



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.

In loving memory of our dear parents
Donald Edmonston (September 25, 1942 - November 16, 2018) & Linda Edmonston (December 2, 1946 - November 25, 2019)



who exemplified resilience and selflessness. They taught us the dignity of hard work and sacrifice, tirelessly striving to provide us with opportunities they never had. Their dedication to our well-being, and to each other, remains an enduring legacy. Forever cherished, their spirit lives on in the values they instilled in us and in the love they shared.

***Your Loving Children,
Dennis, Doug, Kim, Kris, & Kelly***

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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 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

As we march into spring, our team is gearing up for fundraising season! Our fundraisers are integral in supporting our mission, so be sure to **SAVE THE DATES** on your calendar! We're also thrilled to announce the launch of our volunteer orientation and training program, designed to equip volunteers with the skills and knowledge needed to make a meaningful impact. If you're passionate about our cause and eager to get involved, we invite you to join us! Whether you can spare a few hours or commit to a regular schedule, your time and dedication are invaluable. Contact **Roxanne** to learn more about how you can become a vital part of our volunteer team and make a difference in the lives of those we serve. As always, many thanks.

Kelly Ocampo



**March 11th
5 - 8 PM**

*Harvey's 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. 50% 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!



Upcoming Fundraisers

Tuesday, May 7th
Delmonicos Dine & Donate

Monday, June 24th
Golf Tournament of HOPE

Saturday, August 3rd
Remembrance Run/Walk for HOPE

Friday, October 18th or 25th
Celebration of HOPE




SUPPORT GROUPS ON ZOOM

There will be 1 link provided for all support groups instead of separate links for each. **Check our website for the updated link.**

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!**



PEDALING WITH GRIEF

By: Jen Charrette

After the death of my son, most people expected me to hide away in bed for months, maybe years. I was bombarded by well-meaning people giving me the names of PTSD experts, camps for grieving parents, personal yoga sessions. The list goes on. None of that was for me. I needed my bike!



My bike has been on this journey with me since the beginning. Cycling has been my passion for years, but I never realized how much I needed cycling and how much peace and strength it gave me until grief came along. At first it was merely a way to get back outside and ride with my older son and husband. We would go mountain or road biking at an easy pace and just be. Time where my son could just be a kid again and not have to worry about the death of his brother. A place where he could connect with nature and get out any pent-up energy or emotions.

Next, cycling was an outlet to go as hard as I could, an outlet for my anger. Even though I wasn't in shape anymore, it felt great to dig deep into my physical body. To know I was still alive, maybe to even try and feel some of the pain my son had felt before he died. In those early days when I was pushing my body I would get a surge of massive energy. It was an almost unreal push to go harder, and my body would respond. I felt like my son's energy was there helping me along, watching my journey, and giving me strength.

Then cycling became a place where I could go to calm my mind and be present in the exact moment. Every pedal stroke is a chance to forget my worries and blend into the environment. Think about my breath, connect with nature, and even experience the pain pushing without any negative emotions. To be mindful in motion.

When I'm in a challenging climb that lasts for more than 15 minutes, I naturally fall into mindfulness. I can hear my breath and focus on it. My bike starts to blend into the terrain like it's part of the earth. My mind is focused and calm.

And when it's time for the descent I have an opportunity for more focus and calm. There is no time to think about grief when you are going downhill with traffic or mountain biking on a fun or challenging trail. I experience the flow, or as some like to call it, "being in the zone." Being in the zone is a great place to set grief aside - if only for a minute.

Today my bike plays all these roles for me. Cycling is a place where I can connect my mind, body and spirit. I need it as much as I need food and water or as much as others need daily grief counseling.

Article printed from Hello Grief: <http://www.hellogrief.org>

Time to “spring clean” your grief

By: Megan Meade-Higgins, LMSW



Winter is finally almost over! Trees are budding, animals are coming out of hibernation- even people are “thawing out” after the long, cold days of winter. It’s time to get ready for spring!



AFTER A LOSS

The death of a loved one can feel like the bitter days of winter. You go into hibernation, and turn inside yourself to cope with your pain and sorrow. It may be months before you pick your head up and look around and realize you’ve been immersed in your grief for so long that you’ve tuned out everything else- your family, your friends, even the change of seasons. You can only just now start to look around and move a little more outside yourself. This is what I call the heart and soul’s “spring awakening.” It is the time in your grief journey when your heart and soul begin to “bud” with little shoots of hope- where you can recall your loved one’s death and still feel sorrow, but you also begin to remember the joy of your relationship.

“SPRING CLEANING” YOUR HEART AND SOUL

You will feel a momentum inside you when it is time to start “spring cleaning” your grief. Many people in your life may think they know when it’s best for you to start this process. Friends and family may tell you to “get over it and move on,” often before you are ready. But only you will know when the time is right. Respect your own timeline for grief; it will be different from everyone else’s.

One suggestion for everyone, however: **DO NOT DO ANYTHING DRASTIC FOR ONE YEAR.** The first year after a loved one dies is full of “firsts:” first holidays, birthdays, anniversaries, etc. Your loved one’s death is often too new and the grief too overwhelming for you to make any major decisions such as moving, changing careers or beginning new relationships. Let yourself ease back into life. How you feel right after a death and how you will feel in a year will be different. Commit to the one-year rule, and when that is over, take a deep breath and take stock of your life. Where are you now?

THE “STUFF” DOES NOT EQUAL THE PERSON

When you are ready to begin to “spring clean” your grief, you will begin to go through your loved one’s “stuff,” clothes, belongings, etc. It will be a sort of “life in review” for you. As you look through those papers and clothes and files and personal items, the things they loved and used and cherished, don’t be surprised if it opens up the sadness all over again. The intensity of this grief may take you by surprise, like an unexpected snow in April. This is normal! Remember: as you go through their belongings, you are NOT giving away the person; you are only giving away and throwing out the stuff. You can never give them away; your love for them will always be with you and comfort you. It is actually very healthy for you to reminisce and cry and daydream of your loved one. While you are literally cleaning out your house, you are also cleaning out your heart and soul... and that is healing.

“SPRING CLEANING” TIPS

One really great way to do this “spring cleaning” is with someone who loves you and understands this bittersweet time. Reminisce about your loved one. As you go through their belongings, tell stories of the life you shared with that person.

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







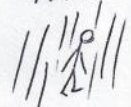








Hope
For
Youth



3-2024

Dear Friends,

We deal with many, difficult feelings    
on our grief journey.  It is important to know
 that it is O.K. to have these feelings. We must
let these feelings go through us  instead
of trying to avoid them. If we don't  allow
our feelings to happen, we might feel "stuck". 
Not letting ourselves feel grief can lead to bigger
problems, like depression, bitterness, and feeling
all alone.  So my friends, it is very important
to reach out  to people and talk  about
our feelings, and allow others to HELP us through
the tough times.  Then, we can grow  stronger! 
LOVE, MARK 



Dear Friends,

Vol 2 #12 3/2024

*Why do we grieve? Our grief journey is often unpleasant and difficult, but it is a very necessary part of our growth. Since our loved one died, we search for ways to live a decent life without them. This redefinition of who we are (and become) is what helps us to adjust and move on. Inability to go through this process results in **unresolved grief**. Most, if not all, people carry some unresolved grief in their lifetimes. The issues may have to do with death, but it could also result from a myriad of difficult life events such as divorce, breakups and separations, hurtful feelings, and countless other occurrences that are painful. Memories of the past that continue to cause us distress can likely be attributed to unresolved grief.*

If we avoid dealing with our grief, we will eventually become stuck in those feelings and issues. For example, if we are entrenched in anger, we may resent certain situations that remind us of our loved one's death. We may or may not be aware that this feeling arises from unresolved grief. For some, this can lead to moments where we are agitated and/or lash out; we may not understand why and when this occurs. This can lead to a number of problems with other people, all due to not addressing our grief properly. However, choosing to lean into our grief will result in working through those painful issues, and help us to find ways to cope. In so doing, we will develop skills to move on, and find places of relief and growth, leading to healthier lifestyles.

Take Care -Mark

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

There is comfort in the shared joy and sadness this task will bring. Sometimes, knowing you are helping others can relieve some of the grief you are feeling. Many people give away some of the stuff they clean out to charities so that the gift of your loved one's life can go on. Keep your most treasured, favorite items to celebrate the life of the person who has died, and if you want, display them proudly!

Time by yourself can often be good for "spring cleaning" your heart and soul, too. Alone time gives you the chance to reflect on your life with your loved one, and to start thinking about where you are headed. Lots of people will tell you it will take time, but you'll get "back to normal." A very important thing to understand about losing a loved one is that you will never be "back to normal." Things can never be exactly the same as when your loved one was alive. Instead, you will have to go on without that person physically in your life and create a "new" normal. Your loved one will always be with you, but now, it will be in a different way as you learn to live in the world without them there. How will it all turn out? No one knows... you cannot control the future or plan too far in advance. Make small changes, lean on your friends and family for support, and take it one step at a time. You CAN do it.

SEASONS CHANGE, BUT LOVE NEVER DIES

The death of a loved one is devastating. But death and loss are NOT the final word. Seasons change, and with death, relationships change, too. But in the circle of life, spring always follows winter, and new life grows from the greatest despair and loss. Embrace your pain, and when you are ready, do some "spring cleaning" and start letting it go. Your emptiness will be filled with new gifts and ways of loving.

Megan Meade-Higgins is a Licensed Master of Social Work (LMSW) specializing in bereavement issues and grief management. Megan has worked over the last five years with many people coping with loss in their lives, particularly in the field of hospice care.



SUPPORT GROUP MEETINGS

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

1st Wed. | Mar. 6th - Widows/Widowers, Engaged &
Significant Others

2nd Tues. | Mar. 12th - Family & Friends

2nd Wed. | Mar. 13th - Survivors of Suicide

3rd Tues. | Mar. 19th - Death By Drug Overdose

3rd Wed. | Mar. 20th - Bereaved Parents (Death of all ages,
infant, newborn, & miscarriage)

3rd Wed | Mar. 20th. - 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.



Non-Profit Org.
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4500 Onondaga Blvd.
Syracuse, NY 13219
Electronic Service Requested



MARCH 2024

Hope

is the clear window that allows light
and new possibilities to shine through.

Kind gestures, words, and love
open those windows.

Like warm sun, hope can
bring us back to life.

Be someone's window.

Margaret B. Moss

Gemma Evans Photo - unsplash