



HOPEline

hopeforbereaved.com
315-475-4673

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February 2024 Issue
A monthly newsletter of HOPE FOR BEREAVED,
a nonprofit community organization
providing hope, support and services for the bereaved.

The **purpose** of **HOPEline** 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 at 315-475-HOPE (4673).**

Please keep
Therese Schoeneck
Christy Dannible
Kathy Spencer
Christine Hart
Bob Schuster
Joe Walsh
Kevan

and their families in your prayers for good health.

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**

Did you know... ?

HOPE provides peer grief counseling at your location?

If someone in your company, school, or organization dies, counselors from HOPE will meet with employees, students, etc. on site to provide counseling.



This issue of
HOPEline
is dedicated
In Loving Memory of
Richard "Papa"
Kriesel

By Bob & Pat Kriesel

On those days when you miss someone the most... As though your memories are sharp enough to slice

through skin & bones, remember how they loved you. Remember how they loved you and do that for yourself. In their name, in their honor... love yourself, as they loved you. They would like that. On those days when you miss someone the most, love yourself harder.



Donna Ashworth

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Share Your Story ~ Underwriting Opportunity

Each month, HOPELine is sent to 1,200 families throughout Central New York and beyond. If you would like to underwrite HOPELine for a specific month, please contact Pat Kriesel at HOPE at 315-475-HOPE (4673). The cost is \$450 and funds 100% of the newsletter expense for a month. Underwriting includes a special dedication to your loved one and 10 copies of the newsletter to share with friends and family.

Thank you for supporting HOPELine!



News & Announcements from HOPE



From the Executive Director

Winter, with its cold and barren landscapes, mirrors the internal struggles faced by those mourning the death of a loved one. Just as the frosty winds bite at the skin, grief can penetrate the heart with its sharp ache. HOPE for Bereaved proudly serves as a comforting sanctuary, offering support and understanding during this metaphorical winter of emotions. Through counseling, support groups, and a range of resources, we help individuals navigate the icy terrain of grief, fostering resilience and the belief that, even in the darkest winter, seeds of HOPE can find a way to bloom.

~Kelly Ocampo



**March 11th
5 - 8 PM**

*Harvey's Beer Garden
& music by Patrick Young*

Join HOPE at Harvey's (1200 East Water St in Syracuse) for a night of music, local brews, and raffles. 30% of overall sales that evening will be donated back to HOPE. Staff and volunteers from HOPE will be there to discuss our life-changing services.

Interested in volunteering? - visit our website!

- ♥ Photography and Videography
- ♥ Creative Writing / Grant Writing
- ♥ Marketing / Social Media
- ♥ Host a fundraiser
- ♥ Donate items, baskets, or services
- ♥ Computer / Tech Support
- ♥ Administrative Assistance
- ♥ Mailings
- ♥ Counseling & Facilitating Support Groups
- ♥ Housekeeping / Yardwork
- ♥ Or one of our many fundraising events throughout the year!



BUTTERFLY GARDEN UPDATES

PRICE CHANGE EFFECTIVE 1.1.24: Due to rising costs of materials, we are raising the price of picture bricks from \$300 to \$325. These beautiful bricks are placed in a special area at the Butterfly Garden and are a wonderful tribute to your loved one.



NEW GARDEN SPONSOR: We are excited to announce **EXCELLUS BCBS** as the 2024 Butterfly Garden of HOPE sponsor! Excellus BCBS has sponsored the garden in the past and their wonderful employees have worked with Kathy, our garden coordinator, to open and maintain the garden throughout the years. We are thrilled to continue our relationship!



*Can you imagine a
future without HOPE?*

Donate today to keep our services free of charge to the community!



RE-GIFT TO HOPE

If you received holiday gifts that you don't want, need, or like, please re-gift those **new & non-perishable** items to HOPE. We will use them for our silent auction at our **2024 Celebration of HOPE!**



Creating New Memories

By Marianne Angelillo

I woke to a beautiful day and decided to bike by myself with I pod to entertain me. I wanted a song list to listen to so carefully selected about 15 songs. I saw the new Dave Matthews album and thought it would be safe music. Old Dirt Road, American Baby and Dream Girl all were songs, which reminded me of my daughter Lindsay, and our road trips to visit family in New Jersey this summer. Ouch... "Homesick:" by Mercy Me and "I Can Only Imagine" which I had used for Matthew's slideshow last summer caused intense pain. Alan Jackson, Toby Keith, ouch again...they all remind me of my music videos of family vacations in 2003. They were the last CD's I had burned for Matthew. Oh, the songs on my Mexico list will work because they remind me of our wonderful family reunion this past July.

I finally got on my bike and blasted my safe song list. It felt good. It was a beautiful day and I was celebrating a great weekend photographing a triathlon in Skaneateles. My thoughts turned to Matthew and the idea for this writing piece came to mind. One year ago my memory bank caused intense suffering. Every thought I had revolved around my life including my beloved son Matthew. I saw his Honda sitting in the driveway, his empty bed in his room, his football and lacrosse equipment in the garage, and then a host of his friends gathered down the street at Corsello's or Haggerty's. My daily thoughts processed my life which all included Matthew. He was my son for 17 years and he had lived in my home by my side forever. I fed him, clothed him, taught him, and loved him. I watched his every move in my life. He was my memory bank and all that I knew. His place at my table, his face in my family photos and videos, his laugh and smile, were all apart of my last 17 years on this earth. So, no wonder the pain is so intense and so difficult to steer from. Every memory I had on the morning of June 20 th , 2004 included him.

I realized on my bike that beautiful morning why I am feeling better after one devastating year. My mind can now process new memories, which no longer include Matthew. It's ok for my mind to wander to the events of this year some of which were new happy times to celebrate. I spent wonderful long weekends with family and friends. There was a trip to Saratoga to the race-tracks, a wonderful family gathering at Savannah, beautiful days on the lake and many photos and videos all created in the last 14 months. I have new music to listen to, new recipes to cook, and even a new neighbor to chat with. Yes, my memory bank has gotten bigger and includes new memories of events, people, and places, which do not all include my beautiful son Matthew. However, many of them include people I love and cherish. They are the bright new spots for me to reflect on and appreciate. The thought processes are not all so terribly painful and difficult. My mind is healing and my heart is mending. I guess that is why many talk of that difficult excruciating first year. It's now the second year. My husband's birthday this year was not the first birthday without Matt. He was not here last year and we chose not to celebrate at all, but this year we did and now next year we can reflect on this year's dinner, cake and friends who helped celebrate. It's a new year and not the first anymore for everything.

Yes, I miss Matt terribly and ache for our loss, but one year ago I was not sure life was worth living without my son. The pain was so severe I counted the minutes until each day would pass. Therese promised me in that first very painful but productive meeting that the grief would soften. I can now look back on the last 14 months and offer others hope that the pain does soften over time. The memory bank gets new life and new thoughts, you change, and your heart becomes enlarged for all those who suffer. I will always love my son and will always have his presence in my heart and mind, but I know it's ok to carry on.

When a Parent Dies: Challenges for Adult Children

At a recent conference bookstore there were several books that spoke eloquently about what it feels like to lose a parent. The books were good, but the tears were all borne by young children.

I am an adult, in my 50s, and both of my parents have died. I miss them terribly, and still have days of weeping (even after seven years). They are a vital part of my life and story, still and always, and death can never take that, or them, away.

Yet it still can be very hard for us, and we are a very large group of people. It did not comfort me to be told, "Your folks are in a better place now." They may well be, but they were in good care with me and I really miss them. Others would offer, "Their suffering is over. Cheer up." Yes, my parents both suffered in their dying, but my suffering continues. My parents have died. I am the older generation now, and my story and life have been rewritten by their deaths.

This is the world of adult children grieving the death of a parent: Here are some suggestions:

1) Don't let others diminish your story, your feelings or your need to grieve. Even the well-intended can make things more difficult for us. Their age (or mine) doesn't lessen my right or need to grieve. Don't let others lessen it, either.

2) As our parents live longer, many times they "die harder". Their needs, and their growing dependence on you, probably has worn you down and also stressed and strained your marriage and your family. All of you need to grieve, and you should welcome the time for healing and regrouping with your marriage (if applicable) and family.

3) Many times we still view our parents through the "wonderful world of kids". As we unfold the memories, and often tend to very traumatic tasks (like clearing out the house, dealing with an estate, taking care of the pages upon pages of medical bills), we may see our parents a little differently. Claim and protect the memories that you need and deserve.

4) For some of you there are memories, but they aren't pleasant. Some of you may see the death of a parent as the closing of a long, dark, and painful experience. This "closure" may be a welcomed peace, but it often is a time out as we regroup and look deeper into our story. There is grief for what was, grief for what wasn't, and grief for what should have been. You 1 may need special care, and deserve the best. Your hospice team (if you had one) will know the right people to talk to.

"I Remember Mama" was a television show from a long time ago. It was a weekly trip down nostalgia lane. Your parent(s) has died. You are on a different trip. Respect your story. Claim your feelings. Commit to healing.

(Reverend Dr. Richard Gilbert, Executive Director, The Wor1d Pastoral Care Center and author of *Finding Your Way After Your Parent Dies: Hope for Adult Children*.)

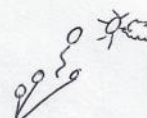
















Hope
For
YOUTH



2/2024

Dear Friends,

The death of our loved one  brings about many feelings.  Perhaps the feeling many of us have most often on our grief journey is  SAD . We are sad because we miss our loved one . We wish we could still see them , talk to them , and do things with them.  When we are sad, we may not want to do much , we might eat more  (or less), we might want to be left alone , and of course, we may cry  more. While it is O.K. to feel this way as we go through our grief journey,  it is important that we talk to others about our sadness. We must share our pain  so we can move on in our grief!
LOVE, MARK 



HOPE
for
Teens & Adolescents



Dear Friends,

Vol 2 #11 2/2024

The weather at this time of year is often experienced as bleak and dreary. It seems that many people are “down” after the holidays, and get tired of the cold days that are short on sunlight. For those of us in grief, these dark periods of winter may seem to match our mood. We wait for longer daylight that brings warmth and pleasant feelings. Similarly, as we endure the process of grief, we look forward to brighter times when life might become less painful. The irony is that the gloomy weather may provide a type of validation for how we feel! Of course, we need to keep in mind that these days pass, and better times lie ahead!

Sometimes this period of the calendar is referred to as the “dead of winter”, since it appears that the leafless trees and most plant life is dormant. Many animals hibernate or stay in their habitats with minimal movement. It may seem like little or nothing is happening in nature. However, this can’t be further from the truth! In fact, beneath the surface, plant and animal life is continuously preparing for the upcoming warmth of springtime when new growth and life is readily visible in abundance. This provides a useful metaphor for our journey through grief. There may be periods when we feel stagnant, or even frozen, in our feelings and mourning process. However, internally we may be preparing ourselves for change, growth, and moving forward on the road to healing!

Take Care
-Mark

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

Valentine's Day

Another holiday looms on the horizon. There are ads on TV and in the paper suggesting thoughtful ways to remember your valentine... if only we could. After a loved one dies you may dread the day.

It may help to make plans to honor your loved one in a special way — light a candle and place it with a flower near your loved one's picture... spend the day or dinner with an understanding friend... donate to a food bank in their memory... volunteer to serve a meal to the homeless... visit a nursing home... find a peaceful place to talk to your loved one, tell them you love them and ask their help on this special day.



Remember not only what you lost but let your heart be warmed also by what you had.

**IMPORTANT
NOTICE**

Changes to HOPE's Support Groups, effective February 1st:

Death by Drug Overdose will be held only on the 3rd Tuesday
Survivors of Suicide will be held only on the 2nd Wednesday

SUPPORT GROUP MEETINGS

**All groups are 6:30 to 8:30 PM unless otherwise noted*

3rd Tues. | Feb. 20th - Death By Drug Overdose

1st Wed. | Feb. 7th - Widows/Widowers, Engaged & Significant Others

2nd Tues. | Feb. 13th - Family & Friends

2nd Wed. | Feb. 14th - Survivors of Suicide

3rd Wed. | Feb. 21st - Bereaved Parents (Death of all ages, infant, newborn, & miscarriage)

3rd Wed | Feb. 21st. - Senior Widows/Widowers *10AM to 12PM

Meetings are held in-person at the
Center of HOPE
4500 Onondaga Blvd. in Syracuse
and through Zoom.

One-on-one counseling is available. Call us at 315-475-HOPE (4673) for an appointment. Counseling can be done in person, by phone, or over Zoom.

There is **no charge** for counseling, but donations are always welcomed.

If you would like to help collate the HOPEline newsletter & spend time with friends it is held on the 3rd Tuesday of each month, 9am to 11am



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FEBRUARY 2024

**Grief is like a snowflake.
Sometimes it comes one flake at a time;
other times, it comes like a blizzard.
It melts away, but it always comes back.
Just as each snowflake is unique,
each person experiences grief
in their own unique way.**

~ Julia Cook