

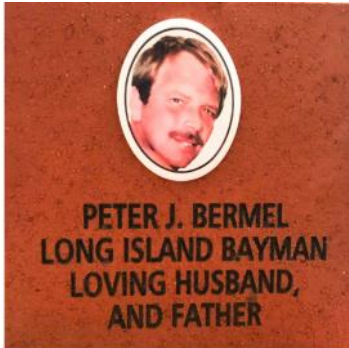


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**HOPEline** is a **monthly newsletter** of **HOPE FOR BEREAVED**, a nonprofit community organization providing hope, support and services for the bereaved. The **purpose** of **HOPEline** is to help those who have experienced the death of a loved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

When someone you love becomes a memory, that memory becomes a treasure.



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**HOPE for Bereaved will be closed on Monday, September 2nd in observance of Labor Day.**





Dear Friends of HOPE,

As we step into September, I want to take a moment to reflect on the incredible accomplishments we've achieved together this past summer.

Our 14th annual Remembrance Run/Walk for HOPE was a tremendous success! Thanks to the generosity and participation of our community, we raised nearly \$19,000, which will support our mission in providing support and services to the bereaved throughout Central New York.

We were also proud participants in the **United Way Day of Caring**. Thank you to the Upstate Geriatric Research team for their hard work in cleaning and beautifying our main lobby and conference room. Their efforts helped make our space even more welcoming for those we serve.



**From Executive Director**  
**Kelly Ocampo**

In addition to these accomplishments, I'm excited to share that HOPE was awarded a \$10,400 grant from United Way to support grieving youth in our community. This grant will enable us to help 100 young people through a combination of individual and group counseling. If you know any children or teens in need of support, please refer them to HOPE.

Last but certainly not least, I would like to extend a heartfelt thank you to Jim and Megan Sollecito from *Sollecito Landscaping Nursery* for their unwavering commitment to HOPE. Their continued efforts in both the Butterfly Garden of HOPE and at our main building have created beautiful outdoor spaces. Their dedication is deeply appreciated by all who visit us.

As I round out my first year as Executive Director, I continue to be inspired by the resilience and compassion of our community. I've had the privilege of meeting many new faces and sharing the mission of HOPE with others, and I look forward to creating new partnerships that will enhance our wellness initiatives and expand the impactful services we offer.

Thank you for your ongoing support and for being part of the HOPE family. Together, we are making a difference.

With gratitude and warm wishes,

*Kelly*

# Moving through Transitions and Turning Points

By Janet Polech, 'Words of Wellness' blog, inspiredprints.net

The feeling of late summer seems to bring on a renewed sense of urgency, as the days gradually fade into night and the sunset comes a bit earlier with each passing day. A new chill to the morning and night air are silent reminders that things are changing, that time is moving on, and a new season will arrive again before long. People and places I planned to see but didn't work into my priority list are now surfacing at the top of my mind.

Living a full life is a great pleasure, but can sometimes leave out things that are important to me, and making sure I have enough downtime for myself is important too - it helps recharge the batteries of my mind, body, and spirit. Our modern lifestyles are full of distractions, and unexpected tasks that need time and attention can crop up out of nowhere. That's when priorities can get sidelined, but I always try to look for the lesson inherent in each event. What am I supposed to learn from this? At times the lesson is a need to slow down, get better organized, limit my expectations of others, or appreciate others more fully for both their presence in my life and just enjoy being together. Other times it's clear that I need help, I can't do everything myself, and the expertise of another will take care of things for me. This last one can come with an unexpected outlay of money for services rendered, but I appreciate that help is available, and can choose it. *Thanks for the help, you saved me a lot of aggravation, I think to myself.*

This time of year, as September rolls in, I'm reminded of how life can be like shades of blue. Vibrant yet soft like the summer sky, uplifting with its promise of freedom and beauty, and some long carefree days. But blue can also mean sad, distressed, disappointed, or depressed. The darker blue of a nighttime that lingers. The shades and tints can shift with thoughts and emotions. This is the month that I find myself reminded of a sad time etched in my memory, a time of passing, of the deep loss of a loved one. The nuances of memories can shift the shade of blue from appealing to unpleasant. The feel of the air, and the turn of the calendar, take me back to that day of transition when my life changed forever.

I find it helpful to notice the sensations I'm feeling, and the thoughts I'm thinking, and acknowledge them so they can surface and pass. I don't want to feel like this for long, I'd like these awkward feelings to go away sooner than later. Things can look different - even familiar places can seem foreign when I get that aching in my heart, the longing for what was lost. So I've learned to come back to appreciating things in the moment. To stop and observe, like when I visit the cemetery. Focusing on the here and now, the sound of crushed stone under my car tires on the pathway leading to the grave reminds me of childhood, and being in the back seat of our family station wagon on the dirt road that led to our camp. It's comforting. The serenity of this place, the stately presence of the trees that are content to be what they are, still living and growing, is grounding for me. I appreciate the quiet beauty of my surroundings and feel lighter, my emotions shift as I consider the miracle of it all. It brings on a happier mindset. I find the natural setting to be incredibly healing.

Every September is a turning point, with a shift in mindset, and finding new ways of thinking about things in order to keep moving forward. I've learned that I have the ability to decide to change, to create something new in order to continue to fill the void of loss, and to plan to do things that bring enjoyment and connection and live in service to others. These all bring something to look forward to. To learn the new lessons of another turning point, plan new things, and take action as the months unfold. New hope, new lessons, new joys of this magical life. I can change myself if I choose to. I Trust the Process.



## Planting Golden Memories

By Jim Sollecito, owner and operator of *Sollecito Landscaping Nursery* in Syracuse



My 92-year-old mother, Louise, passed away April 26. She was quite happy her last months at St. Camillus Nursing Home wheeling her chair through the hallways.

They referred to her as The Mayor.

She made the same new friends every day and started to recognize that her dinnertime and bedtime were becoming dangerously close to each other.

When she knew it was her time — and she really did — she gave away her favorite window plant to a nurse, pushed in the clutch and coasted home. My sister and I were right there with her and escorted her through.

In her own way she was a force of nature, a gardener through and through. She was born Feb. 2, 1932 on the kitchen table at her family farm in Delanson, near Schenectady, because the doctor couldn't make it through the snowstorm.

Things started out tough and never really got easier until the end. In her lifetime she endured the death of her husband, daughter and granddaughter. Tough rows to hoe but she persevered.

Growing up she enjoyed her weekly bath after milking the cows, conserving water from a well that should have been deeper. She was class valedictorian, class president, voted most likely to succeed. Her college career began at Albany State where she received her MRS. via my father, Bill.

Like many of us, she had hopes and plans when marrying and giving birth to her children. I just hope enough of them came true to balance those that did not.

It is a strange trip to go through her possessions. Photographs that I had never seen. Certificates of her accomplishments stacked on a shelf in a closet that once had been a room I shared with my brother. Secrets that would remain that way forever. Things to be donated, things to be kept, things thrown away. Her belongings that she had personally, carefully, thoughtfully stowed, now touched and sorted by someone else's hands.

Recognizing her own maturity, witnessing her friends aging, admitting her own body wearing out, my mom was still young on the inside. Definitely the most stubborn person I ever met, probably in a good way most of the time.

To the end, she propagated and planted and gave away her geraniums and coleus with a purpose. They were the good parts of her that she shared. She taught me as a boy how to read leaves of plants to anticipate their needs. When I took over watering them for her, I counted 57 plants she was tending, plus all of her perennials outside in the ground. Nurturing her plants was her fountain of youth.

I dug up some of her favorite perennials from her extensive garden. I believe some even came from her own mother. They now reside with Megan and me.

A living tribute is among the greatest ways to honor someone. Optimism. Faith in the future. It allows us to think of them in a positive light as we preserve their memory.

I encourage you to do the same and now is an excellent time to do just that.

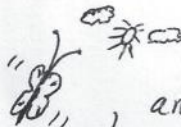
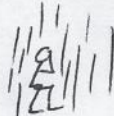
***HOPE is deeply honored that Louise chose us as the recipient of contributions in her memory.***


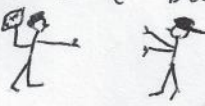

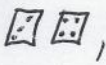









Hope  
For  
Youth

V40  
N1 9/2024

Dear Friends,

Our loved one has died , and we miss them. 

This brings about many feelings, and perhaps the most common is being SAD. There are many reasons we might feel sad. We won't physically be with them , at least in this lifetime. We are sad because we can no longer do certain activities  with our loved one who died.  Our lives will never be the same , and we may need to find  different routines. We are sad because our loved one's death put a big hole in our heart.  We may want to be alone at times,  and be with people at other times.  It is very important that we allow ourselves to be sad, so that we can work through the feeling. By talking to others, drawing our sad, writing, and exercise, sadness will lessen , and we will grow! 

LOVE, MARK 



**for  
Teens & Adolescents**

Dear Friends,

Vol 3 #6 9/2024

*Our journey through grief is long and difficult. Adjusting to life after the death of our loved one brings many challenges. Perhaps the most common emotion associated with grief is sadness. We are sad because our loved one died, and we will no longer be with them physically (in this life). We are sad because we can no longer do the same activities with them. For example, we may have played a certain game, gone to a particular place, or shared special moments with only that person. Now, we must approach them differently, or with someone else. This leaves an empty hole in our core that can't be fully replaced. We are sad.*

*How can we deal with our intense sadness? The best way to deal with this feeling is to just allow ourselves to be sad! This is harder than it sounds, because our first inclination is to avoid the unpleasant. If we don't acknowledge our sadness, the tendency will be to pretend we are OK, or even happy. If we shut sadness out, we will shut all feelings out. Then the danger is that we isolate ourselves, avoid our feelings, and become bitter. This can ultimately lead to depression; we then risk making a series of bad choices. However, if we lean into our sadness, we allow the sad feelings to flow through us, and find healthier outlets. These include talking (to friends, family, and/or professionals) about our sadness, using creativity (e.g. journaling, writing poetry, drawing, painting), and exercise. Eventually, we are less sad, more functional, and grow stronger as a result. Dealing well with our sadness will advance us along our grief journey!*

Take Care -Mark

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

# Celebration of Hope

## 10.25.24

6 - 10 PM

*an evening under the stars*

Visit our website for tickets, sponsorship opportunities, memorial ads, and additional information.

Join us in our new location!

**Palladian Hall**

101 South Salina Street

We are seeking donations for our silent and live auctions. Any item or professional service is welcome: **Sporting Goods \* Electronics \* Outdoor/Garden \* Children's Items \* Event Tickets \* Getaways \* Gift Certificates \* Art \* Toys \* Jewelry \* Restaurant, Golf and Grocery Certificates** are very popular! Pick a theme and FILL A BASKET in memory of a loved one, with a picture or write-up of the person.

We welcome NEW items that you have received but don't need or use.

**Donated items may be dropped off at HOPE prior to OCTOBER 18th.**

### SUPPORT GROUP MEETINGS

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

1st Wed. | September 4th - Widows/Widowers, Engaged & Significant Others

2nd Tues. | September 10th - Family & Friends

2nd Wed. | September 11th - Survivors of Suicide

3rd Tues. | September 17th - Death By Drug Overdose

3rd Wed. | September 18th - Bereaved Parents (Death of all ages, infant, newborn, & miscarriage)

3rd Wed | September 18th - Senior Widows/Widowers

*\*10AM to 12PM*

3rd Thursday | September 19th - 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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**SEPTEMBER 2024**



The **Celebration of HOPE** is an evening dedicated to celebrating all that we have accomplished throughout the year, as well as honoring the loved ones we have lost.

Our 2024 theme, *An Evening Under the Stars*, was chosen to symbolize the light that guides us through even the darkest times.

Just as stars offer comfort on a clear night, HOPE provides solace to the bereaved in our community.