Mary Ann Dickey’s husband of 46 years, Jim, died after 18 days with Hospice & Community Care. Although she knew he would not live much longer, she never expected him to die so quickly. Not having close family in the area and knowing she needed help to sort through everything she was feeling, she made a call to the Pathways Center after receiving her first newsletter in the mail. She was directed to Elaine Potts, bereavement counselor at Hospice & Community Care’s York office, in the county Mary Ann resides. Soon after meeting with Elaine she attended the Newly Bereaved support group, then the Coping with the Holidays series, followed by the Loss of Spouse groups, all in York County. Mary Ann found it helpful to be around others who were experiencing many of the same things she was going through. “It was great to talk with others I can relate to — they understand things such as how long evenings and weekends can feel when you are alone for the first time in years.” Mary Ann remembers when she first attended support groups, how she couldn’t even say Jim’s name without crying. She has been to many groups since then and laughs as she explains how she can get through almost the entire introduction without crying! Yet she and the other group members are all understanding of the vast range of emotions that can be felt and shown during the group process. It is a safe place to get those feelings out. She is also finding it helpful to read some books about grief and at some point might try the Ladies Lunch in York. “I don’t hibernate, I try to keep busy which gets me out so I can be around people.”

The Pathways Center now offers five Newly Bereaved options in York County throughout the year, for coping with grief reactions in the early weeks and months following the death of a loved one. Come check out our new location for the Pathways Center support groups and workshops in York this summer! We are excited about our new office, centrally located at the Ann B. Barshinger Hospice Center, 235 Saint Charles Way, Suite 250, York.
CAMP CHIMAQUA
OPENINGS AVAILABLE
June 1-3, 2018
Gretna Glen Camp & Retreat Center, Lebanon

Camp Chimaqua is a weekend camp for grieving children ages 6-12. It will be held June 1-3 at Gretna Glen Camp and Retreat Center, Lebanon. A trained adult buddy is individually paired with each child for companionship, support and supervision throughout the weekend. Through group and individual activities, children learn to express their feelings and share memories of their loved ones. Campers enjoy fun activities such as swimming and making s’mores around a campfire as well as participating in grief related activities. A closing ceremony that includes family members is held the last day of camp.

Children meet with a counselor to determine if Camp Chimaqua will best meet their needs. Thanks to the Hospice Circle of Friends, registration is only $25 per child, and financial assistance is available.

Call the Pathways Center to request an application or visit www.pathwaysthroughgrief.org.

Space is limited. Applications must be received by May 11.

Applications must be received by May 11.

Camping KiDS & Teens

Pathways Center counselors recognize that grief is experienced by the entire family – children, teens and adults. Amid serious illness and death, children and teens often are overlooked, yet their needs are significant. The Coping Kids & Teens program provides individual or family sessions for children impacted by the serious illness or death of a loved one. Peer support groups are also offered throughout the school year for children and teens who are grieving a significant death. There is no charge for the Coping Kids & Teens program due to the generous support of the community. Services are offered in the Bob & Joy Allen Coping Kids & Teens Wing of the Pathways Center for Grief & Loss.

Call us at (717) 391-2413 or (800) 924-7610 with questions or if you would like more information.
**DID YOU KNOW?**

There are no “stages of grief.” When you experience a significant loss you never “get back to normal.” Recent research findings verify what the bereaved have always known: over time, one learns how to live with the loss, not get over it. In fact, rather than learning how to forget, you cope best when you find ways to remember and maintain a connection with the person who died.

Your grief will evolve and change over time, and this doesn’t happen in orderly stages. At first, the loss is all you can think about, and this can be overwhelming. Many describe the early months as an “emotional rollercoaster.” Eventually, the times between your grief surges lengthen. You will start to spend less time focusing on the past and give more attention to the present and future. Most importantly, the memories that now have you in tears will eventually bring you strength and comfort. You have lost your loved one in the physical sense, but your love and your memories are part of who you are today. They will always be with you.

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**Getting Through Special Days**

“How can I face Mother’s Day when my mother is no longer living?”

“How will I get through graduation when our son, who died so suddenly, should have been among those graduating this year?”

“How will I get through her birthday, or our anniversary, or that wedding?”

These special days may once have filled you with eager anticipation; now you may feel anxious about them after your loss. Consider the following suggestions as these special days draw closer.

**Tell others what you need.** Let them know about special dates so they are aware of possible rough times. Suggest how they can support you.

**Reflect on what you want and need to do.** If you take the time to think about the day, it will probably become clearer as to what you’d like to do.

**The anticipation can be worse than the actual day.** Do you find yourself with such negative thoughts as “I can’t handle this”? Try changing these thoughts into something more positive, such as “I need to stay focused on the present; I can get through today.” You might be surprised how helpful this change in thinking can be.

**What would you have done on that day?** Can you revise that same tradition to help you heal?

**Visit the cemetery or other places that remind you of your loved one.** As time goes on these visits become less painful and more comforting.

**Consider a new tradition.** The Pathways Center for Grief & Loss offers a special commemorative breakfast for women whose mothers have died. For more information, see the Calendar of Events.

It is wise to plan activities or rituals to remember and connect with the person who died. Expect that it may be difficult. You might be relieved to discover moments of healing or comfort on that special day.

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Call us at (717) 391-2413 or (800) 924-7610 with questions or if you would like more information.
Drop-In Support Groups — No registration required

Groups are led by Masters level counselors and volunteers who have experienced the same type of loss. They provide time to share experiences and ask questions. Groups are designed for those within the first two years following the death of a loved one. You are welcome to bring a supportive person with you.

**Lancaster**
Hospice & Community Care
685 Good Drive, Lancaster

**Coping with the Loss of a Spouse or Companion**
- Tuesday, MAY 15, 6:30–8:00 p.m.
- Tuesday, JUNE 19, 6:30–8:00 p.m.

**Mount Joy**
Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy

**Coping with the Loss of a Parent or Sibling**
- Tuesday, MAY 1, 6:30–8:00 p.m.
- Tuesday, JUNE 5, 6:30–8:00 p.m.

**Coping with the Loss of a Spouse or Companion**
- Tuesday, MAY 22, 2:00–3:30 p.m.
- Tuesday, JUNE 26, 2:00–3:30 p.m.

**Coping with the Loss of a Child**
(of any age)
- Wednesday, MAY 23, 6:30–8:00 p.m.
- Wednesday, JUNE 27, 6:30–8:00 p.m.

**York**
Luther Memorial Church
1907 Hollywood Drive, York

**Coping with the Loss of a Spouse or Companion**
- Tuesday, MAY 1, 2:00–3:30 p.m.
- Wednesday, MAY 2, 6:30–8:00 p.m.

**Coping with the Loss of a Parent or Sibling**
- Wednesday, MAY 9, 6:30–8:00 p.m.

**Coping with the Loss of a Spouse or Companion**
- Tuesday, JUNE 5, 2:00–3:30 p.m.
- Wednesday, JUNE 6, 6:30–8:00 p.m.

Groups are led by Masters level counselors and volunteers who have experienced the same type of loss. They provide time to share experiences and ask questions. Groups are designed for those within the first two years following the death of a loved one. You are welcome to bring a supportive person with you.
Calendar of Events

Workshops – Registration required

Mount Joy and York
Pets You Have Loved and Lost

YORK
Thursday, JUNE 7, 6:30–8:00 p.m.
(Registration deadline: June 5)
Hospice & Community Care, Ann B. Barshinger Hospice Center and Pathways Center for Grief & Loss, 235 St. Charles Way, Suite 250, York

MOUNT JOY
Thursday, JUNE 21, 6:30–8:00 p.m.
(Registration deadline: June 19)
Pathways Center for Grief & Loss, 4075 Old Harrisburg Pike, Mount Joy

This workshop for adults will offer suggestions on ways to remember your special friend, whether “furry, feathered or finned.” Please bring a photo of your pet if you have one. Space is limited and registration is required.

Mount Joy
Are You Ready to Date Again?

Wednesday, JULY 18, 6:30–8:00 p.m.
(Registration deadline: July 16)
Pathways Center for Grief & Loss, 4075 Old Harrisburg Pike, Mount Joy

A variety of feelings may be associated with the thought of seeking new relationships after a spouse or companion has died. Perhaps you think about this but find it hard to talk about with others. This workshop offers an opportunity for bereaved individuals to discuss this topic and hear from a small panel who will share their personal experiences. Space is limited and registration is required.

Lancaster
Ladies, Start Your Engines!

Wednesday, JUNE 13, 6:00–8:00 p.m.
(Registration deadline: June 6)
Hospice & Community Care, 685 Good Drive, Lancaster

This hands-on automotive repair class for women is taught by automotive expert Lori Johnson. Participants will gain confidence in performing light automotive maintenance and learning how to communicate and understand technical jargon. Space is limited; registration required. A $25 fee is due at time of registration. No refunds after June 6.

Individual Consultations

Sometimes it can be helpful to meet individually with a bereavement counselor. Call the Pathways Center for more information or to set up an appointment in Mount Joy, Lancaster or York.

Call us at (717) 391-2413 or (800) 924-7610 with questions or if you would like more information.
Calendar of Events

Support Group Series — Registration required

Mount Joy and York

**Newly Bereaved Program**

MOUNT JOY (a 3–week series)

- **Wednesdays, JUNE 13, 20 and 27**
  - 10:00–11:30 a.m.
- **Tuesdays, JULY 10, 17 and 24**
  - 6:30–8:00 p.m.
- **Wednesdays, AUGUST 8, 15 and 22**
  - 10:00–11:30 a.m.

(Relation deadline:
one week prior to the start of the group)

Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy

YORK (a 2–week series)

- **Wednesdays, JUNE 20 and 27**
  - 2:00–4:00 p.m.
- **Wednesdays, AUGUST 15 and 22**
  - 6:00–8:00 p.m.

(Registration deadline:
one week prior to the start of the group)

Hospice & Community Care, Ann B. Barshinger
Hospice Center and Pathways Center for Grief & Loss, 235 St. Charles Way, Suite 250, York

If your loss was recent, this series provides an overview of common grief responses and will help you to begin to identify coping tools. Space is limited; registration required. Call to discuss with a bereavement counselor to determine if the group will meet your needs.

Social Dine-Out Options

Do you feel as though the opportunities to socialize have changed after the death of your loved one? Does it seem as though the only people who truly understand what you are going through are others who are also bereaved? The Pathways Center offers a variety of social options to choose from. Each participant pays for their own meal. These gatherings are facilitated by trained bereavement volunteers who have also experienced loss in the past.

**Ladies Lunch—Lancaster**

- **Wednesday, MAY 16**
  - 11:00 a.m.–12:30 p.m.
- **Wednesday, JUNE 20**
  - 11:00 a.m.–12:30 p.m.

Mick’s All American Pub,
2201 Strickler Road, Mount Joy

No registration needed. For more information, contact Marie Roach at (717) 392–8823.

**Ladies Lunch—York**

- **Tuesday, MAY 8, 11:30 a.m.–1:00 p.m.**
- **Tuesday, JUNE 12, 11:30 a.m.–1:00 p.m.**

Hoss’s Steak & Sea House,
3604 E. Market Street, York

No registration needed. For more information, contact Fran Braun at (717) 872–7886.

**Men’s Breakfast**

- **Tuesday, MAY 22, 8:00–9:30 a.m.**
- **Tuesday, JUNE 26, 8:00–9:30 a.m.**

The Centerville Diner,
100 S. Centerville Road, Lancaster

No registration needed. For more information, contact Dan Farmer at (717) 898–7553.

**Dinner Out (formerly First Steps)—Lancaster and York (for men and women)**

LANCASTER: **Saturday, MAY 12, 5:00 p.m.**

Mick’s All American Pub,
2201 Strickler Road, Mount Joy

YORK: **Saturday, JUNE 9, 5:00 p.m.**

John Wright Restaurant,
234 N. Front Street, Wrightsville

RSVP to Connie Whitacre at (717) 577–1138 or connie@mpiroofing.com at least one week prior to the event.

Call us at (717) 391-2413 or (800) 924-7610 with questions or if you would like more information.
Call us at (717) 391-2413 or (800) 924-7610 with questions or if you would like more information.
Workshops, in-services and trainings are available for anyone who is bereaved, as well as for those who support the bereaved. Contact the Pathways Center for more information about how we could be a resource to you, your organization or someone you know.