

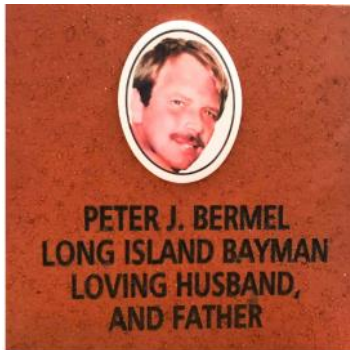


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HOPEline is a **monthly newsletter** of **HOPE FOR BEREAVED**, a nonprofit community organization providing hope, support and services for the bereaved. The **purpose** of **HOPEline** is to help those who have experienced the death of a loved one. 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 315-475-9675.**

Order a Picture Brick TODAY!

Space is 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**

315-475-4673 or
kbermel

@hopeforbereaved.com

Dedicated In Loving Memory of

John Kowalczyk Jr.

By his wife Kathy & Family



Although they have passed on, their memory forever stays. Remember how they smiled, and the joy they always gave.

We'll miss them all the time, and think of them every day.

Their love filled the world - a love that will never fade.

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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!**



Dear Friends of HOPE,

As we welcome the warm and sunny days of summer, I wish you all a season filled with safety, peace, and joy. It is a time for reflection, relaxation, and, of course, continuing our mission of supporting the bereaved. We are proud of so many things, that I'd like to highlight a few of them.

I am excited to announce the launch of our new support group, "Parents without Parents." This group aims to provide a compassionate space for parents who have lost their own parents, offering them the understanding and solidarity they need as they navigate parenthood without their own parents' guidance.

A heartfelt *thank you* goes out to the team from Excellus BCBS for their day of hard work at the Butterfly Garden of HOPE. Your efforts have brought new life and beauty to this special place of remembrance. As always, we are deeply grateful to Jim and Megan Sollecito of Sollecito Landscaping for their unwavering support and contributions to HOPE.

For the first time in our 31-year history of hosting the Golf Tournament of HOPE, we sold out teams more than two weeks in advance! A special thank you to everyone who attended and supported HOPE's mission through their generous financial contributions. This achievement would not have been possible without the dedicated volunteers who helped on the day of the event, and the entire committee who planned and executed the event. We are also immensely grateful to the Alzheimer's Association of CNY, our presenting sponsor, for their support. The success of this event is a testament to the community that surrounds HOPE.

Lastly, a big thank you to the volunteers from Community Bank who spent half a day with us to upcycle our old donation boxes into charming birdhouses. In years past, these boxes were used during Wrapsody, but will now grace our outdoor space at the Center of HOPE and the Butterfly Garden of HOPE and give shelter to our local bird friends.

As we move forward into this beautiful season, let us continue to support each other and those in need.



From Executive Director
Kelly Ocampo

With gratitude and warm wishes,

Kelly

7 TIPS FOR COPING WITH GRIEF IN THE SUMMER

By Cheri Milton, MST, Hospice Counselor

Summer in southern Wisconsin gives us so much to love: beautiful flowers, picnics, swimming, fishing, camping, baseball, festivals and many other warm-weather pleasures. But if you've recently lost someone you love, everything you used to enjoy about summer may be different.

Grief can be more intense in the summertime. Very often, bereaved people—including kids—find it hard to cope with sadness at a time when everyone else is out there having fun. Especially in the first year following a loss, people think, "The Fourth of July doesn't matter, the flowers don't matter. Everyone's celebrating but I feel like a downer. Summer doesn't matter because the person I love isn't here."

Some bereaved people tell me that in Wisconsin the nice seasons make grief harder, because they think they should feel happy in summer—but can't enjoy things that were fun in the past. They'll say, "Winter's easier because it matches the mood I'm in."

Here are some tips to help anyone who is struggling with grief in summer:

1. Know that for most people, grief is a common reaction to loss, and it does pass with time. The second year may be easier, and people usually begin to enjoy again the activities that were special to them before their loss.
2. Try the things you enjoyed previously in summer and see if they're a good fit—or are still too painful. If you once liked to kayak or play cards or go out for a fish fry in the summer, give it a go. You may be surprised to find that it's comforting.
3. Go outside, if possible. A dose of sunshine and vitamin D helps people cope with stress.
4. Try doing your favorite activities in a new way that honors or remembers the person who died. Be intentional and purposeful. If you loved fishing with your dad who has passed away, plan a fishing trip in his memory this summer.
5. Try new summer activities and create new traditions—if you are ready.
6. When a child is grieving, they may feel guilty about enjoying summer break; remind them it's OK to have fun and enjoy life after a death. It can also be helpful to stick to a routine so there's less unstructured time in their day, and do things that bring happy memories to mind, such as making their loved one's favorite meal.
7. Find others who share your experience. Many churches, hospices and other health care agencies offer free grief support groups that may help.



SUMMERTIME ACTIVITIES FOR GRIEVING FAMILIES

Bubble Messages: You can invite people to speak a memory or message to the deceased aloud or quietly to themselves as they blow a bubble. This activity is also a comforting option for children, allowing them to express their thoughts to the person who died whenever they feel the need.

Gardening: Planting, nurturing, and watching flowers bloom or vegetables thrive can instill a sense of purpose and hope. If you don't have outdoor space, try indoor plants or join a local community garden to connect with others who share your passion for plants and nature.

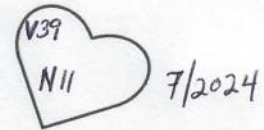
Sidewalk Chalk Memories: Draw pictures of summer memories with the person who died or write messages to them. For those who struggle with painful images or regrets, draw or write them out and then use a hose or a bucket of water to wash them away.

Walking & Hiking: Nature offers solace in challenging times. Use the longer days to explore parks, forests, or hiking trails. Immerse yourself in nature's beauty to gently distract from grief. Fresh air and physical activity can also reduce stress and boost mental well-being.















Hope
For
Youth



Dear Friends,

What do you remember  most about you loved one who died? For most of us, those memories are pleasant,  although a few of us have unpleasant memories.  We all have many memories of our deceased loved one,  whether they are fun times we had , or things we wish were different.  It is important to know  that ALL of the things we remember about our loved one come from our relationship with them. Whether we got along with them  and sometimes didn't , we ALWAYS loved them ! These memories are one way that our deceased loved one stays alive - inside of us! Our relationship continues...

Love, Mark 



Dear Friends,

Vol 3 #4 7/2024

Relationships are vital to our existence. Inherently social beings, relationships help form who we are, who we become, what we believe, and how we see the world. Every relationship is complex, meaning there are positive aspects, and also room for improvement. In other words, no matter how much we may love someone, no relationship is perfect. This applies to our relationship with our deceased loved one as well. We carry memories of our loved one with us after their death (hopefully, mostly positive memories). These memories are one way they remain alive in us, and therefore, the relationship with our deceased loved one continues to develop.

For example, my father died of cancer when I was twelve years old. My relationship with him has changed over the years as I became an adult, then a father, and had many life experiences along the way. With each significant life experience, I came to learn and understand my father in more meaningful ways. I believe that over the years, we grew together in our relationship.

So it is in all of our relationships with our loved ones, living and deceased. We change, we grow, we continue to develop. Your loved one who died will always be in relationship with you, as your bond remains through the love you have with each other! Appreciate and nourish these memories that build who we are!

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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July 4th
& 5th



OCTOBER 25TH
6-10PM

PALLADIAN HALL
AT THE TREASURY

SUPPORT GROUP MEETINGS

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

1st Wed. | July 3rd - Widows/Widowers, Engaged &
Significant Others

2nd Tues. | July 9th - Family & Friends

2nd Wed. | July 10th - Survivors of Suicide

3rd Tues. | July 16th - Death By Drug Overdose

3rd Wed. | July 17th - Bereaved Parents (Death of all ages, infant,
newborn, & miscarriage)

3rd Wed | July 17th - Senior Widows/Widowers

**10AM to 12PM*

NEW

3rd Thursday | July 18th - Parents without Parents

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 315-475-9675 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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JULY 2024

**REMEMBRANCE
RUN/WALK FOR
HOPE**

*August 3, 2024
Liverpool, New York*

HOPE for bereaved **hopeforbereaved.com**
All proceeds from the event support HOPE For Bereaved.

presented by

UNITED
ST. ELIZABETH ANN SETON
CATHOLIC CHURCH
stelizabethville.org
IN THE LOVE OF GOD

Sign up for the **Remembrance Run/Walk** by visiting our website: **hopeforbereaved.com/events**.
You can also call or stop by HOPE to pick up a registration form.

Check In/Registration begins at 7AM | Race begins at 9AM