Looking Ahead

Entering a new year raises questions 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’re 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 for your list.

• Accept that your functioning won’t be back to normal.
• Take one step at a time.
• Notice your emotions as they arise. Recognize and express all your feelings as they are all valid.
• Be gentle with yourself. Give up self-criticism.
• 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.
• Take part in pleasant, distracting activities. Go to the movies, visit museums, read a book, watch TV.
• Check out our online grief education videos. You can learn more about how you are grieving and gain ideas that will help you cope.
Helping Children Cope When There’s a Funeral

When a family member dies, anyone who cared about that person will grieve. Even very young children will be affected by the loss. Children of all ages need to feel included and a part of the mourning process. They need the opportunity to both understand and to mourn. Sheltering them from it, especially over time, can be more harmful than helpful.

Funerals are a time to honor and remember loved ones. If your child has never been to a funeral home, talk about what it will be like. Explain who will be there and what takes place before you go. No child should be forced to attend a funeral or memorial service but if old enough to understand, it’s best to give the child the choice. Even a very young child will benefit from attending as they begin to grasp the concept of death and its permanence. Viewing the deceased can be helpful for a child in the same way that it is for an adult. This can be more comforting than you might expect it to be. It may be helpful to have someone who is not deeply grieving accompany the child. That person can be more emotionally available to the child to provide support, answer questions, or even leave if the child changes his or her mind about being there. Follow up after the service and ask them what they thought about it. If the body was cremated, explain this as a way that hastens the natural process that happens to every living thing after it dies.

The definition of the word bereaved is “to have something taken away.” A child whose loved one has died is already bereaved. We should not deprive that child of the opportunity to mourn this loss. Call the Pathways Center for more information or to address your situation and concerns.

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, Jan. 16 – Feb. 20 (Registration deadline: Dec. 27, 2019)
Thursdays, March 12 – April 16 (Registration deadline: Feb. 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 supporting 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.
The Physical Effects of 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, lessening physical and social activity. Because you are coping with the loss of a loved one, you may be struggling with some physical aspects of your grief experience. These physical characteristics 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 good meals, exercise regularly, drink plenty of water, and get lots of rest. And 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.

A Death Has Occurred

A death has occurred and everything is changed.

We are painfully aware that life can never be the same again, that yesterday is over, that relationships once rich have ended.

But there is another way to look upon this truth.

If life now went on the same, without the presence of the one who has died, we could only conclude that the life we remember made no contribution, filled no space, meant nothing.

The fact that this person left behind a place that cannot be filled is a high tribute to this individual.

Life can be the same after a trinket has been lost, but never after the loss of a treasure.

—Rev. Paul Irion, used with permission

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. Go to http://learn.composinglife.com/login. The username is PathwaysPortal and the password is mourning&morning. You will find a series of videos that help you better understand your grief. What you need. When you need it.
Many people grieving 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 groups focus on grief education and support. If you do not see something that appeals to you, please call us to let us know how we can best help you.

## Drop-In Support Groups — No 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 within the first two years following the death of a loved one. You are welcome to bring a supportive person with you.

### Lancaster

The Essa Flory Center  
Hospice & Community Care  
685 Good Drive, Lancaster

**Coping with the Loss of a Spouse or Companion**  
*Tuesday, JANUARY 21, 6:30–8:00 p.m.*  
*Tuesday, FEBRUARY 18, 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**  
*Wednesday, JANUARY 8 6:30–8:00 p.m.*  
*Tuesday, JANUARY 21 2:00–3:30 p.m.*  
*Wednesday, FEBRUARY 5 6:30–8:00 p.m.*  
*Tuesday, FEBRUARY 18 2:00–3:30 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, JANUARY 7, 6:30–8:00 p.m.*  
*Tuesday, FEBRUARY 4, 6:30–8:00 p.m.*

**Coping with the Loss of a Spouse or Companion**  
*Tuesday, JANUARY 21, 6:30–8:00 p.m.*  
*Tuesday, FEBRUARY 25, 2:00–3:30 p.m.*

Call us at (717) 391-2413 or (800) 924-7610 with questions or if you would like more information.
Support Group Series – Registration required

**Mount Joy and York**

**Newly Bereaved Program** (a 3-week series)

**MOUNT JOY**

- Tuesdays, JANUARY 14, 21 and 28
  - 6:30–8:00 p.m.
- Wednesdays, FEBRUARY 12, 19 and 26
  - 10:00–11:30 a.m.
- Tuesdays, MARCH 10, 17 and 24
  - 6:30–8:00 p.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, JANUARY 15, 22 and 29
  - 2:00–3:30 p.m.
- Wednesdays, MARCH 11, 18 and 25
  - 6:30–8:00 p.m.

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

**Growing Through Grief** (a 6-week series)

**MOUNT JOY**

- Mondays, APRIL 13 – MAY 18
  - 6:00–8:00 p.m.

Registration deadline: April 6
Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy

**YORK**

- Thursdays, APRIL 16 – MAY 21
  - 6:00–8:00 p.m.

Registration deadline: April 9
The Ann B. Barshinger Hospice Center
235 St. Charles Way, Suite 250, York

This support series is for adults (age 18 or older) who are grieving a death that occurred at least nine months ago. The group provides a safe place to explore how you have been impacted by your loss, who you are apart from your loved one, and how you continue to reorganize your life. Space is limited. Interested individuals will first meet with a bereavement counselor to determine if the group will meet your needs. Call the Pathways Center to schedule an appointment.

**Mount Joy**

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

**Mindfulness and Grief: Practical Tools for Living** (a 3-week series)

- Fridays, APRIL 10, 17 and 24
  - 12:30 – 2:30 p.m.

Registration deadline: April 3

A significant loss is life changing. With it can come anxiety, uncertainty, sleepless nights and ruminating thoughts. Mary Grace Lomboy, CRNP will present simple strategies to empty your mind, focus your thinking on the present and relax your body. You will be given tools to practice each week. This series will also connect mindfulness tools to common grief reactions. Space is limited and registration is required.
Calendar of Events

Workshops – Registration required

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

What Now? Post Holiday Survival Tips
Thursday, JANUARY 30, 6:30 – 8:00 p.m.
(Snow date: Thursday, February 6)
Registration deadline: January 28

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.

Social Dine-Out Options

Ladies Brunch — Lancaster

Wednesday, JANUARY 15
10:00–11:30 a.m.
Wednesday, FEBRUARY 19
10:00–11:30 a.m.
Knight & Day Diner, 3140 Lititz Pike, Lititz
No registration needed. For more information, contact Marie Roach at (717) 392-8823.

Ladies Lunch — York

Tuesday, JANUARY 14
11:30 a.m.–1:00 p.m.
Tuesday, FEBRUARY 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, JANUARY 28
8:00–9:30 a.m.
Tuesday, FEBRUARY 25
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 (for men and women)

Saturday, JANUARY 11, 2:00 p.m.
LongHorn Steakhouse, 2901 Concord Road, York
Saturday, FEBRUARY 8, 2:00 p.m.
El Serrano, 2151 Columbia Avenue, Lancaster
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.
Calendar of Events

Other Options

GRASP (Grief Recovery After a Substance Passing)

Tuesday, JANUARY 14
6:30–8:00 p.m.

Tuesday, FEBRUARY 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.

Spanish Support

Grief Support in Spanish

The Pathways Center for Grief & Loss’ 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

Consejería 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.

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.

When the Weather Outside is Frightful . . .

Turn to WGAL Channel 8, WDAC 94.5, WARM 103, www.fun1013.com or Hospice & Community Care’s social media for cancellations or postponements of Pathways Center programs.

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