



PATHWAYS

To explore the path of your grief journey

Nov-Dec 2021

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Grieving and the Holidays

Holidays are a difficult time of year when you are grieving. It is important to avoid high expectations of yourself or others. Be gentle with yourself. Everyone copes with loss differently, which is why the Pathways Center offers a wide variety of services. You may want to attend one or more of our *Coping with the Holidays* programs or try the suggestions offered below.

- **Plan ahead and prioritize.** Whether it is greeting cards, holiday baking, decorating, or having a family dinner, ask yourself the following questions before making any decisions or trying to go on as you always have: “Is this a task that someone else would be willing to do?” or “Would it still be a holiday without it?” Plan one small goal for each day and include those you care about in the planning.
- **Live in the moment.** Anticipating a particular day can often be worse than the actual day itself. Take one moment at a time and try not to look too far ahead. The season feels different because you are different—seek ways to help you get through each day. Take time to rest, refresh, and renew.
- **Create rituals.** Rituals affirm the connection between your life and others. They honor the memory and help you remember. Though your loved one is not present physically, that person remains in your heart and mind. Find ways to remember your loved one. Buy an ornament or gift in their memory, or light a candle each night and incorporate the memory of your loved one in new ways this holiday season.

The year 2021 has certainly been life-changing for you. As you look ahead to 2022, consider what you plan to leave behind and what you want to carry forward. Decide what direction you want to move in as you look ahead to the coming year.

~Patti Anewalt, Director

PATHWAYS CENTER for GRIEF & LOSS

The E. E. Manny Murry Center
4075 Old Harrisburg Pike
Mount Joy, PA 17552

Ann B. Barshinger Hospice Center,
235 St. Charles Way, Suite 250, York
(717) 391-2413 • (800) 924-7610
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pathways@hospicecommunity.org
www.pathwaysthroughgrief.org



Helping Grieving Children Cope with the Holidays

When you and your family are struggling to adjust to the emptiness left by a loved one who has died, remember that children are grieving, too. It may be hard for you to make the holiday season a joyous one, but unlike you, most children still want to enjoy the holidays despite the loss. Be aware that in a season that focuses on wishes coming true, there can be magical thinking that includes the hope that their loved one will return.

Just as it would be at any other time during the year, it is important to let children see sadness and tears during the holidays. This sets an example for children and confirms that it is alright to express their feelings. When children see adults feel sad yet still function appropriately, they are more likely to share their own feelings as well as their fears.



Especially during the holiday season, grieving children may want more hugs. They need reassurance that you accept all they are feeling. These feelings of acceptance will strengthen the bond between you and is the greatest gift you have to offer. If you have a child who is grieving this holiday season, consider calling the Pathways Center to talk with a 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 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

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.

Thursdays
January 13 – February 17
6:00-7:30 p.m.

(Registration deadline:
December 27, 2021)

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

ASK THE GRIEF COUNSELOR

Q I look forward to receiving the Pathways newsletter and have been interested in going to some of your programs but I cannot bring myself to follow through and attend, even though I would like to. Since my wife died more than a year ago, I'm also not sure if I am still allowed to come to anything you offer. Do you have any suggestions?



A Your problem is not unique. In fact, almost everyone who attends one of our programs or groups for the first time does so with a degree of uncertainty and anxiety. For some who have gotten through the first year after the death, they begin to grasp more of the reality of how much their life has changed. People know they “need something” but are uncertain where to turn. Call the Pathways Center to ask about the particular program you might be interested in. As you talk with one of our counselors, you will feel more comfortable taking the next step. Some people are afraid they will break down and cry in the group, but soon realize the support group is a safe place to express emotions they cannot share anywhere else. All of

our groups are led by a Master’s-level counselor and are co-facilitated by trained volunteers who have experienced the same type of loss as others in the group. This helps you realize how life truly does get better, in time. You may also invite a friend or family member to attend one of our drop-in groups with you for support. If you think you may not feel comfortable talking in a group, you are welcome to attend to just listen to others’ stories. People continually comment on how they wish they had come to us sooner. After attending the first time, they usually say they are glad they did because they realize that, although everyone handles grief differently, they are less alone than they thought.

Individual Grief Support

Phone support has always been and will continue to be available to adults, children, teens and families. Sometimes it can be helpful to meet individually with a bereavement counselor. We offer in-person support sessions in Mount Joy and York, while adhering to all of the Center for Disease Control recommended guidelines. Individual sessions by Zoom are an additional option. 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

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 us to let us know how we can best help you.

We will be adhering to all Center for Disease Control 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 (800) 924-7610 for status updates.

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.

IN-PERSON OPTIONS

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

MOUNT JOY

Pathways Center for Grief & Loss
4075 Old Harrisburg Pike

Coping with the Loss of a Spouse or Companion

Tuesday, NOVEMBER 9
6:30–8:00 p.m.

VIRTUAL OPTIONS (via ZOOM)

Call to register.

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

Wednesday, NOVEMBER 17
6:30–8:00 p.m.

Wednesday, DECEMBER 22
6:30–8:00 p.m.

Coping with the Loss of a Parent or Sibling

Tuesday, NOVEMBER 2
6:30–8:00 p.m.

Coping with the Loss of a Spouse or Companion

Wednesday, NOVEMBER 3
6:30–8:00 p.m.

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

Tuesday, DECEMBER 28
6:30–8:00 p.m.



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

Calendar of Events

Coping with the Holidays – Registration required

After a loss, many find it helpful to meet with others and talk about how to get through the holidays. Weekly opportunities to connect with others are available through the holiday season. Attend one group or attend them all. **Call the Pathways Center to register. Registration deadline is one week prior to the group.**

MOUNT JOY

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

Tuesday, NOVEMBER 16, 6:30–8:00 p.m.

Topic: Holiday Survival Guide

**Tuesday, NOVEMBER 23, 2:00–3:30 p.m.
(daytime option)**

Topic: Holiday Survival Guide

Tuesday, NOVEMBER 23, 6:30–8:00 p.m.

Topic: Practicing Gratitude

Tuesday, DECEMBER 7, 6:30–8:00 p.m.

Topic: Ways to Remember

Tuesday, DECEMBER 14, 6:30–8:00 p.m.

Topic: Living for Today

Tuesday, DECEMBER 21, 6:30–8:00 p.m.

Topic: What are the Gifts?

YORK

IN-PERSON at the Ann B. Barshinger Hospice Center, 235 St. Charles Way, Suite 250, York

**Tuesday, NOVEMBER 16, 2:00–3:30 p.m.
(daytime option)**

Topic: Holiday Survival Guide

Wednesday, NOVEMBER 17, 6:30–8:00 p.m.

Topic: Holiday Survival Guide

Wednesday, DECEMBER 1, 6:30–8:00 p.m.

Topic: Practicing Gratitude

Wednesday, DECEMBER 8, 6:30–8:00 p.m.

Topic: Ways to Remember

Wednesday, DECEMBER 15, 6:30–8:00 p.m.

Topic: Living for Today

Wednesday, DECEMBER 22, 6:30–8:00 p.m.

Topic: What are the Gifts?

Post-Holiday Support – Registration required

What Now? Post-Holiday Survival Tips

VIRTUALLY via ZOOM

Wednesday, January 19, 6:30–8:00 p.m.

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, held via Zoom, which will provide helpful tips during those long winter months. Space is limited; registration required. Call the Pathways Center by January 17 to register.



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, NOVEMBER 16, 6:30–8:00 p.m.

Tuesday, DECEMBER 21, 6:30–8:00 p.m.

- **IN-PERSON** at the 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.

Living with Grief Since Covid-19 (a pre-recorded webinar for professionals)

📺 **VIRTUALLY** via ZOOM

Thursday, NOVEMBER 11, 8:30–10:30 a.m.

(Registration deadline: November 9)

Register online for the NOVEMBER 11 event at <https://bit.ly/3xG82Cm>.

Friday, NOVEMBER 19, 2:30–4:30 p.m.

(Registration deadline: November 17)

Register online for the NOVEMBER 19 event at <https://bit.ly/3xDN6Mq>.

The Coronavirus pandemic has contributed to an unprecedented level of loss since March of 2020. Through an expert panel discussion and interviews, this pre-recorded program will help professionals effectively respond to the onslaught of pandemic-related grief and bereavement needs. These events, held via Zoom, will provide tools to support counseling, treatment, stabilization, and posttraumatic growth. There is no cost to attend. Two (2) free CE credits are available online through the Hospice Foundation of America.

Verify board approvals at:

https://hospicefoundation.org/hfa/media/Files/Board%20Lists/Board-List_LWG-Since-COVID-19.pdf

Space is limited. For more information, contact the Pathways Center for Grief & Loss.

Newly Bereaved Program

(3-week series)

📺 **VIRTUALLY** via ZOOM

Wednesdays, NOVEMBER 3, 10 and 17, 2:00–3:30 p.m.

Tuesdays, DECEMBER 7, 14 and 21, 6:30–8:00 p.m.

Wednesdays, JANUARY 12, 19 and 26, 2:00–3:30 p.m.

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

Children's Grief Awareness Day

Thursday, NOVEMBER 18

Children's Grief Awareness Day provides an opportunity to raise awareness of the painful impact the death of a loved one has on the life of a child. Show your support by wearing blue. Learn more by visiting www.childrengriefawarenessday.org.

International Survivors of Suicide Loss Day

Saturday, NOVEMBER 20, 9:00 a.m.–12:00 noon

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

Join other survivors for a video presentation and discussion of "Life Journeys: Reclaiming Life After Loss." Hear from a local panel of survivors and receive information on resources and supports. Register online at <https://isosld.afsp.org/mount-joy-pennsylvania/> or call Elaine Ostrum at (717) 391-2413.

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

Get to Know Pathways Center Staff

Bereavement Counselor **Diane Kulas** has a Master's degree in Social Work from Widener University in Chester, Pennsylvania. She has been an employee of Hospice & Community Care for 11 years. She also served as a volunteer for the Coping Kids & Teens program and Camp Chimaqua from 1996 to 2000.

Prior to her work as a grief counselor, Diane worked for the Harrisburg School District as an in-house therapist at their alternative high school. She also coordinated a social-emotional program for elementary schools and coordinated an out-patient program for adolescents who committed sexual offenses. Diane is the Children's Services Coordinator at the Pathways Center for Grief & Loss, overseeing bereavement and anticipatory grief services for children, adolescents and their families.

"I love the energy and honesty of children and teens," shared Diane. "They are authentic with their thoughts and feelings and they deserve to be heard, respected and supported. When grief strikes, it is easy to lose



direction and hope. I am honored to be trusted to offer help." Diane also enjoys empowering her staff and volunteers to use their compassion and unique talents. She is amazed by the dedication of all the Pathways' volunteers she has the privilege

to work with who help with the Coping Kids & Teens program year-round. "We are a complete team, totally focused on rebuilding strength within each child, their family and our community."

When she is not at work, Diane enjoys spending time with her two teenage children and her husband. "I find my own healing in nature – working in my garden, hiking in the mountains, or soaking up the sun at any lake."

Still remembered. Still loved. Still missed.

Wednesday, DECEMBER 1

7:00 p.m. (Music begins at 6:30 p.m.)

The Essa Flory Center, 685 Good Drive, Lancaster
(outdoor program)

—&—

Sunday, DECEMBER 5

5:30 p.m. (Music begins at 5:00 p.m.)

Wyndridge Farms, 885 S. Pleasant Avenue,
Dallastown (outdoor program)

Lancaster Presenting Sponsor—



Celebrate the life of your loved one by purchasing a light for this year's Light Up a Life tree-lighting ceremony. For a gift of \$25 per light, a light is placed in memory or in honor of your loved one on the graceful evergreen trees. Make your gift online at www.hospiceconnect.org/lights or call (717) 295-3900. By purchasing a light, you are also providing the gift of care for patients and families facing end of life.

Light up a Life

Call us at (717) 391-2413 or (800) 924-7610 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.

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(800) 924-7610
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.