

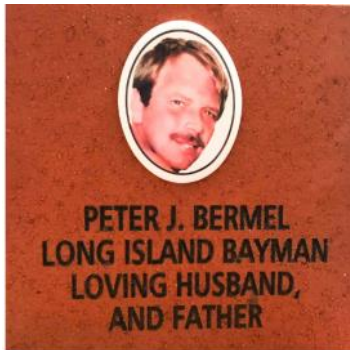


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HOPEline is a **monthly newsletter** of **HOPE FOR BEREAVED**, a nonprofit community organization providing hope, support and services for the bereaved. The **purpose** of **HOPEline** is to help those who have experienced the death of a loved one.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



Daniel Freeman

8/8/1938 - 2/7/2021

Dan was a childcare worker who was respected by his co-workers as well as his clients. He enjoyed fishing, cycling, and listening to music while sitting in the backyard with a good cigar.

YOU ARE GREATLY MISSED BY FAMILY & FRIENDS.



From the staff and volunteers at HOPE, *thank you for making the 2024 Celebration of HOPE, a tremendous success!*

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Dear Friends of HOPE,

As we turn the page into November, I am both humbled and grateful for the incredible support that made this year's **Celebration of HOPE** such a success. Held for the first time at the beautiful Palladian Hall, this event brought together friends, family, and supporters for a memorable night.

We honored Hematology-Oncology Associates of CNY with the *Spirit of HOPE* award. New this year, the Spirit of HOPE award is given to a community member or organization that embodies the values we hold so dear at HOPE for Bereaved: empathy, compassion, and HOPE. HOA portrays these characteristics in everything they do, from the moment you walk through their doors.

Pat Kriesel was honored with the *Heart of HOPE* award for her 28 years of service to HOPE and our community. True to form, her family came out in droves to celebrate her. Without her, HOPE would not be what it is today.

The positive feedback we've received has been overwhelming, and we're thrilled to announce next year's Celebration of HOPE will take place on **October 24, 2025**—so please, save the date!

An event like this requires tremendous effort, and it could not have happened without the dedication of our staff, volunteers, and, of course, our generous donors. Whether you contributed your time, resources, or energy, thank you for helping make this year's Celebration a success. Each of you has played a vital role in ensuring that we can continue offering hope, compassion, and support to all who seek it.

As we wind into the holiday season, we recognize how challenging this time can be for those experiencing grief. For many, the holidays can bring an added layer of emotional difficulty, and we want you to know that you are not alone. HOPE for Bereaved offers *Coping with the Holidays*, a special support group that provides practical tips, opportunities to hear from those who have grieved through the holiday season, and the opportunity to connect with other people who know what you're going through. We encourage you to attend one of these groups if you think you need support.

Thank you all once again for your incredible dedication to HOPE for Bereaved. Together, we continue to create a community of hope and compassion for those who need it most.



From Executive Director
Kelly Ocampo

With gratitude and warm wishes,
Kelly

Grief at Thanksgiving: Gratitude with a Grain of Salt by Lory's Place



Many of the values, traditions, and messages associated with Thanksgiving like warmth, comfort, gratitude, and family togetherness can be in direct conflict with a grieving person's actual reality.

After the death of a loved one, it's typical for grieving people to feel apathy towards some of the experiences that used to bring them joy. This is not a deliberate choice anyone makes. Grief just changes the way life looks and feels.

Many of you experiencing the heavy thoughts and distressing emotions of grief may be thinking about scrapping Thanksgiving all together. Maybe you're dreading grief triggers. Maybe your loved one was so central to the day that you don't know

how to carry it off without them, or maybe you're just feeling anything but grateful.

If it's an absent sense of gratitude that's making you feel cut-off from Thanksgiving, I want to offer a thought. Just as the holidays aren't only for happy people, neither is gratitude. You don't have to choose between grief or feeling grateful.

It is common, as we are grieving, to experience conflicting emotions. It can be tough to feel isolated, left out, disconnected, and misunderstood, especially during the holidays. It's okay to acknowledge the good feelings as well as the sad, painful feelings.

Remember, it's okay to feel *not* grateful

It's okay to acknowledge this emotion and to recognize your grief, apathy, and sadness. You don't need to stuff your feelings inside for the benefit of others. You are not responsible for any other adult's happiness. Of course, there will be times you feel you have to put on a front, like at work or child-related celebrations, and that's okay. But the bottom line is, it's okay to acknowledge the fact that you're feeling *anything but grateful*.

Finding balance in gratitude

Finding gratitude may feel like a stretch and that is okay. As we acknowledged, finding something to be grateful for doesn't minimize or erase the difficult thoughts, memories, and emotions you are experiencing. It may simply help to balance your outlook a little. Balancing your outlook is important. Even though, Thanksgiving *will* feel different this year, actively seeking gratitude can be an empowering way to reclaim a part of the holiday for yourself. Find yourself a notebook and list one thing. It can be a small thing, such as a hot cup of coffee, a happy memory, your dog, your cat, etc.

Remember to give yourself the space you need as you navigate this holiday season. Set limits on gatherings with family and friends. Give yourself permission to feel what you need to feel. Take breaks, take extra care of yourself, and seek out the support you need.

Wishing you moments of peace, comfort, and joy,
The Lory's Place Team

*Lory's Place is a grief healing and education center, Corewell Health
(learn more at [spectrumhealthlakeland.org](https://www.spectrumhealthlakeland.org))*

Autumn's Guidance for the Grieving Heart

By Rev. Pam Reidy, blog, milesfuneralhome.com

I am the season that best empathizes with your loss. I am known as the season of harvest abundance and beauty, but the hint of loss is ever present as my summer breeze cools, tree leaves die, and my days shorten. More than any season my forfeiture is obvious, out there for all to see; so I appreciate how vulnerable and frail loss can cause you to feel. But my season also holds many wonders and much wisdom. Pumpkin patches, harvest moons, beautiful foliage, finding your way through a corn maze, these are some of my attractions. Remember to treat yourself to such pleasures which are healing balm for the soul.



Mine is a season of change, transition and harvest. My beauty can so readily capture your eyes and my crisp winds can so easily enliven your senses, that you could overlook my special wisdom: *harvest and loss can co-exist in peace*. My superpower is harvesting what spring and summer have produced, securing it for the coming winter. Watching migrating geese and squirrels make ready amidst autumnal change is a comforting reminder that death naturally readies the soul for its next season. In the seasons of life and death, there is both beauty and loss.

The sacred rhythm of the changing leaves are quite mystical as they unveil the dying process. Some leaves fall before their full color appears; others hang on through brother winter. Death is like that; it finds some people earlier than others. My leaves, like people can get so incredibly beautiful before they die. Most importantly, leaves teach us how to let go. Some leaves let go early in the season, decomposing willingly, knowing the importance of their offering to blanket the soil so it will become fertile. Others, staying longer, display their beauty as if to remind us of the majesty of life. Do not fall prey to the misbelief that as my leaves fall to the earth, there is nothing left for them to give, no purpose. So it is with grief, it has its purpose, embrace it.

Autumn has taught me a thing or two, so I offer this advice:

Loss and new life are intrinsically linked. Open yourself to each lesson grief is here to teach you. Though it can be hard, embrace autumn's hope.

There is both beauty and loneliness in grief, wisdom honors both.

Grieving is hard emotional work. Be gentle with your heart, respect your grief, as it harvests its own fruits.

The beauty of the lush green forest enjoyed by the summer hiker is yet more beautiful with the manifold red, orange, and gold which in autumn decorate the same trail. This bountiful scene gives way to stark, barren trees that highlight winter snows, as the cross-country skier finds this winter scene as magnificent as the summer hiker. This annual rhythm of change does not seem to scare us, for we have come to know each season's beauty. So it shall be with death and grief.
























Hope
For
Youth



11/2024

Dear Friends,

The holidays     are approaching. We are seeing displays in stores, ads on TV, and in media outlets. It seems that everywhere we look, we are reminded  that holiday time  is upon us. For those of us in grief, this can be confusing  and difficult.  Media tells us that holidays are supposed to be a happy time  of getting together   and celebrating. However, the holidays often cause us to miss our loved one who died  even more. Wishing  our deceased loved one was back with us can contribute to more pain  on our grief journey. My friends, it is O.K. to feel sad  and angry  during the holiday season, but also look forward to  and enjoy  certain activities that celebrations bring.  Allow  for both!

LOVE, MARK 



**for
Teens & Adolescents**

Dear Friends,

Vol 3 #8 11/2024

*This can be an acutely painful time of year for those of us who are grieving the death of our loved one. Almost everywhere we go, we are reminded that the **holidays** are here. The holiday season acts as a type of magnifying glass over our feelings, since we can easily recall past holidays, and many things that occurred then. For example, what is a special Thanksgiving memory and/or tradition? Can we think of a favorite gift we received or gave during a specific holiday? Is our loved one who died a part of these recollections, and if so, how? These snippets that are part of our psyche cause us to miss our loved one even more.*

Yet the very reason we are going through the pain of grief today is because we have these wonderful memories! We grieve the person who died because of all the reasons we love them! Perhaps it is in the things we did together, the ways they treated us, how they changed us, and helped us become who we are currently. The holidays underscore these qualities that cause us to miss them, and feel their absence more keenly. Ultimately, our grief journey will bring us to a place where we can endure the pain, as it is "the price we pay" for having had them in our lives in the first place. As Alfred, Lord Tennyson wrote: "Tis better to have loved and lost than never to have loved at all". In other words, even though we are experiencing intense grief now, most of us are grateful they were in our lives. As we journey through our grief, these painful memories we are experiencing during this holiday season will someday become a source of comfort in the future!

Take Care -Mark

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

Coping with the Holidays



November 18th
6:30–8:30 pm
@HOPE: 4500
Onondaga Blvd,
Syracuse, NY 13219

December 12th
6:30–8:30 pm
@All Saints Catholic
Church: 1340
Lancaster Ave,
Syracuse, NY 13210

December 16th
1:00–3:00 pm
@OneGroup: 706 N
Clinton St, Syracuse,
NY 13204

SUPPORT GROUP MEETINGS

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

1st Wed. | November 6th - Widows/Widowers, Engaged & Significant Others

2nd Tues. | November 12th - Family & Friends

2nd Wed. | November 13th - Survivors of Suicide

3rd Tues. | November 19th - Death By Drug Overdose

3rd Wed. | November 20th - Bereaved Parents (Death of all ages, infant, newborn, & miscarriage)

3rd Wed | November 20th - Senior Widows/Widowers

**10AM to 12PM*

3rd Thursday | November 21st - 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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NOVEMBER 2024



COMING SOON:

Adolescent Support Group

We are very excited to announce that after the first of the new year, HOPE will be offering a support group for teens on Monday evenings. We have recognized an increasing need among our local youth and are happy to be able to continue to support them through this new resource.

More information to come soon!

Please email HOPE at

mail@hopeforbereaved.com or call us at
(315.475.9675) if you and your family have
questions.