



PATHWAYS

To explore the path of your grief journey

Jan-Feb 2023

Looking Ahead

Entering a new year raises questions for many about what the future will hold. It may be difficult and somewhat overwhelming to look far ahead when coping with the loss of a loved one. When bereaved people are asked how they are doing, they often respond, "I'm taking it one day at a time." For most, it seems the ups and downs on this grief journey are more manageable if the focus is just on today. If you make New Year's resolutions, consider these suggestions:

- Accept that your functioning won't be "back to normal."
- Notice your emotions as they arise. Recognize and express all of your feelings, as they are all valid.
- Be gentle with yourself, try not to be too critical.
- Pamper yourself. Find ways to relax and become less anxious.
- Keep a journal. Writing down your thoughts and feelings can help.
- Trust your own sense of timing about what you need to do and when you need to do it.
- Exercise daily and spend time outdoors whenever possible.
- Take part in pleasant, distracting activities. Watch a movie, read a book, or pursue a hobby.
- Check out our online grief educational videos. You can learn more about how you are grieving and gain ideas that will help you cope.

The staff of the Pathways Center for Grief & Loss are here to support you any way we are able.

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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 • (888) 282-2177
(717) 391-2440 (En Español)

pathways@hospicecommunity.org
www.pathwaysthroughgrief.org

~ Patti Anewalt, Bereavement Counselor



Coping Kids & Teens

Pathways Center counselors recognize that grief is experienced by the entire family – children, teens and adults. When there is a serious illness or death, children are often overlooked, yet their needs are significant. Three six-week support series are held throughout the school year for children and teens who are grieving a significant death. 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 their loss, while adults learn how to manage the challenges of supporting their grieving family. Families meet with a counselor to complete an assessment prior to attending to determine if the group will be helpful for your child(ren). There is no charge due to the generous support of the community. Call the Pathways Center for more information or to set up an appointment. All services are held in the Bob & Joy Allen Coping Kids & Teens Wing of the Pathways Center for Grief & Loss.

Thursdays

January 12 – February 16

(Registration deadline: December 27)

Thursdays

March 9 – April 13

(Registration deadline: February 17)

6:00–7:30 p.m.

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



Camp Chimaqua

MAY 19-21

**Gretna Glen Camp & Retreat Center,
Lebanon**

Camp Chimaqua is an overnight weekend camp for grieving children ages 6-12. The focus is on helping children explore their feelings, develop coping skills and build self-confidence. This is achieved through fun-filled activities and opportunities for small- and large-group sharing. A trained adult buddy is individually paired with each child for companionship, support and supervision throughout the weekend. For more details, or to request an application, call the Pathways Center.

Applications must be received by April 21.

Call us at (717) 391-2413 or (888) 282-2177 with questions or if you would like more information.

The Physical Effects on Grief

For many, January and February are difficult months. You miss the warmth and light of the sun and the cold temperatures and icy, snowy conditions may keep you from going outdoors. Many people have a tendency to hibernate and become less active. Because you are coping with the loss of a loved one, you may be struggling with some physical aspects of your grief experience. These can pile up like snow and be difficult to move through. Many experience an ache in the pit of their stomach, heaviness in their chest, dizziness, shortness of breath, exhaustion, or difficulty sleeping. You may be more vulnerable to colds and infections and feel weaker or worn out. These are common experiences after losing a loved one.

It is important to make a concerted effort to take good care of yourself. Be sure to eat nutritional meals, exercise regularly, drink plenty of water, and get lots of rest. It is also okay to have days when you simply indulge in your sadness and become immersed in the pain. Be gentle with yourself during this time—this season of winter, this season of grief. Remind yourself that spring will come again, as it always does. Just as the darkest part of the night always gives way to a new day, trust that you will heal as you work through the pain of your grief. As always, the counselors at the Pathways Center are just a phone call away.



A Lasting Tribute

Pay tribute to your loved one with a personalized paver or brick on the Path of Remembrance. Located at The E. E. Manny Murry Center, the Path of Remembrance is lined with memorial bricks and pavers, each inscribed with the name of an individual, and forms an unbreakable path of love, peace and memories. Pavers and bricks are installed on the Path of Remembrance or may be mailed to you for keepsake in your home or garden.

Memorial Pavers — \$300

Memorial Bricks — \$150

To order your paver or brick, visit www.HospiceCommunity.org/path or call the Development Office at (717) 295-3900.



Support for Caregivers

If you are caring for a loved one, who is caring for you? Hospice & Community Care offers an online support group for caregivers of Hospice & Community Care patients. This group offers a place to share your experience with others who may understand. Offered the third Thursday of every month, 6:30–8:00 p.m., the sessions are facilitated by a Master's-level counselor and a trained volunteer who has been a caregiver. To receive the link to participate in this free virtual opportunity, call (717) 391-2413 to speak with a counselor.

Individual Grief Support

The Pathways Center offers individual grief consultation for adults, children, teens and families. We offer in-person support sessions in Mount Joy as well as York, while adhering to any of the Center for Disease Control recommended guidelines. Individual sessions by phone or online via Zoom are also an option. Counselors are available any time Monday through Friday, 8:00 a.m. – 5:00 p.m. Evening appointments may sometimes be arranged. Call the Pathways Center for more information or to set up an appointment.

Call us at (717) 391-2413 or (888) 282-2177 with questions or if you would like more information.

Calendar of Events

Many people who are grieving find it helpful to hear others' experiences with a loss after death. It is reassuring to realize that what you are going through is shared by others. Our groups focus on grief education and support. If you do not see something that appeals to you, please call to let us know how we can best help you.

We will be adhering to all Center for Disease Control (CDC) recommended guidelines.
If we cannot hold groups in person, they will be held virtually via Zoom.
Visit www.PathwaysThroughGrief.org or call (717) 391-2413 or (888) 282-2177 for updates.

Loss-Specific Support Groups — Registration required

Groups are led by Master's-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 individuals within the first two years following the death of a loved one.

Registration deadline is one week prior to the group.
Register online at pathways.hccnet.org/groups or call the Pathways Center.

IN-PERSON OPTIONS

Mount Joy

Pathways Center for Grief & Loss
4075 Old Harrisburg Pike

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

Monday, JANUARY 16, 6:30–8:00 p.m.

Monday, FEBRUARY 20, 6:30–8:00 p.m.

Coping with the Loss of a Spouse or Companion

Tuesday, JANUARY 10, 6:30–8:00 p.m.

Tuesday, JANUARY 24, 2:00–3:30 p.m.

Tuesday, FEBRUARY 14, 6:30–8:00 p.m.

Tuesday, FEBRUARY 28, 2:00–3:30 p.m.

York

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

Coping with the Loss of a Spouse or Companion

Tuesday, JANUARY 17, 2:00–3:30 p.m.

Tuesday, FEBRUARY 21, 2:00–3:30 p.m.

VIRTUAL OPTIONS (via ZOOM)

Coping with the Loss of a Parent or Sibling

Tuesday, JANUARY 3, 6:30–8:00 p.m.

Tuesday, FEBRUARY 7, 6:30–8:00 p.m.

Coping with the Loss of a Spouse or Companion

Wednesday, JANUARY 4, 6:30–8:00 p.m.

Wednesday, FEBRUARY 1, 6:30–8:00 p.m.



Call us at (717) 391-2413 or (888) 282-2177 with questions or if you would like more information.

Calendar of Events

Support Series — Registration required

Newly Bereaved Program

(3-week series)

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

Wednesdays,
JANUARY 11, 18 and 25
2:00–3:30 p.m.

Tuesdays,
MARCH 14, 21 and 28
2:00–3:30 p.m.

VIRTUALLY VIA ZOOM

Wednesdays,
FEBRUARY 8, 15 and 22
6:30–8:00 p.m.

Registration deadline:

one week prior to the start of the group.

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.

Mindfulness & Grief: Practical Tools for Living (4-week series)

VIRTUALLY VIA ZOOM

Tuesday, FEBRUARY 7, 14, 21 and 28
2:00–3:30 p.m.

Registration deadline: January 26

This series will address the benefits of practicing mindfulness as a tool for being present with your grief and improving your overall well-being. Marygrace Lomboy, CRNP, Hospice & Community Care, will provide several forms of mindfulness to practice each week and help you connect mindfulness tools to common grief reactions. Space is limited; registration required. Call to discuss with a bereavement counselor to determine if the group will meet your needs.



From Surviving to Thriving

(6-week series)

NEW

Every other Tuesday
FEBRUARY 28 – MAY 9
(Feb 28, Mar 14 & 28, Apr 11 & 25 and May 9)
6:00–7:30 p.m.

Registration deadline: February 17

Are you 18 to 24 months past the death of your loved one? This series offers the opportunity to reflect on your current stress level and satisfaction in different areas of your life. Two of the sessions will focus on the basics of good nutrition and the connection between eating healthy and better mental and physical well-being. Educational tools and discussion will help you learn how you can thrive rather than simply survive. Space is limited; registration required. Call to discuss with a bereavement counselor to determine if the group will meet your needs.

Calendar of Events

Social Dine-Out Options

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, JANUARY 25
11:30 a.m.–1:00 p.m.

Wednesday, FEBRUARY 22
11:30 a.m.–1:00 p.m.

Loxley's Restaurant
500 Centerville Road, Lancaster

RSVP to Marie Roach at (717) 823-9889 (text or telephone) by noon the day before the event.

Ladies Lunch–York

Tuesday, JANUARY 10
11:30 a.m.–1:00 p.m.

Tuesday, FEBRUARY 14,
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 the Pathways Center at (717) 391-2413 or pathways@hospicecommunity.org.

Dinner Out (for men and women)

Saturday, JANUARY 14, 2:00 p.m.

Silver Spring Family Restaurant, 3653 Marietta Avenue, Lancaster

Saturday, FEBRUARY 11, 2:00 p.m.

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

RSVP to Connie Whitacre at (717) 577-1138 or pathways@hospicecommunity.org at least three days prior to the event.

Other Options

GRASP

(Grief Recovery After a Substance Passing)

Tuesday, JANUARY 17, 6:30–8:00 p.m.

Tuesday, FEBRUARY 21, 6:30–8:00 p.m.

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

Pre-registration for new attendees is required.



This monthly group provides 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. For more information or to register, contact Marjorie Paradise at mparadise810@comcast.net or (717) 951-2720.

Bereavement Workshop:

What Now?

Post-Holiday Survival Tips

VIRTUALLY VIA ZOOM

Thursday, JANUARY 26, 6:30–8:00 p.m.

Registration deadline: January 24.

Many grieving individuals find themselves wanting to just "get through" the holidays as quickly as possible, aware of the many triggers that can accompany the holiday season. When the new year arrives and there is less to do, people may be surprised that they feel "let down" and a bit lost. This workshop will provide helpful tips for coping with your loss during those long winter months. To register, visit pathways.hccnet.org/groups/ or call the Pathways Center.



Helping to Meet the Growing Needs of Bereaved Individuals for 28 Years

**Patti Anewalt, Director of the Pathways Center,
Retired in December 2022**

For 28 years Hospice & Community Care has grown from serving hundreds of grieving people at one location, to now serving nearly 9,000 bereaved adults, teens and children each year and operating out of three locations — The Essa Flory Center in Lancaster, the Pathways Center for Grief & Loss in Mount Joy and The Ann B. Barshinger Hospice Center in York. And through all of the growth and transition, thanks to Patti Anewalt, Director of the Pathways Center for Grief & Loss, along with her team, everyone in our community has access to the support and compassion they need while coping with the loss of a loved one.

Patti joined Hospice of Lancaster County in May 1994 (the organization changed its name in 2012 to Hospice & Community Care) and was the organization's first full-time bereavement counselor. The Pathways Center has grown to ten counselors who serve children, teens and adults in Lancaster and York counties, and surrounding communities. Patti's leadership has been instrumental in the development of new support groups and programs to meet the changing needs of the community and overseeing the operations of the Pathways Center for Grief & Loss.

So after 28 years at Hospice & Community Care, what have been Patti's greatest accomplishments? "Helping area schools and businesses when tragedies occur," shared Patti. "When they experience an unexpected death beyond anything they feel prepared for, we do what Hospice & Community Care has always done — provide a calm, non-anxious presence to walk organizations through those first hours and days." In addition, Patti was interviewed live on CNN after the shooting at the Nickel Mines Amish school house, which was a life-changing experience. Patti helped

to provide grief support to members of the Amish community, first responders and broader community during this tragic event.

On a national level, "hearing from hospice and grief support providers in other parts of the country seeking guidance with their own bereavement programs is rewarding," shared Patti. "The Pathways Center has built a great reputation and other hospice providers want to know how to do the same." Patti helped grow the organization's reputation by serving two, three-year terms representing Bereavement for the National Hospice and Palliative Care Organization. In addition, she shared how meaningful it is for her to see her work come full circle. "One of the volunteer buddies for our children's bereavement camp, Camp Chimaqua, was actually a camper after his father died back in the 90s," commented Patti. She started Camp Chimaqua in 1996 which is celebrating its 25th anniversary this year.

While Patti has retired as the Director of the Center, she will continue to offer her expertise as a part-time bereavement counselor at the Pathways Center. "I am passionate about my work," shared Patti. "In the last four years, I have been back in the trenches where it all started, helping with our Coping Kids & Teens series, Camp Chimaqua and more. It's great to be doing what I love and be a part of it all."

Congratulations, Patti, and thank you for sharing your time, talents, wisdom and expertise with the community, country, staff and beyond. We wish you all of the best!

Watch for the March/April edition of the Pathways newsletter to meet the new Director of the Pathways Center, Elaine Ostrum.

PATHWAYS CENTER for GRIEF & LOSS

Hospice & Community Care
P.O. Box 4125
Lancaster, PA 17604-4125

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When the Weather Outside is Frightful . . .

Turn to WGAL Channel 8, WDAC 94.5, WARM 103
or Hospice & Community Care's social media
for cancellations or postponements of Pathways
Center programs.



PATHWAYS

The Pathways Center

You will 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.

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Mount Joy, PA 17552
(717) 391-2413 or
(888) 282-2177
www.pathwaysthroughgrief.org



Also Available Through the Pathways Center

Workshops, in-services and trainings are available for those who support the bereaved. Are you seeking grief support outside of South Central Pennsylvania? Visit www.nhpco.org or call the Pathways Center to find support closer to your home. Contact the Pathways Center for more information about how we could be a resource to you, your organization or someone you know.