

FALL 2025

HOPEline

a bi-monthly newsletter from HOPE for Bereaved



HOPE'S RUN/WALK BREAKS RECORDS!

The 15th Annual Remembrance Run/Walk for HOPE, presented by *St. Elizabeth Ann Seton*, made history at Long Branch Park! An incredible 358 participants walked and ran in honor of their loved ones — the largest turnout in our event's history.

Together, our community raised nearly **\$31,000** — a 25% increase over last year — fueling HOPE's mission to bring comfort, support, and healing to grieving people across Central New York.

These critical funds ensure that more individuals can access support groups, counseling, and grief resources without financial barriers.

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Grief Articles

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Partnerships

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Evelyn Diaz

Volunteer
Spotlight: Danalee
Capone

HOPE
for bereaved
A journey from grief to HOPE

A Message from the Executive Director

Kelly Ocampo



Dear Friends of HOPE:

As summer winds down and we feel those first hints of autumn in the air, I can't help but think about what this season of change means for us here at HOPE. Summer was full: our Tournament of HOPE, the Remembrance Run/Walk, time spent beautifying the Butterfly Garden, and so many other gatherings that remind me of what we can accomplish when we come together. Grief is heavy when carried alone, but when we show up for one another – whether to remember, laugh, or cry – it becomes just a little lighter. *That's the power of community.*

Now we look toward fall and our upcoming Celebration of HOPE. This evening is always one of the most meaningful moments of the year. It's our chance to gather as a community – family, friends, donors, partners, volunteers, staff, clients, and supporters – to honor our loved ones, reflect on what we've accomplished together, and hold space for both grief and hope. Just as autumn invites us to slow down and notice the change around us, this event gives us room to pause, remember, and recognize the resilience that carries us forward.

I'm also feeling especially grateful for our staff and volunteers. The work they do, seen and unseen, keeps HOPE moving every single day. Their dedication not only sustains us today but helps shape the HOPE of tomorrow.

I hope we can all take a moment to breathe in this season of transition. May it remind us to be thankful for one another, to lean into the strength of community, and to remember that none of us are ever alone.

With Warmth & Gratitude,

Kelly Ocampo

STORY OF HOPE

“
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LESS ALONE.”



Evelyn came to HOPE after her son Jonathan was murdered in 2016. “I had been struggling to cope with all the emotions you go through after a tragedy,” she shared. She wanted to connect with others who understood and to learn how to handle the hardest days.

Walking into her first support group, she felt anxious, but relieved to be at a place where everyone had some sort of understanding of loss. In the Bereaved Parents’ group, Evelyn found comfort in listening to other people tell their stories and in a facilitator who listened without judgment. HOPE helped her feel less alone and reminded her that healing is possible. She’s gained coping skills and a sense of hope that “looks softer and quieter now, more like a steady light you can still see in the distance.”

To anyone grieving, Evelyn says, “Just show up as you are, and let others walk with you.”

Days of Reflection

September 10 -
Suicide
Prevention Day

September 11 -
Patriot Day

September 25 -
Murder
Awareness Day

October 15 -
Pregnancy &
Infant Loss
Remembrance
Day

October 15 -
Global Wave of
Light



Contact HOPE
if you need to
talk to
someone
about your
grief

315.475.9675



THE IMPACT OF HOMICIDE ON FAMILIES AND COMMUNITIES

Homicide leaves a lasting wound on families, friends, and neighborhoods. The sudden and violent loss of a loved one brings shock, disbelief, fear, and an ache that feels impossible to carry. In addition to grief, families are often thrust into police investigations, media attention, and the legal system at the very moment when they are most vulnerable.

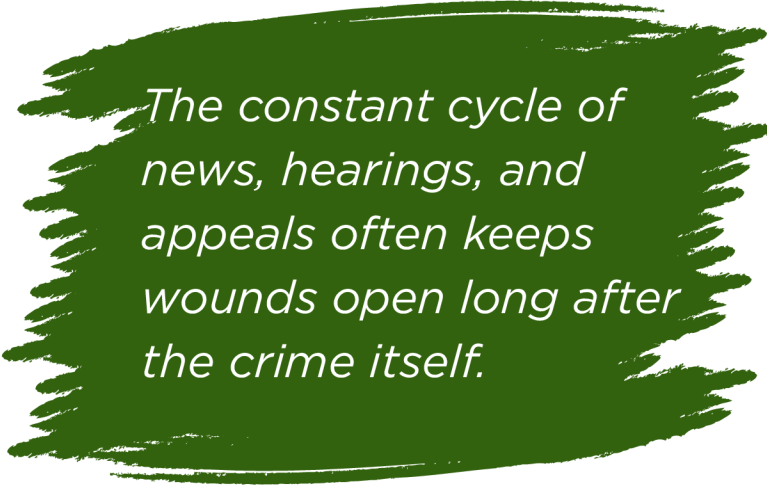
The Family Experience

When a life is taken by homicide, it affects far more than the individual who died. Families may struggle with shattered routines, strained relationships, and financial or spiritual crises. Children, in particular, often absorb the pain around them while trying to make sense of a world that suddenly feels unsafe.

The emotions can be overwhelming. Families often describe sorrow, anger, guilt, and fear colliding all at once. When details about the death remain unclear, or when the body is not found right away, grief can feel suspended in uncertainty.

Police, Coroners, and Media

Law enforcement and coroners play a critical role, but their work can be disorienting for families. Investigators may ask difficult questions yet share little information in return. In



The constant cycle of news, hearings, and appeals often keeps wounds open long after the crime itself.

some cases, relatives even find themselves treated with suspicion. Autopsies and body identifications can be deeply traumatic, and delays can prevent families from holding funerals and beginning the mourning process. The media can complicate grief even further. Families may face reporters at their door, invasive questions, or stories that misrepresent their loved one. At the same time, coverage can help bring attention to unsolved cases. The constant cycle of news, hearings, and appeals often keeps wounds open long after the crime itself.

The Justice System

Court proceedings are often slow and painful. Families wrestle with whether to attend hearings, weighing the need to honor their loved one against the emotional toll of reliving painful details. Even when a case leads to sentencing, the outcome rarely feels equal to the magnitude of the loss. If no conviction is reached, grief may deepen with feelings of injustice and helplessness.

Coping and Healing

Healing from a homicide loss takes time, patience, and community support. Families often draw strength by:

- Accepting practical help with meals, childcare, and daily responsibilities
- Seeking comfort from peer support groups or professional counseling
- Allowing themselves more time than expected, since grief after homicide is uniquely long and complex
- Creating rituals or memorials that honor their loved one

Some families want their loved one remembered publicly while others prefer private remembrance. Each choice is valid and deserves respect.

Celebration

of HOPE



OCTOBER 24TH | 6-10PM



Join us at the beautiful Palladian Hall in downtown Syracuse to celebrate 47 years of HOPE!

Enjoy an inspiring evening filled with live music, delicious food, and bountiful auctions. We will celebrate all we have accomplished while raising funds to support grieving families in our community.

This year we honor **Christine Beattie** with the *Heart of HOPE* award.



New this year: join us from 5-6PM for VIP Hour with an open bar, elegant hors d'oeuvres, first look at our silent auction items, and time with our Executive Director and Board of Directors.

For questions related to the Celebration of HOPE, call 315.475.9675 or email mail@hopeforbereaved.com

CAN'T ATTEND? SHOW YOUR SUPPORT ANOTHER WAY!

- Purchase a ticket for a volunteer or client to attend.
- Contribute an item, basket, or gift certificate to our auction.
- Place a memorial ad or donate in memory of your loved one.



Wine & Cheese Open House: *A Gift Gathering Party*

It's a **NEW TRADITION** for Hope!

Join us for a **Wine & Cheese Open House** at Hope for Bereaved and support our Silent Auction for the 2025 Celebration of Hope!

Featuring a lovely selection of wines paired with specialty cheeses, dips, savory treats and light desserts!

PLUS: Take a tour of the building and see the new renovations.

Price of Admission:

An item/basket/certificate valued at \$25 or more.

Guest Favorites include: Spa Treatments, Restaurant Gift Certificates, Service Certificates, Unique Jewelry, Themed Gift Baskets, & Event Tickets.



Tuesday, September 30, 2025
4:30 – 7:30 PM

4500 Onondaga Blvd.

Please call (315) 475-9675 or email
kocampo@hopeforbereaved.com to RSVP

HOPE
for bereaved
A journey from grief to HOPE

All donations are tax-deductible

AN EXCERPT FROM *MY SON...MY SON...A GUIDE TO HEALING AFTER DEATH, LOSS OR SUICIDE*

By Iris Bolton

You need to talk to each other about your loss and pain. Talk about the good times you remember and the

not-so-good. Keep talking and don't bottle up. All of your feelings are natural. Know this and believe it. Feelings of guilt and anger may be strong and are to be expected.



You may use this time to bring your family closer together or to tear you apart by blaming. Nobody is at fault. You may need to feel guilty for a while to eventually know that that you are not responsible. Sometimes you have to go through a feeling to get beyond it. Facing death together can give you an appreciation of each other and of life that you never had before. Allow yourself to just be and to be with each other. There is no right or wrong to any of it.

You will ask "why" a million times, and you need to ask the question. You may never know the complete answer of why, but it is important to struggle with the question. Then one day you will be able to let it go and not need to know anymore. Then you will be dealing with how to go on with your own lives. The meaning I found in my own son's suicide was to realize that life is tenuous for us all, so I have the choice of making every minute count with my family from now on and valuing them and friends and live in a way I never did before.

In summary, be with each other; keep talking to each other; talk about him or her; allow your friends to do things for you; make major decisions together; know you will all grieve differently and respect that; allow yourself to cry and release your feelings...and know that you can survive.

My hope for you is that you will go through the mourning and grieving that is needed for emotional healing, and that you, too, will one day find renewed meaning in your own life and hope for the future.



“I felt I was of some help to her.” Volunteering, she says, “got me out of my head, helped me make new friends, and carry on the mission of HOPE.” She believes grief support is essential: “No one should walk the path of grief alone... to be able to share and cry without being judged.” For her, each hour spent at HOPE is a way to offer others the kindness and understanding she once received.

VOLUNTEER SPOTLIGHT

Danalee Capone

Sixteen years ago, after losing her son Dan to suicide, a friend pointed her toward HOPE. “They have been my lifesaver since then,” she says. As a wife, mother, and grandmother, she’s been giving back as a volunteer for 16 years by helping with mailings, special projects, and sometimes something more personal: Danalee was asked to speak to another mother whose son died from suicide.

“ ———
**I KNOW HOW
 MUCH HOPE
 HELPS OUR
 COMMUNITY.**



Volunteer Opportunities

- Answer phones & greet clients
- Events: committee positions & same day help
- Individual Peer Counseling
- Design & Canva projects



FALL 2025

HOPE in Action

Programs & Partnerships That Make a Difference



HOPE THRIVES IN COMMUNITY

In early August, we kicked off our campaign, *Grief is real. So is hope*. The goal was to spark conversations, reduce stigma, and ease isolation through community events. Highlights included *Flowing with HOPE*, a yoga session in the Butterfly Garden led by **Riverbend Grief Movement**, and *Marked with Love*, a fundraiser in partnership with **Gemini Tattoo Studio**. We also launched a six-week series with **Singing Soulutions** and welcomed the annual Overdose Awareness Day of Remembrance back to the garden.

Meanwhile, 20 volunteers from **Belden** and **In-Architects** joined us for the *United Way Day of Caring*, refreshing the structures at the Butterfly Garden with paint and stain so it remains a place of peace and healing for our community.

Upcoming Programs

Singing through Grief with Singing Soulutions
8/28, 9/4, 9/11, 9/25,
10/2, 10/9 at HOPE

Day of Remembrance
September 27th
12-1PM at Butterfly Garden

Wine & Cheese
Open House: A Gift
Gathering Party
September 30th,
4:30-7:30PM at
HOPE

Energy work with
BLISS, Practitioner:
Deb Lane,
information and
appointments can be
made through
blissenergywork.com

HOPE 
for bereaved
A journey from grief to HOPE

Global Wave of Light

The Global Wave of Light is a yearly candlelight event on **October 15th** to honor and remember babies lost in pregnancy and infancy. At 7PM local time, people worldwide light a candle and often share photos with the hashtag #WaveOfLight, creating a continuous chain of remembrance that spans the globe for 24 hours.



- Light a candle: At 7 p.m. local time on October 15th, light a candle in your home.
- Share your remembrance: Post a photo of your candle on social media with the hashtag #WaveOfLight.
- Join a local or virtual event: Many hospitals, organizations, and community groups host local remembrance ceremonies or virtual services.
- Use the hashtag: Connect with a global community by using #WaveOfLight and #BLAW (for Baby Loss Awareness Week) when sharing your support online.

MONTHLY SUPPORT GROUPS

- Family & Friends – Clay Senior Center | 2nd Friday | 11:30AM – 1:30PM
- Family & Friends | 2nd Tuesday | 6:30 – 8:30PM
- Young Widow/Widower/Significant Other | 1st Wednesday | 6:30 – 8:30PM
- Left Behind by Suicide | 2nd Wednesday | 6:30 – 8:30PM
- Left Behind by Drug Overdose | 3rd Tuesday | 6:30 – 8:30PM
- Parents without Parents | 3rd Thursday | 6:30 – 8:30PM
- Senior Widow/Widower/Significant Other | 3rd Wednesday | 10:00AM – 12:00PM
- Bereaved Parents & Grandparents (Infant/Newborn, Miscarriage or Stillbirth) | 3rd Wednesday | 6:30 – 8:30PM
- Bereaved Parents & Grandparents (Child of Any Age) | 3rd Wednesday | 6:30 – 8:30PM ****Note:** *This group is postponed in both September and October.*
- Friends & Family (ZOOM only) | 4th Wednesday | 6:30 – 8:30PM



4500 Onondaga Blvd.
Syracuse, NY 13219

Electronic Service Requested

Board of Directors

Kristin Moses, President
Marwa Dehaibe, Treasurer
Dan Cummings, Secretary
Nicole Macris
Joshua Edinger
Kelly Rossi
Colby Cyrus

MISSION STATEMENT

HOPE for Bereaved, Inc. provides support groups, peer counseling, and resources at no charge to grieving Central New York youth, adults, families, and organizations.

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Fall 2025

You are invited to attend

HOPE FOR BEREAVED'S ANNUAL

Celebration
of HOPE

FRIDAY, OCTOBER 24, 2025
6:00 TO 10:00 PM

Palladian Hall at the Treasury

101 SOUTH SALINA STREET
SYRACUSE, NY

To register: www.biddingforgood.com/hopeforbereaved
or call (315) 475-9675