needy child, or donate to a favorite organization. This can help us feel like we are contributing to the greater good.

Likewise, helping improve the lives of others can help take the focus off your loss. Studies show that volunteering can be beneficial to our mental health, particularly as we age. Consider volunteering at a nursing home, hospital, hospice, children's shelter, or soup kitchen. You can also find a way to help another family member or friend who may need it. Any of these things can prove cathartic and help in the healing process.

Stop Making Comparisons

It's easy to see other people or families enjoying holiday festivities and compare their experience to what you feel during this difficult time. This may make you feel worse or that you're lacking in some fashion. Keep in mind that the holidays are stressful for most people and they are rarely the "magical" gatherings depicted in greeting cards, movies, or on television. Try to embrace what you have rather than compare it to what you think others have.

A Word From Verywell

As difficult as it seems, you will survive the holidays in one piece. Because of your grief, this holiday might prove to be a very difficult experience. However, you will get through it and come out on the other side stronger than before. You don't necessarily have to enjoy the holidays or even go through the motions of pretending to enjoy the festivities. That said, it's also fine to have a good time in spite of your grief. If happiness slips through your window of grief, allow it to happen and enjoy it. You won't be doing your loved one an injustice by feeling joyous. The best gift you can give anyone you love is that of being true to yourself and living your life to the fullest, even as you adjust to the loss.



www.verywellhealth.com

SUPPORT GROUP MEETING

TIME 6:30 to 8:30 PM

Tues. Dec. 5th. & 19th Death By Drug Overdose

Wed. Dec. 6th HOPE for Widows/Widowers, Engaged & Significant Others

Tues. Dec. 12th HOPE For Family & Friends

Wed. Dec. 13th & 27th Survivors of Suicide

Weds. Dec. 20th. Bereaved Parents & Infant, Newborn, Miscarriage Death

Other Support Group Meeting Times

Wed Dec. 20th. 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, 9am to usually 11



**for
Teens & Adolescents**



Dear Friends,

Vol 2 #9 12/2023

The holiday season is upon us. It can be a particularly difficult time for those of us experiencing the death of a loved one. We may not feel the same spirit of joy and excitement we have in years past. In fact, we may now feel the pain of regret and loss even more acutely. One reason this happens is that the holidays have a long buildup, and with that come lofty expectations. For example, some stores start putting out decorations months before the actual holiday. For people like us who are grieving, these reminders might invoke anxiety, and even dread. As we get closer to the holidays, we are exposed to more and more media about the season. Most of the ads and shows about the holidays depict people having a great time, enjoying their togetherness, and “perfect” family gatherings. The reality is that although there are good times to be had, the holidays are also stressful for most people. And for those of us enduring the pain of grief, these days can be extremely challenging, with feelings of sadness, anger, and guilt, among others.

One way to get through the holidays is to be kind to ourselves by lowering our expectations of what the holiday season is “supposed” to be. It is OK that things are **not** the same as other years; we can adjust our activities to help us cope through these days. Remember, even though the season lasts for months, each holiday is one day – 24 hours long – just like every other day. Taking each day, each hour, and each minute at a time, will help us get through these tough periods, and perhaps open the door to some pleasant moments!

Take Care, -Mark

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

HOPE

for bereaved

As you journey from grief to HOPE

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December 2023



THAT IS CHRISTMAS

Every time a hand reaches out to
help another—

THAT IS CHRISTMAS

Every time someone puts anger aside
and strives for understanding—

THAT IS CHRISTMAS

Every time people forget their
differences and realize their love
for each other—

THAT IS CHRISTMAS

May this Christmas bring us
closer to the spirit of human
understanding and closer to the
blessing of peace!

Unknown

HOPE's HOLIDAY WISH LIST

- ♦ Copy Paper 8x11 (White or Color)
 - ♦ Cleaning Products
 - ♦ Garbage Bags
 - ♦ Paper Plates
 - ♦ Coffee K-Cups
- ♦ Coffee Cups (Not Styrofoam)
 - ♦ Hand Soap
 - ♦ Kleenex
 - ♦ Napkins
 - ♦ Paper Towels
 - ♦ Toilet Paper
- ♦ Empty Ink Cartridges
 - ♦ Gift Cards

Thank you for considering this request!

