

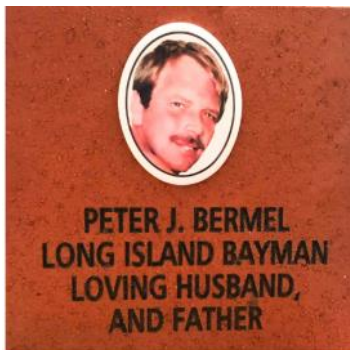


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HOPEline is a **monthly newsletter** of **HOPE FOR BEREAVED**, a nonprofit community organization providing hope, support and services for the bereaved. The **purpose** of **HOPEline** is to help those who have experienced the death of a loved one.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

In honor of all those who are grieving... we see you.

Find comfort in your cherished memories and support in the community around you. We stand with you in solidarity, honoring your journey and offering our unwavering compassion and support.

National
Grief
Awareness
Day
August 30th

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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 turn the calendar to August, I want to take a moment to reflect on the incredible efforts and activities that have kept us all so busy in July. Our team has been working tirelessly to make final preparations for the 14th annual Remembrance Run/Walk for HOPE, which will take place on August 3rd at Longbranch Park. This event is always a significant highlight of our year, providing a meaningful opportunity for our community to come together in remembrance and support.

I am also thrilled to announce the launch of our community-based Friends and Family support group. The inaugural meeting in July was a great success, and will continue to meet at the Town of Clay Senior Center on the second Friday of each month from 11:30 AM to 1:30 PM. This group aims to provide a safe and welcoming space for those navigating the challenging journey of grief while eliminating the barrier of travel. We hope this proves successful, enabling us to offer more community-based support throughout Central New York in the future.



From Executive Director
Kelly Ocampo

In addition, we have some special events taking place at the Butterfly Garden of HOPE. On August 17th, we will be hosting a grief yoga experience facilitated by Kelsey Sawyer. This unique event promises to provide a healing and restorative experience for participants, combining physical movement with emotional support in the tranquil setting of our Butterfly Garden.

We are deeply honored to be co-hosting another Overdose Awareness Day of Remembrance on August 31st, starting at 6:30 PM. This vigil is a vital part of our mission to provide support and raise awareness around the devastating impact of overdose in our community. It is a time for us to come together, remember those we have lost, and offer support to one another.

Thank you all for your continued dedication and support. Together, we are making a difference in the lives of so many. I look forward to seeing you at these upcoming events and continuing our work together in the months ahead.

With gratitude and warm wishes,

Kelly

FIVE TIPS TO HELP YOU THROUGH THE GRIEF OF AN OVERDOSE DEATH

By Marcel Gemme

Many families and friends have lost someone they love to addiction and overdose death. The untimely death of any kind always leaves people in shock and pain. Losing someone to overdose leaves the person struggling with an array of emotions.

Surviving the unbearable pain and grief following death may seem nearly impossible. The profound sorrow causes feelings that seem never to go away. Surviving this type of grief is painful but not impossible. You can do some things to help you survive this overwhelming loss. Here are five crucial tips to help you through this.

LET GO OF RESENTMENTS, GUILT, AND REGRET

No one knows what to do or say when a loved one dies unexpectedly. Getting this news is one of the worst experiences. The people close to you will offer you support and try to find the right words. Most people do not understand addiction, and everyone is doing their best to offer condolences. Consider the following:

- Do not take what people say personally.
- Avoid holding onto resentment.
- Listen and avoid overreacting.

Know the people close to you love and support you. Moreover, look internally to forgo feelings of guilt and regret. An addiction is only a tiny part of who the person is. Their actions were not meant to cause pain or hurt. Their overdose death was not aimed at hurting or punishing you. Addiction consumes every aspect of a person. Without proper detox and treatment, the outcome is often inevitable.

ALLOW YOURSELF TO FEEL AND GRIEVE

No one knows how to move forward after a tragic death. Yet, when you are struggling with feelings of anger, shame, and guilt, allow yourself to feel those emotions, and here is why:

- When you numb sadness, you also numb happiness and joy.
- Not acknowledging your feelings leads to more suffering.

Process the experience, and your feelings are part of living. Most importantly, let yourself grieve. Unfortunately, there is some stigma when someone dies of an overdose, which may prevent you from grieving. You do not have to make excuses or hide your grief. How someone dies does not change the pain and hurt you're experiencing.

FORGIVE YOURSELF

It is not easy to forgive yourself when someone close dies unexpectedly. You may not have seen the death coming, or if you did, there may not have been much you could have done to prevent it. Next to formal family intervention, very little can be done to stop a person from using drugs. In addition, overdose death tends to happen quickly when they least expect it, especially in the age of fentanyl. Do not waste time going over what you should have done or that you should have been there. Yet, realize that self-forgiveness does not come quickly or easily. It takes an active effort to seek and ask forgiveness of yourself.

ACCEPT THE LOSS

There is nothing you could have done to prevent this from happening. A fatal overdose could happen to anyone who uses drugs or alcohol. Someone could die of an overdose the first time they even try drugs.

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Open to Change

By: Janet Polech

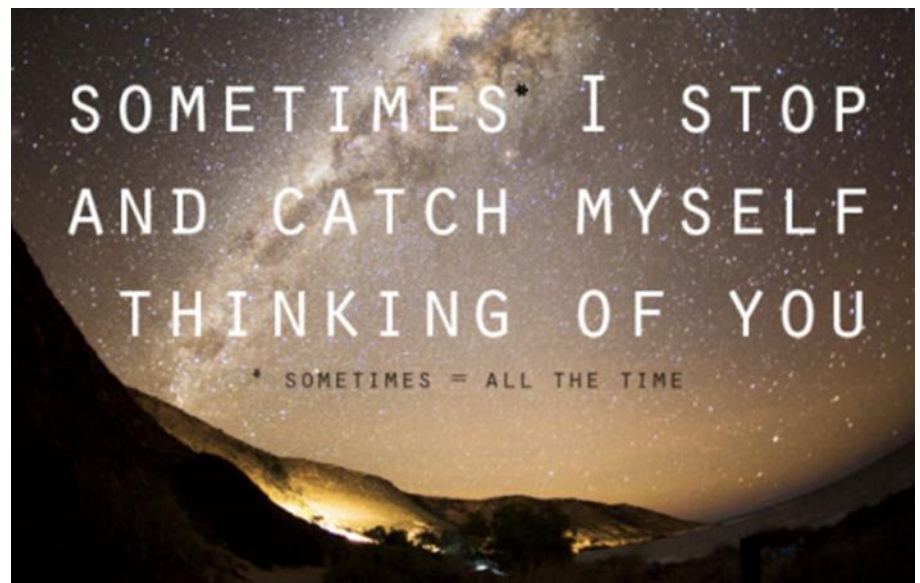
I'll suggest
a new way forward,
With the hope
that you'll find peace.
I can show you
where the path is,
but cannot walk it for you.
Though the terrain is uncertain,
you will be supported.
Open to change,
you can step ahead
and discover places
worthy of your journey.
A new awareness beckons you
and warms your inner core.
You feel free to explore,
delighting in the world
unfolding before you.
A slower pace allows connection
to the vastness of
a beautiful new world.

Consider the following:

- Accept their death as an accident without looking for fault.
- Practice self-compassion, which is treating yourself and responding to yourself the way you would someone else. Allow yourself to feel the emotions of the loss. Do not place any barriers in front of you, which could lead to isolating and withdrawing from others. Overall, the more obstacles you put in front of you, the longer it takes to move through the grief. Every individual has the right to find comfort, peace, and hope after the death of a loved one.

SEEK OUT GRIEF SUPPORT

Do not avoid finding someone to talk to or someone who can offer professional help. When looking for grief therapy or counseling, look for skilled and trained professionals. When seeking support from others, you will need people who understand what you've just experienced. Grief support groups are available for families of loved ones who have died from a drug overdose.



The Mourner's Bill of Rights

1. You have the right to experience your own grief.
2. You have the right to talk about your grief.
3. You have the right to feel a multitude of emotions.
4. You have the right to be tolerant of your physical and emotional limits.
5. You have the right to experience "griefbursts".
6. You have the right to make sure of ritual.
7. You have the right to embrace your spirituality.
8. You have the right to search for meaning.
9. You have the right to treasure your memories.
10. You have the right to move toward your grief and heal.

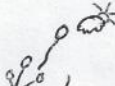














Hope
For
Youth



8/2024

Dear Friends,

Since our loved one died , we feel sad and angry , among many feelings.    A major reason we have these feelings is that we will no longer see them physically (while we are alive) , and we miss them . Our deceased loved one may be gone (for now), but are they still able to contact us? I believe the answer is **YES!**  Our loved one can "visit" us in a number of different ways. Perhaps they might see us while we are asleep, in a "dream."   (Some of these dreams are so REAL, and bring such COMFORT, that I believe these are real VISITS! And our loved one seems to visit us when we need it most!) Our loved one may reach out to us when we just **SENSE** they are nearby - a light touch, a soft wind, or we feel a "hug" that makes us feel good.  Perhaps a butterfly  or other animal reminds us our loved one is near. 
= BE OPEN TO THE SIGNS!!! = Love, Mark *



HOPE
for
Teens & Adolescents



Dear Friends,

Vol 3 #5 8/2024

Are we able to keep in touch with our loved one since they died? Certainly! Our memories and lessons they taught us are ways to keep them alive inside of us. But can they reach out to us? I believe the answer is an absolute “yes”, based on conversations I’ve had with numerous people throughout many years.

One way our deceased loved ones might contact us is through “visits”. Over the years, I have spoken to many grieving people of all ages who report having “dreams” of their loved ones. A significant number of these accounts, however, seem to go beyond a perceived dream. One difference is that a dream often has a wispy quality; details are often “fuzzy”, or don’t make sense. However, visits have a very real quality, and most details are crystal clear. A second comparison is that dreams may range from pleasant (or funny) to being alarming with nightmarish features. Visits are always comforting and delightful, and our loved one will often give a meaningful message. Third, dreams happen at no specific time, while visits seem to occur when a person has an acute need to hear from their loved one, such as at a crossroads in their life, eg. facing an important decision. Visits most often happen while we fall asleep, as we are in a very relaxed state and are less likely to feel pressure with thoughts from the day’s events. Know that visits will happen to some grieving people and not others; it does not appear to be a function of who was “closest” to the deceased. At the same time, all visits have a specific and appropriate purpose. While any given visit may or may not occur, I recommend to all who desire a visit to let your deceased loved one know. Be patient and accepting; allow yourself to be open to the potential!

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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2024 CELEBRATION OF HOPE

OCTOBER 25TH | 6-10 PM
PALLADIAN HALL
AT THE TREASURY

SUPPORT GROUP MEETINGS

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

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

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

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

3rd Thursday | August 15th - Parents without Parents

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

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

3rd Wed | August 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 315-475-9675 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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AUGUST 2024

A collaboration between HOPE for Bereaved Inc. and
Kelsey Sawyer of Riverbend Grief Movement

FLOWING WITH HOPE



SATURDAY AUGUST 17TH 9-10AM
BUTTERFLY GARDEN OF HOPE
6751 ONONDAGA LAKE PKWY

Join us for a **FREE** outdoor
movement and yoga experience to
support individuals who are grieving

Register at [eventbrite.com](https://www.eventbrite.com)



Join us for a free
grief yoga session
in our beautiful
Butterfly Garden
of HOPE on
Saturday August
17th from
9-10am.

Register by
visiting our
website or call us
for assistance!