



# PATHWAYS

To explore the path of your grief journey

Jan-Feb 2019

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## Reaching Out for Support in Early Grief



"I realized early on that I needed support and I couldn't do it myself," shares Becky Link of York County. Her husband Bob had died at home from esophageal cancer on May 7, 2018 with her loving attention and the support of Hospice & Community Care. "I have wonderful friends, but don't have the extended family some others do. I felt I needed some clarification, direction and to hear that I was okay and wouldn't stay in this spot forever." Becky recalls the raw pain and array of emotions she experienced those first few weeks. When she received a Pathways Center for Grief & Loss brochure, she realized that this was a resource she could access immediately. With one phone call, Becky was able to schedule an initial individual session with a grief counselor to learn about the support and resources available to her through the Pathways Center.

Since that visit, Becky has attended the Newly Bereaved support series and the monthly Loss of Spouse group. "There are wonderful people who will help you right where you are," Becky acknowledges. "The Pathways Center is a confidential, safe and comfortable place to be open and honest with all my feelings. It's a hub where I can receive support, knowledge, experience and referrals to help me get what I need." For Becky, who is a self-proclaimed planner, she has especially appreciated the tools she received that helped her begin to put the pieces of her life puzzle back together after such a significant loss. She sees that her grief is different now than it was in those first few weeks and months. "It was raw, ragged and rough at first. The Pathways Center's support provided a safety net to guide me through those early days. I've learned to use the tools provided to help me cope better and to be kind to myself."

Becky reflects that she still has a lot to learn and sees that her perspective will continue to change with where she is on her grief journey. Because of this, she is grateful that she can continue accessing the Pathways' resources as needed, realizing that she isn't alone in this. There is hope.

### PATHWAYS CENTER for GRIEF & LOSS

4075 Old Harrisburg Pike  
Mount Joy, PA 17552

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

(717) 391-2413 • (800) 924-7610  
(717) 391-2440 (En Español)  
pathways@hospicecommunity.org  
www.pathwaysthroughgrief.org

~Elaine Potts, Bereavement Counselor



## Looking Ahead

Entering a new year raises questions about what the future will hold. It may be difficult and somewhat overwhelming to look far ahead when coping with the loss of a loved one. When bereaved people are asked how they're doing, they often respond, "I'm taking it one day at a time." For most, it seems the ups and downs on this grief journey are more manageable if the focus is just on today. If you make New Year's resolutions, consider these suggestions for your list:

- Accept that your functioning won't be back to normal.
- Take one step at a time.
- Notice your emotions as they arise. Recognize and express all your feelings as they are all valid.
- Be gentle with yourself. Give up self-criticism.
- Pamper yourself. Find ways to relax and become less anxious.
- Keep a journal. Writing down your thoughts and feelings can help.
- Trust your own sense of timing about what you need to do and when you need to do it.
- Exercise daily and spend time outdoors.
- Take part in pleasant, distracting activities. Go to the movies, visit museums, read a book, watch TV.
- Check out our online grief education and support options. You can learn more about how you are grieving, gain ideas that will help you cope, and connect with others in our private Pathways online community.
- Attend a support group.



**The staff of the Pathways Center for Grief & Loss is here to support you in any way we can.**

## Coping Kids & Teens

### Individual Grief Support

The Coping Kids & Teens program provides individual or family sessions for children impacted by the serious illness or death of a loved one. 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. Amid serious illness and death, children and teens often are overlooked, yet their needs are significant. There is no charge for the Coping Kids & Teens 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

Thursdays, January 10 – February 14 (Registration deadline: Dec. 28)

Thursdays, March 14 – April 18 (Registration deadline: March 1)

6:00–7:30 p.m.

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 parenting grieving teens and children. 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.

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

## The Physical Effects of Grief

**F**or many, January and February are difficult months. You miss the warmth and light of the sun and the cold temperatures and icy, snowy conditions may keep you from going outdoors. Many people have a tendency to hibernate, lessening physical and social activity. Because you are coping with the loss of a loved one, you are probably struggling with some physical aspects of your grief experience. These physical characteristics can pile up like snow and be difficult to move through. Many experience an ache in the pit of the stomach, heaviness in their chest, dizziness, shortness of breath, exhaustion, or difficulty sleeping. You may be more vulnerable to colds and infections and feel weaker or worn out. These are common experiences after losing a loved one. It is important to make a concerted effort to take good care of yourself. Be sure to eat good meals, exercise regularly, drink plenty of water, and get lots of rest. And it is also okay to have days when you simply indulge in your sadness and become immersed in the pain. Be gentle with yourself during this time—this season of winter, this season of grief. Remind yourself that spring will come again, as it always does. Just as the darkest part of the night always gives way to a new day, trust that you will heal as you work through the pain of your grief.

## Online Grief Education and Support

**M**any grieving people find evenings and weekends to be particularly difficult times to cope after a loss. The Pathways Center offers online grief education 24/7. Explore our *Composing Life Out of Loss* videos. Simply go to [www.pathwaysthroughgrief.org](http://www.pathwaysthroughgrief.org), click on “Grief Support” and select “Online Grief Education and Support.” You will find a series of 10 videos that help you better understand your grief. What you need. When you need it.

With 24/7 access via your computer or mobile device you can also have your own private account for in-depth learning and to connect with others who are grieving. To arrange for a private account or schedule a Virtual meeting with our counselor, contact us at [Pathways@hospicecommunity.org](mailto:Pathways@hospicecommunity.org) or (717) 391-2413. Your privacy is ensured with our HIPAA compliant technology.



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

# Calendar of Events

**M**any bereaved find it helpful to hear others' experiences with a loss after death. It is reassuring to realize what you are going through is shared by others. Our support groups focus on grief education and support. Call us at **(717) 391-2413** or **(800) 924-7610** if you have questions or would like more information. If you do not see a grief support option that appeals to you, please call the Pathways Center to let us know how we can best help you.

Are you seeking bereavement support outside of South Central Pennsylvania? Visit [www.nhpco.org](http://www.nhpco.org), email [pathways@hospicecommunity.org](mailto:pathways@hospicecommunity.org) or call **(800) 924-7610**. The Pathways Center also offers online support and virtual counseling for those who cannot physically attend our groups. See **page 3** for more information.

## Drop-In Support Groups – No registration required

Groups are led by Masters 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. You are welcome to bring a supportive person with you.

### Lancaster

Hospice & Community Care  
685 Good Drive, Lancaster

#### Coping with the Loss of a Spouse or Companion

Tuesday, JANUARY 15, 6:30–8:00 p.m.

Tuesday, FEBRUARY 19, 6:30–8:00 p.m.

### Mount Joy

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

#### Coping with the Loss of a Parent or Sibling

Tuesday, JANUARY 8, 6:30–8:00 p.m.

Tuesday, FEBRUARY 5, 6:30–8:00 p.m.

#### Coping with the Loss of a Spouse or Companion

Tuesday, JANUARY 22, 2:00–3:30 p.m.

Tuesday, FEBRUARY 26, 2:00–3:30 p.m.

#### Coping with the Loss of a Child

Wednesday, JANUARY 23, 6:30–8:00 p.m.

Wednesday, FEBRUARY 27, 6:30–8:00 p.m.

### Men's Grief Group

Wednesday, JANUARY 9, 6:30–8:00 p.m.  
(Snow date: January 16)

### York

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

#### Coping with the Loss of a Spouse or Companion

Wednesday, JANUARY 2, 6:30–8:00 p.m.

Tuesday, JANUARY 8, 2:00–3:30 p.m.

Tuesday, FEBRUARY 5, 2:00–3:30 p.m.

Wednesday, FEBRUARY 6, 6:30–8:00 p.m.



# Calendar of Events

## Support Group Series – Registration required

### Mount Joy

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

#### Coping with Suicide Loss (a 6-week series)

Wednesdays, MARCH 13 – APRIL 17  
6:30–8:30 p.m.

**Registration deadline: March 6**

This support series is for any adult (age 18 or older) who is grieving a death from suicide that occurred at least four months ago. The group provides a safe place to share your questions and pain, and offers the healing support of others who have had a similar experience. Space is limited; registration required. Call to discuss with a bereavement counselor.

### Mount Joy

#### Newly Bereaved Program (a 3-week series)

##### MOUNT JOY

Wednesdays, FEBRUARY 13, 20 and 27  
10:00–11:30 a.m.

Tuesdays, MARCH 12, 19 and 26  
6:30–8:00 p.m.

Wednesdays, APRIL 10, 17 and 24  
10:00–11:30 a.m.

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

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

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.

## Workshops – Registration required

### York

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

#### What Now? Post Holiday Survival Tips

Wednesday, JANUARY 23, 6:30–8:00 p.m.

(Snow date: January 30)

**Registration deadline: January 21**

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 which will provide helpful tips during those long winter months. Space is limited; registration required.



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

# 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 bereaved? 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, JANUARY 16  
11:00 a.m.–12:30 p.m.

Wednesday, FEBRUARY 20  
11:00 a.m.–12:30 p.m.

**Mick's All American Pub**  
2201 Strickler Road, Mount Joy

No registration needed.

For more information, contact  
Marie Roach at (717) 392-8823.

### Ladies Lunch—York

Tuesday, JANUARY 8  
11:30 a.m.–1:00 p.m.

Tuesday, FEBRUARY 12  
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.

### Men's Breakfast

Tuesday, JANUARY 22  
8:00–9:30 a.m.

Tuesday, FEBRUARY 26  
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) 898-7553.



### Dinner Out

For men and women—

Saturday, JANUARY 12, 2:00 p.m.

**Mick's All American Pub**  
2201 Strickler Road, Manheim

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

**Logan's Roadhouse**  
2180 York Crossing Drive, York

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

# Calendar of Events

## Other Options

### GRASP (Grief Recovery After a Substance Passing)

Tuesday, JANUARY 8  
6:30–8:00 p.m.

Tuesday, FEBRUARY 12  
6:30–8:00 p.m.

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

This monthly group helps provide 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.**

For more information or to register, contact Marjorie Paradise at [mparadise810@comcast.net](mailto:mparadise810@comcast.net) or (717) 951-2720.



## Spanish Support

### Grief Support in Spanish

The Pathways Center for Grief & Loss's 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

### Consejeria 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.

## Individual Consultations

Sometimes it can be helpful to meet individually with a bereavement counselor. Call the Pathways Center for more information or to set up an appointment in Mount Joy, Lancaster or York.

### When the Weather Outside is Frightful . . .

Turn to **WGAL Channel 8, WDAC 94.5,**  
**WARM 103, [www.fun1013.com](http://www.fun1013.com)**  
or **Hospice & Community Care's social media**  
for cancellations or postponements of  
Pathways Center programs.



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



# PATHWAYS

## The Pathways Center

You 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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Mount Joy, PA 17552

**(717) 391-2413** or  
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[www.pathwaysthroughgrief.org](http://www.pathwaysthroughgrief.org)



### Also Available Through the Pathways Center

Workshops, in-services and trainings are available for anyone who is bereaved, as well as for those who support the bereaved. Contact the Pathways Center for more information

about how we could be a resource to you, your organization or someone you know.