



PATHWAYS

To explore the path of your grief journey

May-June 2023

Getting Through Special Days

"How can I face Mother's Day when my mother is no longer living?"

"How will I get through graduation when our son, who died so suddenly, should have been among those graduating this year?"

"How will I get through her birthday, our anniversary, or that wedding?"

Special days that may have once filled you with eager anticipation now may leave you feeling anxious about them after your loss. Consider the following suggestions as special days draw closer.

- Tell others what you need. Let them know about special dates so they are aware of possible rough times. Suggest how they can support you.
- Reflect on what you want and need. If you take the time to think about the day, it will probably become clearer as to what you'd like to do.
- The anticipation can be worse than the actual day. Do you find yourself with such negative thoughts as "I can't handle this?" Try changing these thoughts into something more positive, such as "I need to stay focused on the present; I can get through today." You might be surprised how helpful this change in thinking can be.
- What would you have done on that day? Can you revise that same tradition to help yourself heal?
- Consider a new tradition. The Pathways Center for Grief & Loss offers a special commemorative event for women whose mothers have died. For more information, see page 6.

It is wise to plan activities or rituals to remember and connect with the person who died. Expect that it may be difficult. You might be relieved to discover moments of healing or comfort on that special day.

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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. 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.

Three six-week support series are held throughout the school year for children and adolescents who are grieving a significant death.

The Coping Kids & Teens program also offers individual and family sessions for children and teens impacted by the serious illness or death of a loved one.

There is no charge for any of these programs 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. Call the Pathways Center for more information or to set up an appointment.

Ask the Grief Counselor

Q Is it normal for my daughter to experience bad dreams after the death of her grandfather?

A Like adults, many children have trouble sleeping after someone they care about has died. Encourage your daughter to tell you about her dreams and then listen for “themes” in them. Although what happens in the dream may not make sense, often the theme, and the feeling it leaves her with, can tie in with what is going on in her daily life.

When children experience a loss, they often worry that someone else they are close to will also die. They feel more vulnerable as they realize that things happen which they, and you, cannot control. What your daughter needs now is lots of hugs and reassurance from the adults around her who are there for her each day.

Your daughter’s love for her grandfather leaves her with many confusing feelings now that he has died. Reading with her will help her talk about how she is feeling, as will drawing or other expressive

art activities.

If she seems uncomfortable talking about her feelings, it will help for you to share your own fond memories of her grandfather, as well as the feelings you have experienced since his death.

Children look to adults for guidance as to how they should behave. If you set an example, she is likely to follow. Be open and honest with your child when you struggle with your own grief reactions. This reassures your daughter that she is not the only one who is grieving. By doing so you provide comfort and reassurance. Eventually the frequency and intensity of her dreams should lessen. In time, she will discover what comforts her and what helps her adjust to this significant loss.



Leaning In



Though new growth and beauty may be blossoming everywhere you turn, your spirits may not be in tune with the warmth and beauty of spring and early summer. Perhaps your heart feels heavy because your loved one is missing from your life. Kahlil Gibran, said to be one of the world's best-selling poets, reminds us that sorrow is the other side of joy. There would be no sadness or pain, had you not first felt the joy in your loved one's presence and the strength of that relationship. **Sorrow is connected to joy as surely as death is connected to birth. You cannot have one without the other.**

At times you may have blocked out some of your more painful feelings. This might have helped you survive the difficult moments. But avoiding what hurts can leave you unprepared and unsure of how to cope when faced with so many reminders of your loss, perhaps everywhere you turn. You may not realize that your feelings are normal, and that you are a resilient person who can survive great loss. Moving toward the pain of loss may not be easy, but it is the path toward healing and growth. A bereaved friend once shared with me an image of grief she drew from a white-water rafting experience. Several people who were new to white-water rafting were afraid to row toward the rocks. Instead, they paddled away from the rapids and their rafts capsized. The guide helped them understand that to navigate the rough waters they had to paddle toward and lean into the rapids.

Be patient with yourself. It is difficult to allow yourself to feel what you may have spent time trying to avoid. Try to trust that if you feel the sorrow of your grief, you will, in time, come to know joy again.

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

Bricks—\$150

Bricks and pavers purchased by May 16, 2023 will be dedicated on June 25 at 2:00 p.m. at The E.E. Manny Murry Center, 4075 Old Harrisburg Pike, Mount Joy.

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

Dedication Ceremony Sponsor:



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.

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, MAY 15, 6:30–8:00 p.m.

Monday, JUNE 19, 6:30–8:00 p.m.

Coping with the Loss of a Spouse or Companion

Tuesday, MAY 9, 6:30–8:00 p.m.

Tuesday, MAY 23, 2:00–3:30 p.m.

Tuesday, JUNE 13, 6:30–8:00 p.m.

Tuesday, JUNE 27, 2:00–3:30 p.m.

AGE 50 & UNDER:

Coping with the Loss of a Spouse or Companion

Wednesday, MAY 24, 6:00–7:30 p.m.

Wednesday, JUNE 28, 6:00–7:30 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, MAY 16, 2:00–3:30 p.m.

Tuesday, JUNE 20, 2:00–3:30 p.m.

VIRTUAL OPTIONS (via ZOOM)

Coping with the Loss of a Parent or Sibling

Tuesday, MAY 2, 6:30–8:00 p.m.

Tuesday, JUNE 6, 6:30–8:00 p.m.

Coping with the Loss of a Spouse or Companion

Wednesday, MAY 3, 6:30–8:00 p.m.

Wednesday, JUNE 7, 6:30–8:00 p.m.

CALENDAR OF EVENTS

Support Series — Registration required

Newly Bereaved Program (3-week series)

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

Tuesdays, MAY 16, 23 and 30, 2:00–3:30 p.m.

Tuesdays, JULY 11, 18 and 25, 2:00–3:30 p.m.

Virtually via Zoom

Wednesdays, JUNE 7, 14 and 21, 6:30–8:00 p.m.

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

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

Mondays, June 5, 12, 19 and 26, 6:30–8:00 p.m.

The first three sessions are via Zoom.

The last session is at the
Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy

Registration deadline: May 24

Grief over the death of a beloved person triggers many uncomfortable emotions and thoughts. This four-week series will address the benefits of practicing mindfulness as a tool for being present with your grief and improving your overall wellbeing. 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 and registration is required. Call to discuss with a bereavement counselor to determine if the group will meet your needs.

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.



Spanish Support

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.

Other Options

GRASP (Grief Recovery After a Substance Passing)

Tuesday, MAY 16, 6:30–8:00 p.m.

Tuesday, JUNE 20, 6:30–8:00 p.m.

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

Pre-registration for new attendees 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.

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

CALENDAR OF EVENTS

Other Options

Remembering Our Mothers

Saturday, May 13, 9:30 a.m. – 12:00 noon

Lancaster Country Club, 1466 New Holland Pike, Lancaster

Sponsored by:



This annual Mother's Day breakfast provides women whose mothers have died the opportunity to remember, honor and celebrate their mothers' lives. Join us to hear Deborah Miley, M.Div, Hospice & Community Care chaplain, present "Still My Mother."

Registration and payment of \$20 must be received by April 27. Space is limited.

Register online at www.HospiceCommunity.org/ROM
or call (717) 391-2413 or (888) 282-2177.

Bereavement Workshop: Exploring New Relationships

Feelings of loneliness and the desire for social connections are common reactions after losing a spouse or companion. This healthy desire may be met with resistance by your own feelings of self-doubt or advice from others. This workshop offers an opportunity for bereaved individuals to discuss this topic and hear from a small panel who will share different approaches to connecting with others. Space is limited and registration is required. Call to register.



Tuesday, JUNE 13, 6:30–8:00 p.m.

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

Registration deadline: June 6

—OR—

Thursday, JUNE 22, 6:30–8:00 p.m.

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

Registration deadline: June 15

Pathways Center for Grief & Loss OPEN HOUSE

Sunday, JUNE 25, 2:30–3:30 p.m.

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

Stop by for a self-guided tour, browse through our lending library, and enjoy some refreshments. No registration needed.



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

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, MAY 24, 11:30 a.m.–1:00 p.m.

Wednesday, JUNE 28, 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)
or pathways@hospicecommunity.org
by noon the day before the event.

Dinner Out (for men and women)

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

Silver Spring Family Restaurant
3653 Marietta Avenue, Lancaster

Saturday, JUNE 10, 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.

Get to know Pathways Center Staff



Dawn Oberholtzer is the person behind the scenes at the Pathways Center for Grief & Loss who makes sure deadlines are met, details are addressed, and all of the moving parts work well together. Her official title is Administrative Assistant, but all the bereavement counselors know that means she does “everything but the grief counseling.” Dawn has been with Hospice & Community Care for almost 20 years. She began her career working as a medical secretary in the laboratory at Ephrata Community Hospital, and also worked as an administrative assistant at a local church. When asked what she enjoys most about her job, Dawn says “No two days in the Pathways Center are alike. After all of these years I can still honestly say that I enjoy coming to work every day. It’s an honor and privilege to serve individuals and organizations in the community at times when their needs are the greatest.” In her free time Dawn enjoys visiting national parks, walking and hiking, paper crafting, and spending time with her husband, children and grandchildren.

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.



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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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.