



PATHWAYS

To explore the path of your grief journey Nov-Dec 2018

Grieving and the Holidays

For those who have experienced the death of a loved one, the holidays can be a difficult time of year. Try to stay open to the possibility that there still can be peace, and perhaps even some joy, amidst your grief. It is important to avoid high expectations of yourself or others. Be gentle with yourself. Everyone copes with loss differently, which is why the Pathways Center offers a wide variety of services. You may want to attend one or more of our Coping with the Holidays programs or try the suggestions offered below.

- **Plan ahead and prioritize.** Whether it is greeting cards, holiday baking, decorating, or having a big family dinner, ask yourself the following questions before making any decisions or trying to go on as you always have: "Is this a task that someone else would be willing to do?" or "Would it still be a holiday without it?" Plan one small goal for each day and include those you care about in the planning.
- **Live in the moment.** Anticipating a particular day can often be much worse than the actual day itself. Take one moment at a time and try not to look too far ahead. The season feels different because you are different—seek ways to help you get through each day. Take time to rest, refresh and renew.
- **Create rituals.** Rituals affirm the connection between your life and others. They honor the memory and help you remember. Though your loved one is not present physically, that person remains in your heart and mind. Look for ways to remember your loved one. Buy an ornament or gift in their memory, or light a candle each night and incorporate the memory of your loved one in new ways this holiday season.

The year 2018 was life-changing for you. As you look ahead to 2019, consider what you plan to leave behind and what you want to carry forward. Decide what direction you want to move in as you look ahead to the coming year.

~Patti Anewalt, Director

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PATHWAYS CENTER for GRIEF & LOSS

The E. E. Manny Murry Center
4075 Old Harrisburg Pike
Mount Joy, PA 17552

The Ann B. Barshinger Hospice Center
235 St. Charles Way, Suite 250, York

(717) 391-2413 • (800) 924-7610
(717) 391-2440 (En Español)
pathways@hospicecommunity.org
www.pathwaysthroughgrief.org

Helping Grieving Children Cope with the Holidays

When you and your family are struggling to adjust to the emptiness left by a loved one who has died, remember that children are grieving too. It may be hard for you to make the holiday season a joyous one, but unlike you, most children still want to enjoy the holidays despite the loss. Be aware that in a season that focuses on wishes coming true, there can be magical thinking that includes the hope that their loved one will return.

Just as it would be at any other time during the year, it is important to let children see sadness and tears during the holidays. This sets an example for children and confirms that it is alright to express their feelings. When children see adults feel sad yet still function appropriately, they are more likely to share their own feelings as well as their fears.



Especially during the holiday season, grieving children may want more hugs. They need reassurance that you accept all they are feeling. These feelings of acceptance will strengthen the bond between you and is the greatest gift you have to offer. If you have a child who is grieving this holiday season, consider calling the Pathways Center to talk with a counselor.

Coping Kids & Teens

Individual Grief Support

The Coping Kids & Teens program provides individual or family sessions for children impacted by the serious illness or death of a loved one. Call the Pathways Center for more information or to set up an appointment.

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. 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.

Family Support Series

Thursdays, January 10 – February 14

(Registration deadline: December 28)

6:00–7:30 p.m.

During this series, families gather for a light supper before each group session. Children and teens meet in peer support groups and participate in activities to help them cope with a death, while adults learn how to manage the challenges of parenting grieving teens and children. Families meet with a counselor to complete an assessment prior to attending to determine if the group will be helpful for your child(ren). Call the Pathways Center for more information or to set up an appointment.

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

Ask the Grief Counselor

Q: *I look forward to receiving the Pathways newsletter and have been interested in going to some of your programs but I can't bring myself to follow through and attend, even though I would like to. Since my wife died more than a year ago, I'm also not sure if I am still allowed to come to anything you offer. Do you have any suggestions?*

A: Your problem is not unique. In fact, almost everyone who attends one of our programs or groups for the first time does so with a degree of uncertainty and anxiety. For some who have gotten through the first year after the death, they begin to grasp more of the reality of how much their life has changed. People know they "need something" but are uncertain where to turn. Call the Pathways Center to ask about the particular program you might be interested in. As you talk with one of our counselors, you will feel more comfortable taking the next step. Some people are afraid they will break down and cry in the group, but soon realize the support group is a safe place to express emotions they can't share anywhere else. You may also invite a friend or family member to attend one of our drop-in groups with you for support. If you think you may not feel comfortable talking in a group, you are welcome to attend to just listen to others' stories. People continually comment on how they wish they had come to us sooner. After attending the first time, they usually say they are glad they did because they realize that, although everyone handles grief differently, they are less alone than they thought.



Online Grief Education and Support

Many grieving people find evenings and weekends to be particularly difficult times to cope after a loss. The Pathways Center offers online grief education 24/7. Explore our *Composing Life Out of Loss* videos. Simply go to www.pathwaysthroughgrief.org, click on "Grief Support" and select "Online Grief Education and Support." You will find a series of 10 videos that help you better understand your grief. What you need. When you need it.

With 24/7 access via your computer or mobile device you can also have your own private account for in-depth learning and to connect with others who are grieving. To arrange for a private account or schedule a Virtual meeting with our counselor, contact us at **Pathways@hospicecommunity.org** or **(717) 391-2413**. Your privacy is ensured with our HIPAA compliant technology.



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

Calendar of Events

Many people who have experienced loss find it helpful to hear others' experiences with a loss after death. It is reassuring to realize what you are going through is shared by others. Our support groups focus on grief education and support. Call us at **(717) 391-2413** or **(800) 924-7610** if you have questions or would like more information. If you do not see a grief support option that appeals to you, please call the Pathways Center to let us know how we can best help you.

Are you seeking grief support outside of South Central Pennsylvania? Visit www.nhpco.org, email pathways@hospicecommunity.org or call **(800) 924-7610**. The Pathways Center also offers online support and virtual counseling for those who cannot physically attend our groups. See **page 3** for 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.

Mount Joy

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

Coping with the Loss of a Parent or Sibling

**Tuesday, NOVEMBER 6
6:30–8:00 p.m.**



York

The Ann B. Barshinger Hospice Center
235 St. Charles Way, Suite 250, York

Coping with the Loss of a Spouse or Companion

Tuesday, NOVEMBER 6, 2:00–3:30 p.m.

Coping with the Loss of a Child (of any age)

**Beginning in January, 2019
–watch for details**

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.

Spanish Support

Grief Support in Spanish

The Pathways Center for Grief & Loss's bilingual Bereavement Counselor, Deborah Gonzalez, MSW, is available to any bereaved individuals who speak Spanish. Call (717) 391-2440 to leave a confidential message in Spanish or if you wish to receive our Spanish newsletter.



Deborah Gonzalez, MSW

Consejeria de Duelo En Español

El Centro De Pathways para Duelo y Pérdidas cuenta con una Consejera de Duelo bilingüe, Deborah Gonzalez, MSW, quien está disponible para reunirse con personas que están sufriendo la pérdida de un ser querido. Puede llamar al (717) 391-2440 y dejar un mensaje confidencial en Español o si desea recibir el bulletin Caminos Hacia La Esperanza.

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

Calendar of Events



Coping with the Holidays – Registration required

After a loss, many find it helpful to meet with others and talk about how to get through the holidays. Weekly opportunities to connect with others are available through the holiday season. Attend one group or attend them all. Call the Pathways Center to register.

Lancaster

Hospice & Community Care
685 Good Drive, Lancaster

Tuesday, NOVEMBER 13, 6:30–8:00 p.m.
TOPIC: Where to Begin

Tuesday, NOVEMBER 20, 6:30–8:00 p.m.
TOPIC: Planning Ahead

Tuesday, NOVEMBER 27, 6:30–8:00 p.m.
TOPIC: Living for Today

Tuesday, DECEMBER 11, 6:30–8:00 p.m.
TOPIC: Ways to Remember

Tuesday, DECEMBER 18, 6:30–8:00 p.m.
TOPIC: What are the Gifts?

Mount Joy

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

Tuesday, NOVEMBER 27, 2:00–3:30 p.m.
(daytime option)
TOPIC: Coping with the Holidays

York

The Ann B. Barshinger Hospice Center
235 St. Charles Way, Suite 250, York

Wednesday, NOVEMBER 14
6:30–8:00 p.m.
TOPIC: Where to Begin

Wednesday, NOVEMBER 28
6:30–8:00 p.m.
TOPIC: Planning Ahead

Tuesday, DECEMBER 4, 2:00–3:30 p.m.
(daytime option)
TOPIC: Coping with the Holidays

Wednesday, DECEMBER 5
6:30–8:00 p.m.
TOPIC: Living for Today

Wednesday, DECEMBER 12
6:30–8:00 p.m.
TOPIC: Ways to Remember

Wednesday, DECEMBER 19
6:30–8:00 p.m.
TOPIC: What are the Gifts?

Workshops – Registration required

York

What Now? Post Holiday Survival Tips

Wednesday, JANUARY 23, 6:30–8:00 p.m.

(Snow date: January 30)

(Registration deadline: January 21)

The Ann B. Barshinger Hospice Center
235 St. Charles Way, Suite 250, York

Many grieving individuals find themselves wanting to just “get through” the holidays as quickly as possible. When the New Year arrives and there is less to do, people may be surprised that they feel “let down” and a bit lost. Join Hospice Volunteer, Sandy Baker MA, for this workshop which will provide helpful tips during those long winter months. Space is limited; registration required.

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 (a 3-week series)

MOUNT JOY

Tuesdays, JANUARY 8, 15 and 22
6:30–8:00 p.m.

Wednesdays, FEBRUARY 13, 20 and 27
10:00–11:30 a.m.

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

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

YORK

Wednesdays, FEBRUARY 13, 20 and 27
2:00–3:30 p.m.

Registration deadline: February 6

The Ann B. Barshinger Hospice Center
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, NOV. 21, 11:00 a.m.–12:30 p.m.

Wednesday, DEC. 19, 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, NOV. 13, 11:30 a.m.–1:00 p.m.

Tuesday, DEC. 11, 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, NOVEMBER 27, 8:00–9:30 a.m.

Tuesday, DECEMBER 18, 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)

For men and women—

Saturday, NOVEMBER 10, 5:00 p.m.

Lombardo's Italian-American Restaurant
216 Harrisburg Avenue, Lancaster

Saturday, DECEMBER 8, 1:00 p.m.

Loxley's Restaurant
500 Centerville Road, Lancaster

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

Calendar of Events



Other Options

GRASP

(Grief Recovery After a Substance Passing)

Tuesday, NOVEMBER 13, 6:30–8:00 p.m.

Tuesday, DECEMBER 11, 6:30–8:00 p.m.

Pathways Center for Grief & Loss

4075 Old Harrisburg Pike, Mount Joy

This monthly group helps provide sources of help, compassion, and understanding for families or individuals who have had a loved one die as a result of substance abuse or addiction. **Pre-registration for new attendees is required.** For more information or to register, contact Marjorie Paradise at mparadise810@comcast.net or **(717) 951-2720**.

Children's Grief Awareness Day

Thursday, NOVEMBER 15

Children's Grief Awareness Day provides an opportunity to raise awareness of the painful impact the death of a loved one has on the life of a child. **Show your support by wearing blue.** Learn more by visiting www.childrengriefawarenessday.org.

International Survivors of Suicide Loss Day

Saturday, NOVEMBER 17
9:00 a.m. – 12:30 p.m.

Pathways Center for Grief & Loss

4075 Old Harrisburg Pike, Mount Joy

A DVD produced by the American Foundation for Suicide Prevention will be shown. **Opportunities to hear from others** about their experiences will also be offered at this free event. For more information or to register, visit www.survivorday.org or contact Elaine Ostrum at the Pathways Center for Grief & Loss. Sponsored by Lancaster County Suicide Prevention Coalition.

That Their Light May Always Shine: A Worldwide Candle-Lighting Event

Sunday, DECEMBER 9, 7:00 p.m.

The Compassionate Friends, an international support group for bereaved parents and siblings, **invites you to light a candle to honor all children who have died.** As candles burn down in one time zone, they will be lit in the next. For more information, call **(877) 969-0010** or visit www.compassionatefriends.org.

Light Up a Life Tree Lighting Ceremony

Sunday, DECEMBER 2
5:30 p.m. (Music begins at 5:00 p.m.)

(Snow date: Sunday, December 9)

Country Club of York

1400 Country Club Road, York

(indoor service)

—and—

Wednesday, DECEMBER 5
7:00 p.m. (Music begins at 6:30 p.m.)

The Essa Flory Center,

685 Good Drive, Lancaster

(outdoor service)

For a gift of \$25, we will place a light on an evergreen tree in memory of a loved one during this annual ceremony.

To order, call **(717) 295-3900** or visit www.hospiceconnect.org/lights. By purchasing a light, you are also providing the gift of care for patients and families facing end of life.

Presenting Sponsor:



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



The Pathways Center

You receive the Pathways newsletter free of charge for 16 months. If you would like to continue to receive this newsletter, call the Pathways Center.

The Pathways Center for Grief & Loss is a program of Hospice & Community Care. The Pathways Center offers the area's most comprehensive programs and services for individuals in the community affected by the serious illness or death of someone significant in their lives.

Pathways Center for Grief & Loss
4075 Old Harrisburg Pike
Mount Joy, PA 17552

(717) 391-2413 or **(800) 924-7610**
www.pathwaysthroughgrief.org



Also Available Through the Pathways Center

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.