



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**



### In loving memory of

**Teresa, Jasmine, Alexis, Lena, Carino, Alyssa and Tyler**

May 29, 2013 changed not only my life but the lives of 4 families in total. That day we lost 7 loved ones at once. Although it's painful, the song by Kenny Chesney *Who'd You be Today* mocks my life. There isn't a day that goes by that I don't wonder who they'd be today.

I've come to refer to them all as **Our Seven Wonders**. I want their families to know there is not a DAY that goes by that I don't think of them all.

I'm no different than anyone else who has lost a loved one. There were days at the beginning when I had to make a conscious decision as to whether I was going to continue on this painful journey or not.

Don't get me wrong - my family was amazing and if it weren't for them I'm not sure what life would have looked like. I was extra blessed to have an amazing work family (Carrols Corporation) as well. But still, I felt like no one really understood what I was going through. I had lost my 2 grandchildren and their mother - who I considered a daughter. Not only was I navigating the grief waters of losing a grandchild, but I was also feeling like a failure because as a parent I couldn't fix this for my own son. The guilt of what I did and didn't do on the day of the accident and afterward still haunt me some.

My "work sister" Shari said she watched me turn into someone she really didn't know anymore, and it was killing her, but she didn't know how to help. Somehow, she had heard about HOPE and she led me by the hand to my first *Coping with the Holidays*. It was then that I realized they had the same feelings and anxieties I was having.

I started my journey of healing that night with HOPE for the Bereaved.

Without the love of my own family, my work family and HOPE family, I'm not sure where I'd be today. I'm grateful for each of them.  
-Dianne Decarlo

### 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!**

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## From the Executive Director

To my fellow community members:

In the wake of the tragic loss of two officers in the line of duty last month, let us collectively pause to pay homage to their bravery, dedication, and sacrifice.

The memories of **Syracuse police officer Michael Jensen** and **Onondaga County Sheriff's Office Lt. Michael Hoosock** will persist because their family, friends, colleagues, and community will not forget them.

As we navigate this period of shared grief, let us unite as a community and draw strength from one another. Our collective empathy will serve as a guide through the process of healing as a community.

In honoring Michael Hoosock and Michael Jensen, let us reaffirm our commitment to a culture of unity within our community. By standing shoulder to shoulder, we can navigate the grief journey together with grace, compassion, and unwavering determination.

With deepest condolences and heartfelt solidarity,  
*Kelly Ocampo and the HOPE for Bereaved family*



## The History of Mothers Day It is not just a Hallmark made up holiday

There is no missing that Mother's Day is approaching the stores are filled with gift ideas, commercials are promoting flower sales, even the restaurants advertise special Mother's Day brunch. It is an American holiday widely celebrated. Sadly, for some Mother's Day is being anticipated with dread. For mothers who have lost a child the day is always missing someone. For those who have lost a mother it is similarly empty. It is easy to begin to resent a day that seems to be set apart from others for no other reason but to fill the coffers of stores and restaurants. Mother's Day has a much more meaningful history than that of a commercial holiday. It began after the Civil War by women who had lost their sons in battle. It was originally a protest of extensive loss of life during the war. Julia Ward Howe the author of "The Battle Hymn of the Republic", wrote the original Mother's Day proclamation.

**Arise, then, women of this day! Arise all women who have hearts, whether our baptism be that of water or of fears! Say firmly: "We will not have great questions decided by irrelevant agencies. Our husbands shall not come to us, reeking with carnage, for caresses and applause. Our sons shall not be taken from us to unlearn all that we have been able to teach them of charity, mercy and patience. We women of one country will be too tender of those of another country to allow our sons to be trained to injure theirs. From the bosom of the devastated earth a voice goes up with our own. It says "Disarm, Disarm! The sword of murder is not the balance of justice." Blood does not wipe our dishonor nor violence indicate possession. As men have often forsaken the plow and the anvil at the summons of war, let women now leave all that may be left of home for a great and earnest day of counsel. Let them meet first, as women, to bewail and commemorate the dead. Let them then solemnly take counsel with each other as to the means whereby the great human family can live in peace, each bearing after their own time the sacred impress, not of Caesar, but of God. In the name of womanhood and of humanity, I earnestly ask that a general congress of women without limit of nationality may be appointed and held at some place deemed most convenient and at the earliest period consistent with its objects, to promote the alliance of the different nationalities, the amicable settlement of international questions, the great and general interests of peace. --Julia Ward Howe Boston 1870**

With her proclamation, published in Boston in 1870, she called for an international Mother's Day celebrating peace and motherhood. The day has changed dates and had different supporters along the way and in 1914 President Woodrow Wilson signed it into national holiday, the second Sunday in May became Mother's Day. There has been a lot of controversy over the commercialism of the holiday with much meaning being given to the giving of gifts. Florists, card stores and restaurants have flourished. But what about those who have lost children or lost their mothers? Hallmark does not make a card to remember a mother who has died or to bring comfort to a mother whose child has died, but that should not stop us from celebrating the day with those who are missing someone.

Mother's Day is more than flowers, gifts and brunch. It celebrates the strength, love and patience that mothers give freely to their children. We miss the moms who are not here and we miss the children who are not with us, but celebrating motherhood in whatever way feels right is celebrating one of the things that is special and sacred. It doesn't have to be done with fanfare or expense; it can be done quietly even privately. When our mothers have died we still very much have them in our hearts and we celebrate who they are to us. When our children have died we celebrate our giving them life even if it was just for a moment and we celebrate the love that continues. Celebrate what Mother's Day was meant to be a celebration of love and peace. We all have that no matter who is physically present.



Tanya Lord was a special education teacher when Noah died. After his death she read The Institute of Medicine's report To Err Is Human and realized that the errors responsible for her son's death were not unique. This created a desire and determination to better understand and work towards improving health care. Currently she has completed a master's degree in public health and a PhD in clinical and population health research and is completing a post-doctoral fellowship.

Lord shares her personal and professional experiences in presentations and workshops for medical staff and students focusing on the importance of effective communication with patients before and after an error. She also is a co-founder of The Grief Toolbox ([www.thegrieftoolbox.com](http://www.thegrieftoolbox.com)), which offers tools to help those along the grief journey.

Thank you to **The Grief Toolbox** for permission to use this article.

# GRIEF IS LOVE, JOY IS LOVE

BY JUDY LIPSON

What words come to mind when we think of love? I think of emotion, devotion, adoration, and respect. Each person may have their own unique definition of love. I want to speak about love in grief and love in joy, two powerful feelings, and how I came to realize love is the connection to both.

For years, the dichotomy in my brain never allowed me to witness the symmetry of grief and joy, and find a place in my heart for both.

## GRIEF IS DEEP

Losing my cherished sisters Margie and Jane forever changed me. I felt a hole in my heart. Because of the intense love I felt for Margie and Jane, the feeling of grief is deep.

When I held my three precious grandchildren for the first time, I didn't want to allow myself the freedom to experience joy. How can I allow myself to feel joy? The love and intense joy I experienced the instant I saw each grandchild, changed my feelings.

With the birth of Benji, Jake, and Madelyn, born in the past four years, I looked into their bright eyes, my heart bubbled over with happiness; a new life, a new beginning, and a new legacy. Their eyes met mine, I melted, and their births forever changed me. My heart hurt missing Margie and Jane, wanting them beside me. Love is the common denominator. I may have joy and grief surrounded by love.

## GRIEF AND JOY MERGE IN LOVE

The cycle connected by hearts meaning love, and to my beloved sister Margie. Margie adored hearts. Every piece of her connected to hearts in how she signed a card, in mementos she chose from travel, her many pieces of heart jewelry, and most importantly her warm, generous heart.

Cherished memories of my sisters and I buying the packaged Valentine's in the red box with a see-through heart displaying tiny cards to distribute to our classmates along with the sugary sweetheart candies. We brought our valentines home in a brown bag and excitedly opened them together at the kitchen table. Margie liked the red-hot heart candies, Jane the sweethearts, I liked both. Chocolates and flowers were the norm, and today the stores chocked full of heart merchandise from clothing, mugs, and candles.

I recently attended a concert of the music of Burt Bacharach. I was struck by one of his songs, "What the World Needs Now Is Love." Love is the center of many emotions, a commonality, and how we merge our grief and joy, allowing our hearts space for both.

I hope that wherever you are, whatever your circumstances, you have a piece of love in your heart for someone or something special to you.

## JUDY LIPSON

I am a sister who sadly lost both my sisters. I lost my younger beloved sister Jane died at age 22 in an automobile accident in 1981, and my older beloved sister Margie passed away at age 35 after a 20-year battle with anorexia and bulimia in 1990. I am the sole surviving sibling. As the Founder and Chair of "Celebration of Sisters," this annual ice skating fundraiser honors and commemorates the lives and memories of my beloved sisters to benefit Massachusetts General Hospital in Boston, MA. Judy writes article for **Open to Hope**.














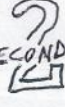




Hope  
For  
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


5/2024

Dear Friends,

Springtime is here! We feel warm days  with cool breezes that feel so refreshing after the dark days of winter . Even though we feel the heaviness of our grief (as we miss our loved one who died ) , we might also feel some JOY as we experience the new growth  and new life  that the season brings.

Is it O.K. to feel happy or content after the death of our loved one?  Of course it is!!!  FIRST of all, we can't help how we feel; feelings     come and go.  SECONDLY, We can feel happy and sad (or angry) at the same time  . And we know  that our loved one wants us to be joyful and happy! 

Love, Mark 



**for  
Teens & Adolescents**



Dear Friends,

Vol 3 #2 5/2024

*The warm days of Spring have arrived. All around us are signs of new life, as we see flowers and grass growing, the buds on the trees sprout into leaves, various animals awake from hibernation with babies in tow, and eggs break open with their hatchlings. We step outside, and notice a freshness in the cool breeze, as though nature has gone through a wash cycle, and is pristine and clean again.*

*This is a good time to slow down (or stop) and take stock of our feelings in grief. How does the early Springtime make me feel? Do I have a renewed hope as I see more people out and about, enjoying the nicer weather? Do I have a sense of relief as we survived another cold winter? Or do these days cause me to feel even worse, as I am sad and/or angry that I can't share the improving weather with my deceased loved one? Perhaps I have a mix of feelings; I can enjoy the nice days of early Spring, and yet simultaneously feel the pain of missing my loved one more acutely. The complex range of emotions I feel in grief can lend to confusion and/or uncertainty! Friends, our journey through grief can reflect the Spring weather. One day can be cool and cloudy, rainy and stormy, and the next day will be warm and sunny. And some days will have a wide range of weather.*

*As we navigate the storms of our grief, know that the future will eventually bring calm and tranquil periods as we grow closer to our deceased loved one!*

*Take Care -Mark*

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

2024  
Tournament of  
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HOPE FOR BEREAVED

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A CREATIVE GARDENING WORKSHOP  
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May 19, 2-4 PM 4500 Onondaga Blvd. Syracuse, NY

Sign up on our website!

Sign up for the **Tournament of HOPE** and the **Remembrance Run/Walk for HOPE** by visiting our website: [hopeforbereaved.com/events](http://hopeforbereaved.com/events)

REMEMBRANCE  
RUN/WALK FOR  
**HOPE**

August 3, 2024  
Liverpool, New York



[hopeforbereaved.com](http://hopeforbereaved.com)  
All proceeds from the event support HOPE For Bereaved.



presented by



We are accepting orders for 8x8 photo bricks. The bricks come with 4 lines and a permanently affixed raised tile with a photo of your loved one. The cost is \$325. You may also purchase a symbol for an additional \$25 and/or up to 2 extra lines for \$15 each. The space is limited so we urge you to reserve a spot by contacting Kim at 315-475-4673 or [kbermel@hopeforbereaved.com](mailto:kbermel@hopeforbereaved.com)

Come visit HOPE's table at the Food Truck Battle on May 10th and 11th at the NYS Fairgrounds!

**FOOD TRUCK BATTLE** The Largest Gathering of Food Trucks in CNY History!

**SUPPORT GROUP MEETINGS**  
\*All groups are 6:30 to 8:30 PM unless otherwise noted

1st Wed. | May 1st - Widows/Widowers, Engaged & Significant Others

2nd Tues. | May 14th - Family & Friends

2nd Wed. | May 8th - Survivors of Suicide

3rd Tues. | May 21st - Death By Drug Overdose

3rd Wed. | May 15th - Bereaved Parents (Death of all ages, infant, newborn, & miscarriage)

3rd Wed | May 15th. - 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.



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**MAY 2024**



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4:30 p.m. to Close

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For more information call 315-475-9675



Magician Shaun Robison  
Caricatures by JP Crangle

**Joan Rivers look-a-like on the red carpet**      **Drawings include \$50 Delmonico's gift certificate every half hour**  
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