You are receiving this Pathways newsletter because you are grieving. Have you noticed, since the Coronavirus has interrupted everyone’s lives as they knew them, people now seem to have a little better understanding as to what grief is? Daily routines changed. Everyone’s ‘sense of normalcy’ has changed. For more than a year it has been a rollercoaster of emotions and reactions to events all over the world. There is less of a sense of security or predictability, and that was all happening before your loved one died.

Not only are you grieving this loss, you have also been grieving all the additional changes in your life. We know grief is an unpleasant experience, particularly when a moment of intense emotion comes out of nowhere. Some people try to avoid grief because it is uncomfortable. Yet even when doing so, it does not go away, it is still there. So it is far better to instead pay attention to your grief and acknowledge how you are reacting to all of this. There is the old saying that you need to “name it to tame it.”

I think the Serenity Prayer is something to consider here. It is wise to accept what you cannot change but also important to determine, small though it might be, what you can control or change.

—Continues on p7
Coping as a Family

Communication is the key to coping and growing as a family through grief. It is important that families be together to talk, cry, rant, or even sit in silence with each other. Additionally, each person needs to respect the fact that everyone in the family will cope differently. The following are some suggestions to help grieving families.

- Be sensitive to each other’s feelings, as they are often difficult to verbalize. Listen to what is meant as well as to what is said.
- Offer a hug or a hand on the arm or back to provide comfort and a sense of closeness.
- Realize that the loss of a loved one may change roles and responsibilities within the family. Work together to identify new responsibilities and tasks for each family member. Be careful not to expect a family member to replace or be the same as the person who died.
- If depression, withdrawal, grief or family problems are getting out of control, seek professional help.
- Recognize that anniversaries, birthdays and special holidays may be difficult. Plan together to best determine how to observe these occasions.
- Consult family members about what to do with the loved one’s possessions. If possible, put off making major decisions about moving or giving away belongings.

It is difficult to help your family if you are falling apart. Looking at and addressing your own grief needs will enable you to help your family cope with their grief.

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. The Coping Kids & Teens program provides a safe atmosphere for children, teens and families to learn about grief, develop coping skills and build self-confidence through individual and group services. There is no charge for the 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

Current CDC guidelines are followed for in-person sessions. 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 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). Call the Pathways Center for more information or to set up an appointment.

Thursdays
October 14–November 18
6:00–7:30 p.m.
(Registration deadline: September 29)
Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy

Call us at (717) 391-2413 or (800) 924-7610 with questions or if you would like more information.
When Grief is New and Intense

There are plenty of articles and books written on the topic of grief, yet little seems to be written about how intense grief can be when you’ve just learned about the diagnosis, or soon after a death. If you have never before experienced such intensity it can be scary. You may wonder whether you will ever be happy again. And yet there are those of you reading this who remember that pain but, thank goodness, are now in a different, less intense emotional state.

The key to coping with grief when it is new to you is to be observant. Think about what is going on both within and around you. Note how your body is reacting. Pay attention to your thinking — are you finding it hard to focus? You may be struggling with a lot of questions. Perhaps you are functioning on automatic pilot at this point. Try not to look too far ahead. Instead, think about what you need to do in the next hour, or what you need to accomplish today.

Anxiety is usually a large part of early grief. Pause momentarily, throughout the day, to look within yourself and try to observe where your anxiety is coming from. Take some time, regularly, to pay attention to your grief reactions. The ‘answer’ as to how to tend to these reactions will usually appear. Make sure you are getting enough to eat, and try to get enough sleep because anxiety is always worse when you are lacking in these basic physical needs.

Often in early grief people feel isolated and alone, as if no one else understands what they are going through. If it has been between one and four months since your loved one died, consider attending one of our Newly Bereaved three-week series. A common response after attending is “It was so good to be able to be with others who understand exactly what I was feeling. I knew I was not alone.”

~Patti Anewalt, Director

“Just being with other people who were also going through grief—hearing their coping strategies and the answers to their questions. We shared our grief but didn’t dwell on death. We gained new ideas about how to cope.”

—Joan Dautrich
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.

As we continue to take necessary precautions for everyone’s health and safety, all support groups, unless otherwise indicated, will be held virtually via zoom until further notice.

Contact the Pathways Center to discuss support options with a bereavement counselor who will also provide the appropriate log-in information.

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 within the first two years following the death of a loved one. These sessions will be held via Zoom. Contact the Pathways Center to discuss with a bereavement counselor who will also provide the log-in information.

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

Wednesday, JULY 28, 6:30–8:00 p.m.
Wednesday, AUGUST 25, 6:30–8:00 p.m.

Coping with the Loss of a Parent or Sibling

Tuesday, JULY 6, 6:30–8:00 p.m.
Tuesday, AUGUST 3, 6:30–8:00 p.m.

Young Adult Grief Group
(Post High School to 30’s)

Beginning in SEPTEMBER!

This monthly virtual grief group enables young adults to meet others the same age who are grieving the loss of loved ones. Young adults tend to hide their grief because they do not know others who are grieving. This group will help you feel less alone and provide an opportunity to talk openly about your grief and learn creative ways of coping. Watch for details in the next issue.

Coping with the Loss of a Spouse or Companion

Wednesday, JULY 7, 6:30–8:00 p.m.
Tuesday, JULY 20, 2:00–3:30 p.m.
Tuesday, JULY 27, 2:00–3:30 p.m.
Wednesday, AUGUST 4, 6:30–8:00 p.m.
Tuesday, AUGUST 17, 2:00–3:30 p.m.
Tuesday, AUGUST 24, 2:00–3:30 p.m.

Coping with the Loss of a Spouse or Companion

Tuesday, JULY 13, 6:30–8:00 p.m.
Tuesday, August 10, 6:30–8:00 p.m.
at Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy
 ► MUST CALL TO REGISTER; SPACE IS LIMITED.
Attendees must follow current CDC guidelines.
Calendar of Events

Support Series – Registration required

Newly Bereaved Program (3-week series)

Wednesdays, JULY 14, 21 and 28
2:00–3:30 p.m.
via Zoom

Tuesdays, AUGUST 10, 17 and 24
6:30–8:00 p.m.
via Zoom

Wednesdays, SEPTEMBER 8, 15 and 22
2:00–3:30 p.m.
at Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy
(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.

Growing Through Grief 
(6-week support series)

Wednesdays
OCTOBER 6–NOVEMBER 10
6:00–8:00 p.m.
at Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy
(Registration deadline: September 17)

This six-week support series is for adults (age 18 or older) who are approaching or past the one year anniversary of their loved one’s death. 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 by September 17 to schedule an appointment.

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

Coming in October — look for details in the next issue

Individual Support Sessions

Sometimes it can be helpful to meet individually with a bereavement counselor. We are gradually beginning to offer in-person support sessions again in Mount Joy or York, adhering to all of the CDC recommended guidelines. Phone support has always been and will continue to be available.

You may talk with a bereavement counselor any time, Monday through Friday, 8:00 a.m. – 5:00 p.m. 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.
**Calendar of Events**

**An Evening in the Park**

**Saturday, JULY 10, 6:00–7:30 p.m.**

at Springettsbury Park
1501 Mt Zion Road, York

**Saturday AUGUST 14, 6:00–7:30 p.m.**

at Long’s Park, Harrisburg Pike, Lancaster

Are you eager for a social opportunity to connect in person again? Join other grieving individuals for an easy walk, or sit and chat. We will follow the current CDC guidelines for outdoor gatherings. For more information and to RSVP, call volunteer Connie Whitacre at (717) 577-1138.

**GRASP (Grief Recovery After a Substance Passing)**

**Tuesday, JULY 13, 6:30–8:00 p.m.**

**Tuesday, AUGUST 10, 6:30–8:00 p.m.**

► 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 about location, Zoom details, or to register, contact Marjorie Paradise at mparadise810@comcast.net or (717) 951-2720.

**International Overdose Awareness Day (OAD)** is celebrated all over the world on August 31. It is a day to acknowledge the grief felt by families and friends remembering those who have died from a drug overdose and serves to reduce the stigma of a drug-related death.

- Panelists from the Lancaster County GRASP (Grief Recovery After Substance Passing) group will share their challenges and how GRASP has helped them.
- Dr. Mitchell Crawford, Director of Addiction Services for WellSpan Philhaven, will provide an update on services available.
- Closing memorial will feature local musician Deeter Lutz.

Online registration and information will be available early July at www.hospiceandcommunitycare.org/OAD.

**“Their Light Still Shines”**

(an International Overdose Awareness Day event)

**Tuesday, AUGUST 31 7:00 p.m.**

Call us at (717) 391-2413 or (800) 924-7610 with questions or if you would like more information.
Bereavement Counselor
Elaine Ostrum
attended both Eastern University and Millersville University before obtaining her Master’s Degree in Social Work at Marywood University in Scranton, Pennsylvania. Elaine was born and raised on a Lancaster County farm, so to this day one of her favorite pastimes is “digging in the dirt in my flower beds, and spending time outdoors.”

Prior to Hospice & Community Care she worked in both Philadelphia and Lancaster with persons with intellectual disabilities, the elderly and in the mental health field. She has been a grief counselor for the last 19 years and is the Adult Services Coordinator for the Pathways Center for Grief & Loss. In this role she oversees services for all bereaved adults. The favorite part of her job are the individual counseling sessions she has with bereaved individuals. “I enjoy offering my support and helping them identify what strengths they can draw from to help them cope during this difficult time in their lives. And it is so rewarding to see them gain hope as they meet others in the support groups, and feel less alone.” Over the years Elaine has led all of the different adult support groups Pathways has to offer. Currently, she leads groups for Loss of a Child and the Coping with Suicide Loss series.

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.

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.

Continued from cover— Grieving Loss

- Take a break from the news, from your grief, from your worries.
- Allow yourself to intentionally seek out and choose some activities you enjoy. It could be reading a book you’ve never before found the time to start, or walking outside and appreciating the long summer days or cool summer evenings. The saying “emotions need motion” or “action absorbs anxiety” fits here, so walking or exercise can be a way to channel your grief reactions.

- Write, play some music you enjoy, or talk with those you care about who, perhaps like you, are also grieving the person you lost.

During this time of change, reflect on what really matters in your life. In grieving and adjusting to these losses, you will come to discover what is most important to you going forward. If you are interested in hearing how others like yourself are coping with their loss, check out the different loss support groups we offer on our Calendar of Events starting on page 4.

~Patti Anewalt, Director

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