



PATHWAYS

To explore the path of your grief journey

Sept-Oct 2022

Family & Friends: How Grief Changes Relationships

Grief changes everything. One reason the loss of a loved one can be so hard to bear is because everyone and everything around you is different. Those you may have depended on for support in the past simply may not understand or be comfortable with your sadness and vulnerability. Grief can intensify stress in relationships. All the changes that have happened with the global pandemic have further complicated matters and compounded these changes. Everything may seem hard – even the simplest tasks can seem overwhelming. Believe it or not, you are making progress in this journey you are on, but you may be the last person to realize this. Everyone needs to handle grief in their own way, and this takes time to discern. Practicing patience may also be challenging.

It is important to honestly reflect on your needs. Pay attention to your feelings and listen – without judgment – to your heart. Spend time with people who can recognize, hear and support you. Ask them for what you need. Specific requests work best such as “I’d like to talk this out with you,” or “Just sit here quietly with me for a while.” You might want them to visit more often, check in by phone or run an errand. Remember that many people care about you and want to help, but they may be unsure how to help. Perhaps you feel your grief is too much for some of your friends or family members. This may be the time to explore a new source of support, such as a support group or an individual visit with one of our bereavement counselors. Most of the services at the Pathways Center are free of charge and available to anyone within our service area, not just those whose loved ones received Hospice care. The Pathways Center grief counselors are here for you.

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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, Director



Coping Kids & Teens

Thursdays
October 13–November 17
6:00–7:30 p.m.

(Registration deadline: September 28)

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. Peer support groups are held throughout the school year for children and teens who are grieving a significant death. During each 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). 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.



Supporting Grieving Children

The grieving process begins as soon as a person is diagnosed with an illness or has died. This happens with children and adults, yet with children, it is often misunderstood. The best way to help children during this time of change is to encourage them to express their feelings and ask questions. Children need reassurance that someone will be there to support them. They need to feel included in what is happening in the family so they don't feel isolated or anxious.

Ideas that might be helpful include the following:

- Maintain a routine, as this promotes security and safety.
- Be aware that children grieve intermittently.
- Expressive arts such as drawing, painting, or working with clay can be helpful, especially with children who are very young or not comfortable with talking.
- Gentle discipline is as important as hugs and kisses.
- When children ask a question, be sure to understand what they are asking. Ask "What do you think?" which encourages children to clearly state their thoughts.
- The physical facts are of great interest to children, so try not to perceive them as morbid or unusual.

Open, honest communication not only works to strengthen your relationship with your children; it also enhances their ability to cope with difficult experiences in the future. Grief expressed is grief diminished.

Finding Strength from Loss

Her life changed in a moment. In January 2019, Ally lost her best friend and boyfriend, Jaden, in a car accident. She was 16 years old at the time of Jaden's death. This was Ally's first experience with the death of a loved one and, sadly, more would closely follow. Ally's father was diagnosed with brain cancer when she was 11 years old, and he died in March 2020. Three months later, Ally's grandfather also passed away.



Ally and her father

After Jaden's death, Ally's mother sought support for Ally at the Pathways Center for Grief & Loss. Ally participated in the Coping Kids & Teens program. "I loved Coping Kids & Teens," shared Ally. "I felt like I was a burden to my family and friends when I talked to them about my grief. With Coping Kids & Teens I was with other teenagers who were experiencing the same thing and could be more open with my feelings. I wasn't sad by myself and I thought if they could do it, I could do it." During Coping Kids & Teens, Ally met Pathways' counselor, Heather Shenk. "Heather is the best," commented Ally with a smile.

"She was so easy to talk to. I was able to tell her things that I hadn't even told myself. She never made me feel like I was a burden." "Ally's grief was unique in that she was coping with the loss of her boyfriend while experiencing anticipatory grief with the diagnosis of her father's terminal cancer," explained Heather. "The feelings that Ally had after Jaden's death helped to prepare her for what to expect leading up to and after her

father's death. Ally was able to change her perspective and focus on what was most important while her father was alive. It helped her to create memorable moments with her father." Ally now attends Bucknell University. She was hesitant to seek out grief support when she was younger, but now she is able to take the lessons learned from the Pathways Center and apply them daily. "I know that I am going to be okay," shared Ally. "Going to Coping Kids & Teens and talking with Heather gave me that reassurance. I have already faced some tough stuff and I know now that I can get through anything I face. I will never be alone."

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 consultation for adults, children, teens and families. In-person support sessions are provided in Mount Joy and York, while adhering to all 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 can sometimes be available. Call the Pathways Center for more information or to set up an appointment.

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.

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, SEPTEMBER 19, 6:30–8:00 p.m.

Monday, OCTOBER 17, 6:30–8:00 p.m.

Coping with the Loss of a Spouse or Companion

Tuesday, SEPTEMBER 13, 6:30–8:00 p.m.

Tuesday, SEPTEMBER 27, 2:00–3:30 p.m.

Tuesday, OCTOBER 11, 6:30–8:00 p.m.

Tuesday, OCTOBER 25, 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, SEPTEMBER 20, 2:00–3:30 p.m.

Tuesday, OCTOBER 18, 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, SEPTEMBER 6, 6:30–8:00 p.m.

Tuesday, OCTOBER 4, 6:30–8:00 p.m.

Coping with the Loss of a Spouse or Companion

**Wednesday, SEPTEMBER 7
6:30–8:00 p.m.**

**Wednesday, OCTOBER 5
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, SEPTEMBER 27
6:30–8:00 p.m.**

**Tuesday, OCTOBER 25
6:30–8:00 p.m.**

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, SEPTEMBER 14, 21 and 28
2:00–3:30 p.m.

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

VIRTUALLY VIA ZOOM

Tuesdays, OCTOBER 4, 11 and 18
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. 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.

MINDFULNESS & GRIEF: PRACTICAL TOOLS FOR LIVING

(4-week series)

VIRTUALLY VIA ZOOM

Wednesdays
NOVEMBER 2, 9, 16 and 30
6:30–8:00 p.m.

(Registration deadline: October 21)

This four-week series, held via Zoom, will address the benefits of practicing mindfulness as a tool for being present with your grief and improving your overall well-being. Marygrace Lombay, 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; registration required. Call to discuss with a bereavement counselor to determine if the group will meet your needs.

Coping with Overdose Loss (6-week series)

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

Wednesdays, OCTOBER 5–NOVEMBER 9
6:30–8:00 p.m.

(Registration deadline September 28)

This support series is for any adult (age 18 or older) who is grieving a death from an overdose that occurred at least four months ago. The group provides a safe place to share your questions and painful experiences with others who will understand, and offers the healing support that is found when others have had a similar experience. Space is limited; registration required. Call to discuss with a bereavement counselor to determine if the group will meet your needs. Attendees must follow current CDC guidelines.

GROWING THROUGH GRIEF

(6-week series)

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

Mondays, OCTOBER 24–NOVEMBER 28
6:30–8:30 p.m.

(Registration deadline: October 12)

This six-week support series is for adults (age 18 or older) who are approaching or past the one-year anniversary of the death of a loved one. 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; registration required. Interested individuals will first meet with a bereavement counselor to determine if the group will meet your needs. Call to schedule an appointment. Attendees must follow current CDC guidelines.



Calendar of Events

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, SEPTEMBER 27, 8:00–9:30 a.m.

Tuesday, OCTOBER 25, 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, SEPTEMBER 28

11:30 a.m.–1:00 p.m.

Wednesday, OCTOBER 26

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, SEPTEMBER 13

11:30 a.m.–1:00 p.m.

Tuesday, OCTOBER 11

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, SEPTEMBER 10, 2:00 p.m.

Silver Spring Family Restaurant

3653 Marietta Avenue, Lancaster

Saturday, OCTOBER 8, 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.

Get to Know Pathways Center Staff

Pathways Center Director **Patti Anewalt** has overseen Hospice & Community Care's bereavement programs since 1994. Over the years Patti has expanded the Coping Kids & Teens program to include an overnight bereavement camp as well as support and training services in area schools. She has grown the Adult Services programs to provide loss specific support groups for anyone in the community. Due to her involvement at the national and international levels, Pathways Center for Grief & Loss services are widely known, respected and sought out for guidance and input as other programs are impacted



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

Other Options

WALK FOR DES: SUICIDE AWARENESS AND REMEMBRANCE 5K WALK/RUN



**Saturday
SEPTEMBER 10**

**Manheim Township Park
Neffsville**

For more information
and to pre-register, visit
www.walkfordes.org.

GRASP

(Grief Recovery After a Substance Passing)

Tuesday, SEPTEMBER 20, 6:30–8:00 p.m.

Tuesday, OCTOBER 18, 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.

Living with Grief: Trauma and Loss (a pre-recorded teleconference)

**Wednesday, NOVEMBER 2
8:30–10:30 a.m.**

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

(Registration deadline: October 28)

**Friday, NOVEMBER 11
2:30–4:30 p.m.**

VIRTUALLY VIA ZOOM

(Registration deadline: November 9)

This pre-recorded teleconference focuses on the specific issues raised when losses are sudden and traumatic, shattering the bereaved individual's assumptions that the world is safe, benevolent, or predictable. The program will use case studies to highlight ways complicated grief can be treated. It concludes with a discussion of vicarious traumatization and strategies for self-care. Space is limited; registration required. There is no cost to attend. Two (2) free CE credits are available online through the Hospice Foundation of America. For more information or to register, visit www.hospicecommunity.org/teleconference/ or call the Pathways Center.



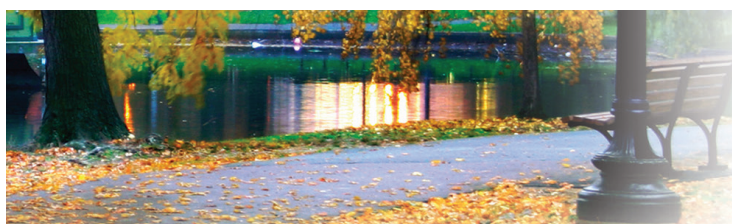
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by community loss and seek to grow their services.

Prior to moving to Lancaster County, Patti served as both a medical social worker and rehabilitation counselor for Eastern Maine Medical Center in Bangor, Maine. She has a Master's Degree in Rehabilitation Counseling and a PhD in Healthcare Administration. Patti has been active with the American Red Cross and the Lancaster County Critical

Incident Stress Management Team for many years. In this way she provides trainings as well as crisis support when community tragedies have occurred. She is passionate about grief counseling because "it's about being with people at such a difficult time in their lives. Over the days, months and years I have had the privilege of seeing resilience kick in as people rediscover who and what matters in their life going forward. It is so rewarding."

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
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.