



PATHWAYS

To explore the path of your grief journey

July-August 2022

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

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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

Coping Kids & Teens

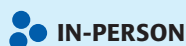
Family Support Series

Thursdays

October 13–November 17

6:00-7:30 p.m.

(Registration deadline: September 28)



IN-PERSON

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

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 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.



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 counseling sessions.

Peer support groups are held throughout the school year for children and teens who are grieving a significant death. The Coping Kids & Teens program also offers individual and family sessions for children impacted by the serious illness or death of a loved one.

These support options are provided in the Bob & Joy Allen Coping Kids & Teens Wing of the Pathways Center for Grief & Loss. 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. We adhere to all Center for Disease Control (CDC) recommended guidelines.

"We are powerless to control the losses and catastrophic events our children may need to face. But by honoring their inner wisdom, providing mentorship, and creating safe havens for expressions, we can empower them to become more capable and more caring human beings."

*~Linda Goldman, *Raising Our Children To Be Resilient**

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

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.



Pathways Center Library

The Pathways Center offers an extensive library of books on grief in the following categories:

- Loss of spouse, parent, child and sibling
- Men and grief
- Sudden loss
- Children and illness
- Children and loss
- Teens and grief
- Grief fiction and non-fiction
- Holiday grief
- Mindfulness
- Suicide
- Addiction and grief
- Faith-related books
- Supporting the bereaved
- Loss of a pet

There is also a selection of DVDs with a loss-related theme. Similar to attending a support group, when a bereaved person reads something in print or sees a movie they can relate to, they feel understood and reassured as to the 'normalcy' of their experience.

The library is open Monday thru Friday, 8 a.m.–5 p.m. Stop by our Mount Joy and York locations to browse through our resources.

Books and DVDs may be borrowed for two weeks.

Calendar of Events

Many people 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 us 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 to verify current status.

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.

IN-PERSON OPTIONS

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

Mount Joy

Pathways Center for Grief & Loss
4075 Old Harrisburg Pike

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

Monday, JULY 18, 6:30–8:00 p.m.
Monday, AUGUST 15, 6:30–8:00 p.m.

Coping with the Loss of a Spouse or Companion

Tuesday, JULY 12, 6:30–8:00 p.m.
Tuesday, JULY 26, 2:00–3:30 p.m.
Tuesday, AUGUST 9, 6:30–8:00 p.m.
Tuesday, AUGUST 23, 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, JULY 19, 2:00–3:30 p.m.
Tuesday, AUGUST 16, 2:00–3:30 p.m.

VIRTUAL OPTIONS (via ZOOM)

Registration deadline is one week prior to the group. Call to register.

Coping with the Loss of a Parent or Sibling

Tuesday, JULY 5, 6:30–8:00 p.m.
Tuesday, AUGUST 2, 6:30–8:00 p.m.

Coping with the Loss of a Spouse or Companion

Wednesday, JULY 6, 6:30–8:00 p.m.
Wednesday, AUGUST 3, 6:30–8:00 p.m.
(Registration for this group may also be completed online at pathways.hccnet.org/groups/)

Man to Man: Grief's Toolbox (for men only)

Tuesday, JULY 26, 6:30–8:00 p.m.
Tuesday, AUGUST 23, 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)

 **IN-PERSON** at the
Pathways Center for Grief & Loss
4075 Old Harrisburg Pike

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

Tuesdays, AUGUST 9, 16 and 23
6:30–8:00 p.m.

Wednesdays, SEPTEMBER 14, 21 and 28
2:00–3:30 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. Attendees at in-person groups must follow current CDC guidelines. 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 grieving? 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.

Men's Breakfast

Tuesday, JULY 26, 8:00–9:30 a.m.

Tuesday, AUGUST 23, 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) 435-8023.

Ladies Lunch — Lancaster

Wednesday, JULY 27
11:30 a.m.–1:00 p.m.

Wednesday, AUGUST 24
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, JULY 12
11:30 a.m.–1:00 p.m.

Tuesday, AUGUST 9
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.

Dinner Out (for men and women)

Saturday, JULY 9, 2:00 p.m.

Silver Spring Family Restaurant
3653 Marietta Avenue, Lancaster

Saturday, AUGUST 13, 2:00 p.m.

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

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

Calendar of Events

Other Options

GRASP

(Grief Recovery After a Substance Passing)

Tuesday, JULY 19, 6:30–8:00 p.m.

Tuesday, AUGUST 16, 6:30–8:00 p.m.

Pre-registration for new attendees is required.

- **IN-PERSON at the Pathways Center for Grief & Loss, 4075 Old Harrisburg Pike, Mount Joy**



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. Pre-registration for new attendees is required. Attendees must follow current CDC guidelines. For more information or to register, contact Marjorie Paradise at mparadise810@comcast.net or (717) 951-2720.



International Overdose Awareness Day Event

“Power in Voicing Lived Experience”

Wednesday, AUGUST 31, 7:00–8:30 p.m.

(Registration deadline: August 26)

- **IN-PERSON at the Pathways Center for Grief & Loss, 4075 Old Harrisburg Pike, Mount Joy**



International Overdose Awareness Day (OAD) is observed 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. Our keynote speaker is Dr. Bonnie Milas, an outspoken advocate for those suffering from opioid use disorder. A physician from the Philadelphia area, she is painfully aware of the impact of opioid use, as she has lost both sons to this disease.

For more information or to register, visit www.HospiceCommunity.org/oad or call the Pathways Center. Register early; space is limited.

Support for Caregivers

Hospice & Community Care offers an online support group for caregivers of a loved one who is seriously ill. 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 support for adults, children, teens and families. In-person support sessions are provided in Mount Joy and York, while adhering to all of the CDC 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. 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.

Get to Know Pathways Center Staff

Neil Uniacke has been a bereavement counselor at Hospice & Community Care for the past three years. He obtained both his undergraduate and graduate degrees at the University of Delaware and has a Master's degree in counseling. He was the Director of New Hope Counseling Center in Quarryville, a Chaplain Intern at WellSpan York Hospital, an EMT and President of Wakefield Ambulance Company in southern Lancaster County, an actor at Sight and Sound Theatre (he played Jesus!), and an Administrative Pastor overseeing pastoral and administrative staff as well as a Pastoral Counselor for Vineyard Christian Fellowship Church. Neil primarily works out of our York office where he provides individual grief counseling sessions and leads support groups. He facilitates a monthly support series for Newly Bereaved individuals, Loss of Spouse support groups both on Zoom and in person, weekly support groups between Thanksgiving and Christmas, and a monthly virtual Men's Support group. Neil finds it rewarding to "help individuals and families learn how to cope, access what they need and discover a new sense of self through the support they receive." In his spare time, Neil enjoys discovering new places that have caves, forests, rocky cliffs and waterfalls, visiting with extended family, and time with his incredible wife and four wonderful adult children.



BILL OF RIGHTS for the BEREAVED

- Do not make me do anything I do not want to do.
- Let me cry.
- Allow me to talk about the deceased.
- Do not force me to make quick decisions.
- Let me act strange sometimes.
- Let me see that you are grieving, too.
- When I am angry, do not discount it!
- Do not speak to me in platitudes.
- Listen to me, please!
- Forgive me my trespasses, my rudeness, my thoughtlessness.

~June Cerza Kolf, used with permission

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.

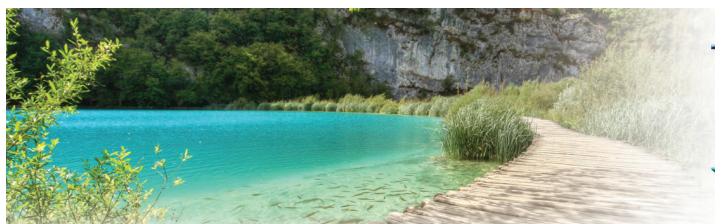


Deborah Gonzalez, MSW

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.

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



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.

Pathways Center for Grief & Loss
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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.