



PATHWAYS

To explore the path of your grief journey

Nov-Dec 2022

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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 share your plans with family and friends so they understand your needs.
- **Try to focus on the present.** 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 memories 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 2022 has certainly been life-changing for you. As you look ahead to 2023, 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

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

Thursdays

January 12 – February 16

6:00 – 7:30 p.m.

(Registration deadline: December 27)

Pathways Center for Grief & Loss

4075 Old Harrisburg Pike

Mount Joy

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. Three six-week support series are held throughout the school year for children and teens who are grieving a significant death. 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). 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. All services are held in the Bob & Joy Allen Coping Kids & Teens Wing of the Pathways Center for Grief & Loss.

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 also grieve. 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, children may have 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.



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

Christy Rhoades Bransby is the newest bereavement counselor at the Pathways Center. Her undergraduate degree is in social work from Millersville University. She did her internship at Mennonite Home Communities and after graduation worked there as a social worker. Christy's Master's degree is also in social work from Millersville University and she did her Master's internship with Hospice & Community Care as a home hospice social worker. Upon graduation, she worked for Hospice & Community Care in home hospice for more than five years. At the Pathways Center she provides grief education and support to bereaved adults through individual sessions, telephone counseling and group support. She facilitates in-person groups for the Loss of a Spouse or Companion and the Newly Bereaved support series. Christy says, "I feel privileged to walk alongside individuals as they navigate their grief journey, providing education and support to enhance their coping and create a lasting bond with their loved one." When she is not working, Christy enjoys reading, traveling, hiking and spending quality time with her friends, family and (new!) husband.



Pathways Center Library

The Pathways Center offers an extensive library of books and DVDs on grief and loss. Similar to attending a support group, when a bereaved person reads something in print or sees a movie that 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.

Support for Caregivers

If you are caring for a loved one, who is caring for you? 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 consultation for adults, children, teens and families. In-person support sessions are provided in Mount Joy and York, while adhering to the Center for Disease Control's 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 available. 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.

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 (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 for updates.

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.

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, NOVEMBER 21, 6:30 – 8:00 p.m.

Monday, DECEMBER 19, 6:30 – 8:00 p.m.

Coping with the Loss of a Spouse or Companion

**Tuesday, NOVEMBER 8
6:30 – 8:00 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, NOVEMBER 1
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

Coping with the Holidays – Registration required

Do you find that holiday traditions you once anticipated with great joy now leave you with feelings of uncertainty and sadness? Consider joining us for any of the following groups. These sessions may help you not only get through the holiday season, but perhaps find something positive during an otherwise difficult time.

Registration deadline is two days 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

Tuesday, NOVEMBER 15, 6:30 – 8:00 p.m.
(Topic: Holiday Survival Guide)

Tuesday, NOVEMBER 22
2:00 – 3:30 p.m. (daytime option)
(Topic: Holiday Survival Guide)

Tuesday, NOVEMBER 22, 6:30 – 8:00 p.m.
(Topic: Practicing Gratitude)

Tuesday, NOVEMBER 29, 6:30 – 8:00 p.m.
(Topic: Ways to Remember)

Tuesday, DECEMBER 13, 6:30 – 8:00 p.m.
(Topic: Living for Today)

Tuesday, DECEMBER 20, 6:30 – 8:00 p.m.
(Topic: What are the Gifts?)

VIRTUAL OPTIONS (via ZOOM)

Wednesday, NOVEMBER 2
6:30 – 8:00 p.m.
(Topic: Holiday Survival Guide)

Wednesday, DECEMBER 14
6:30 – 8:00 p.m.
(Topic: Holiday Check-In & Discussion)



York

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

Tuesday, NOVEMBER 15, 2:00 – 3:30 p.m.
(Topic: Holiday Survival Guide)

Wednesday, NOVEMBER 16
6:30 – 8:00 p.m. (evening option)
(Topic: Holiday Survival Guide)

Tuesday, NOVEMBER 22, 2:00 – 3:30 p.m.
(Topic: Practicing Gratitude)

Tuesday, NOVEMBER 29, 2:00 – 3:30 p.m.
(Topic: Ways to Remember)

Tuesday, DECEMBER 13, 2:00 – 3:30 p.m.
(Topic: Living for Today)

Tuesday, DECEMBER 20, 2:00 – 3:30 p.m.
(Topic: What are the Gifts?)

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.

Men's Breakfast

Tuesday, NOVEMBER 22, 8:00 – 9:30 a.m.

Tuesday, DECEMBER 27, 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, NOVEMBER 30
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, NOVEMBER 8
11:30 a.m. – 1:00 p.m.**

**Tuesday, DECEMBER 13
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, NOVEMBER 12, 2:00 p.m.

Silver Spring Family Restaurant

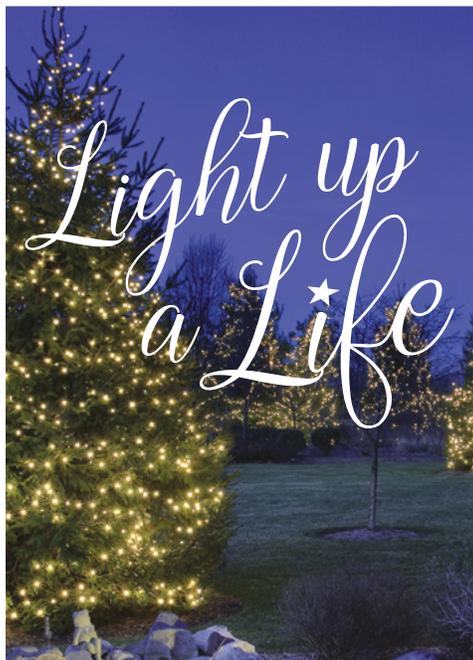
3653 Marietta Avenue, Lancaster

Saturday, DECEMBER 10, 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.



Celebrate the life of your loved one by purchasing a light for this year's Light Up a Life tree-lighting ceremonies. For a gift of \$25 per light, a light is placed in memory or in honor of your loved one on graceful evergreen trees. Make your gift online at www.HospiceLights.org 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.

Still remembered. Still loved. Still missed.

Wednesday, DECEMBER 7

Music begins at 6:30 p.m.

Program begins at 7:00 p.m.

**Outdoor at The Essa Flory Center
685 Good Drive, Lancaster**

Thursday, DECEMBER 8

Music begins at 5:30 p.m.

Program begins at 6:00 p.m.

**Indoor/Outdoor at Wyndridge Farms
885 S. Pleasant Avenue, Dallastown**

Presenting Sponsors—



**KUHNER
ASSOCIATES**
Funeral Directors, Inc.

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

Other Options



Newly Bereaved Program (3-week series)

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

Wednesdays, NOVEMBER 2, 9 and 16,
2:00 – 3:30 p.m.

Wednesdays, JANUARY 11, 18 and 25,
2:00 – 3:30 p.m.

VIRTUALLY VIA ZOOM

Tuesdays, DECEMBER 6, 13 and 20
6:30 – 8:00 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. Call to discuss with a bereavement counselor to determine if the group will meet your needs.

GRASP

(Grief Recovery After a Substance Passing)

Tuesday, NOVEMBER 15, 6:30 – 8:00 p.m.

Tuesday, DECEMBER 20, 6:30 – 8:00 p.m.

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.

Children's Grief Awareness Day

Thursday, NOVEMBER 17

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.childrensgriefawarenessday.org.

International Survivors of Suicide Loss Day

Saturday, November 19
9:00 a.m. – 12:00 noon

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://mount-joy-pennsylvania.isosld.afsp.org>
or call Elaine Ostrum at (717) 391-2413.

Bereavement Workshop: What Now? Post-Holiday Survival Tips

VIRTUALLY VIA ZOOM

Thursday, JANUARY 26, 6:30 – 8:00 p.m.

Registration deadline: January 24.

Many grieving individuals find themselves wanting to just "get through" the holidays as quickly as possible, aware of the many triggers that can accompany the holiday season. When the new year arrives and there is less to do, people may be surprised that they feel "let down" and a bit lost. This workshop will provide helpful tips for coping with your loss during those long winter months. To register, visit pathways.hccnet.org/groups or call the Pathways Center.



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

When the Weather Outside is Frightful . . .

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



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
4075 Old Harrisburg Pike
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.