



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).**

How Grieving Parents Can Take Care of Themselves

By Robin Fiorelli

Take time for themselves to sort out their own concerns, doubts and fears. It is hard for an adult to be reassuring to a child when he or she has unresolved fears.

Take care of their physical health—rest, eat right, exercise moderately and avoid alcohol and drugs.

Keep a grief journal, read books about grief and join a bereavement support group. Many grief experts also suggest waiting to make any major life decisions.

Take people up on their offers of help and support. Relatives and friends can run errands, take care of the children or assist with the final arrangements. It is important for the adult not to become isolated.

Allow the child to care about them, as long as the child doesn't become consumed with care.

Have someone with whom they can share the responsibility of providing emotional grief support to the child.



This edition of the **HOPEline** newsletter pays tribute to fathers who have died, those who are still with us, and all the fathers who are grieving .

May your families cherish and commemorate you with love and cherished memories.

Share Your Story

Each month, HOPEline is sent to more than 1,200 families throughout Central New York and beyond. If you would like to underwrite HOPEline for a specific month, please contact HOPE at 315-475-4673. 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

As we enter the month of June, I am filled with gratitude and excitement for the connections we're fostering in our community.

On behalf of everyone at HOPE, I first want to extend a heartfelt **THANK YOU** to Delmonico's Steakhouse for having us as the beneficiaries of their 26th anniversary party on May 7th. Your ongoing generosity and support are invaluable to us, and we are deeply grateful for your partnership in our mission. Thank you to everyone who joined us for dinner or ordered takeout - we are thrilled to announce we broke last year's record!

In May, we also had the privilege of participating in the *Healthy Kids Day* at the YMCA in Liverpool. It was a fantastic opportunity to engage with children and families through play, spreading awareness about the importance of maintaining healthy minds after experiencing the loss of a loved one.

Additionally, our presence at the NYS Fairgrounds during the Food Truck Battle event allowed us to connect with even more community members. We had the chance to share information about our work and provide resources to those in need.

Lastly, I want to express my appreciation for the beautiful painting gifted to us by Wendy Harris. The chosen painting reminds me of our mission - that even on the cloudiest day, and even if you cannot see it, there is sun. Wendy, your thoughtful gesture serves as a reminder of the kindness and support that surrounds us in our endeavors.



Together, we've accomplished so much in the past month. The enthusiasm and engagement from our community is a testament to our mission and the positive impact we have on its members.

Continue to help us spread awareness and reach those who may benefit from our services by engaging with us on Facebook - follow and like our page, comment and like our posts, and share our announcements on your own page. I am confident that we will continue to make a positive impact in the lives of those grieving in CNY.



Warm regards,
Kelly Ocampo

FATHER'S DAY

By: Chuck DeKlyen

This month, families all over will be gathering to celebrate Fathers Day. Families might meet for a BBQ, go camping or even just pay a visit to spend time with their fathers. For many of us lucky enough to still have our fathers in our life this can seem like just another commercial holiday. But what about those whose father is no longer with them? Father's Day can be just another cruel reminder of their loss.

The loss of a father can be a devastating blow to any family and the holiday to honor him only gives your family one more day to realize how much you miss him. Many have found sharing memories of their father with other family members and close friends is a helpful way to assist their own grieving process. Taking the time to reflect with others, even though this might be painful, allows us to share and process the grief that we are feeling. If your family is gathering this year and you have experienced the loss of a father, try this constructive idea. Have the whole family create a memory box in honor of Dad.

Some creative ideas for remembering...

- ♥ *Compile those memories! What were your first memories of your father? What are you grateful for? Ask your siblings or others for their input. Write them down.*
- ♥ *Write a letter to your dad. Maybe recall a favorite time or a life lesson they left you with. Include the good and the bad. Fathers have a way of leaving a lasting impression on us!*
- ♥ *Invite all members of the family to share their memories. Be sure to include the children and grandchildren so they can form their own memories of your family.*
- ♥ *Create a personalized photo album in memory of your father. Family photos can help us remember and reflect when we are feeling down.*
- ♥ *Make a memory box so that you have a safe place to keep all these memories. This special box can be pulled out and cherished year-round on birthdays, family occasions and as younger family members grow up.*
- ♥ *If your family has not experienced an immediate loss, be mindful of those you know who have. Consider your friends or neighbors who might have lost a child or another member of their family too soon. It is a huge gesture for you to reach out to those you know who may no longer feel accepted or a part of this family holiday. There are many things that you can do to reach out to these individuals to make their day a little brighter.*

Father's Day can be a special day for celebrating and remembering our father, whether he is living or not. Take advantage of the day. It is my hope that you have the opportunity this year to use the holiday to take care of yourself and those around you, both immediate family and close friends. For more helpful tips on being mindful of those you care about checkout *Grandy's Cooking Tips from Tear Soup, a recipe for healing after loss*. - <http://www.griefwatch.com/tear-soup-cooking-tips>

Source: www.griefwatch.com





What Should I Expect as I Grieve?

By: Sonya Trueblood



Most of us are unprepared for the enormous grief response we may have to a major loss. Sometimes our expectations are unrealistic. More often than not, we receive insufficient assistance from society and even from our friends and family.

Our grief response varies depending on the meaning of our loss, our own personality characteristics, the type of death it was, the amount and quality of our social support, and our physical state in general.

Here are some things to consider as you go through your grief process:

1. Your grief may take longer than some people think it should—so go ahead and take as long as necessary for you.
2. Your grief may take more energy than you would have imagined.
3. Your grief may involve many personal changes and may continually develop.
4. Your grief may show itself in all spheres of your life—psychological, social, physical, spiritual.
5. Your grief may include unexpected feelings, such as anger, guilt, irritability, frustration, annoyance and fear.
6. You may grieve for things both symbolic and tangible—not just for the death alone.
7. You may grieve for what you have lost already, as well as for the hopes, dreams and plans you had for the future.
8. You may experience acute, unexpected surges of grief that may be triggered by certain dates, events or situations.
9. You may feel like you are going crazy.
10. You may be obsessed with the death and preoccupied with the deceased.
11. You may search for meaning and begin to question your religious or philosophical beliefs.
12. You may find yourself acting socially in ways that are different from before.
13. You may have physical reactions to grief that you did not expect.
14. You may feel confused about "who you are" and may experience low self-esteem.
15. You may have trouble thinking and making decisions.
16. You may find that your current loss has resurrected old feelings related to unresolved losses from the past.

These are just *some* of the reactions that mourners report after a significant loss. Your experience may be different and may include different reactions. The most important thing is that you know that these responses are *normal* and that sharing them with another can sometimes lessen their impact.

If you believe that you cannot "get over" your feelings of anger or guilt, or can't seem to stop crying, and if you think that professional assistance will help you feel better, you are probably right that it will. You should call your physician; mental health plan or employee assistance plan; a counselor or therapist; your minister, rabbi or other faith practitioner; or a bereavement professional at HOPE FOR BEREAVED.


















HOPE
FOR
YOUTH



6/2024

Dear Friends,

Outside my house, I see a robin building her nest.  She builds the nest slowly as she gathers twigs, grass, leaves, and even pieces of clay and dirt. She puts pieces together one at a time, like a puzzle . Sometimes, the wind may blow a part of the nest  off , or a piece simply falls to the ground.  But the robin perseveres, meaning she keeps at her task of building the nest one piece at a time. Through pleasant  and bad weather , the robin never gives up; she keeps going hour after hour , and day after day.  Eventually the nest is ready  as the robin prepares to lay her eggs and new life . Like the robin, may we stay on our grief journey and  never give up, as we find new ways to grow  and find new life.  LOVE, MARK 



**for
Teens & Adolescents**

Dear Friends,

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Our journey through grief is not a straight road; there are often twists and turns, with hills and valleys along the way. That is why it is difficult, if not impossible, to predict with any certainty how we will progress on our journey. We can't say for sure that we will feel better by a specific time, nor can we know when we will be "over" a given feeling in grief. Yet when we are experiencing the pain of grief, many of us want to know, and try to find, how long the various phases will take.

Grief can't be (nor should be) a predictable science. There are a number of reasons for this. Feelings are not logical; how we feel about things is simply part of who we are. (However, what we do with/about our feelings is a matter of choice; therefore we are able to rationally discuss ways to navigate through grief). Each grief journey is different since we are unique individuals, and experience things at our own pace. Barring harmful or destructive actions, there is no right or wrong way to express grief. We must each learn, discover, and grow at our own pace.

*Does this mean we are alone on our journey through grief? Of course not!!! Even though each person's path is different, **every journey** has feelings, issues, and tasks in **common**. As long as we understand that we don't all have to grieve in the exact same way, then there is room for us to **share** with each other. This way, we can learn from each other's grief journey, find things that are helpful to us, and grow from our collective experiences!*

Take Care -Mark

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

THANK YOU TO OUR 2024 RUN/WALK SPONSORS

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Sign up for the [Remembrance Run/Walk for HOPE](https://www.hopeforbereaved.com/events) by visiting our website:
[hopeforbereaved.com/events](https://www.hopeforbereaved.com/events)

Picture Bricks - Space Limited!

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



SUPPORT GROUP MEETINGS

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

1st Wed. | June 5th - Widows/Widowers, Engaged & Significant Others

2nd Tues. | June 11th - Family & Friends

2nd Wed. | June 12th - Survivors of Suicide

3rd Tues. | June 18th - Death By Drug Overdose

3rd Wed. | June 19th - Bereaved Parents (Death of all ages, infant, newborn, & miscarriage)

3rd Wed | June 19th. - 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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JUNE 2024

2024
Tournament of
HOPE
Presented by

ALZHEIMER'S ASSOCIATION
Central New York Chapter

ONEGROUP Sign up for the **Tournament of HOPE** by visiting our website: **hope-forbereaved.com/events**. You can also call or stop by HOPE to pick up a