

WE MAKE A  
**LIVING** BY  
 WHAT WE GET  
 BUT WE MAKE A  
**LIFE** GIVE  
 BY WHAT WE

*- Winston Churchill*



# Transitions

Issue 3 of 12  
 ANX Hospice Care  
 Bereavement Newsletter

*“May you find the strength and resolve today, to allow a deeper sense of healing to begin.” – Eleesha*



## GRIEF & LOSS QUIZ

Are you affected by complicated grief? For each question below, select the number that best represents your answer: (0) Never, (1) Rarely, (2) Sometimes, (3) Often, or (4) Very Often/Always. Add up your answers and score yourself below.

1. The memories of the person who died or left upset me.
2. I think about this person so much that it's hard for me to do the things I normally do.
3. I feel I cannot accept the loss of the person who died or left.
4. I feel myself longing for the person who died or left.
5. I feel drawn to the places and things associated with the person who's gone.
6. I can't help feeling angry about his/her death.
7. I feel disbelief over what happened.
8. Ever since he/she died, it is hard for me to trust people.
9. I feel lonely a great deal of the time.
10. I feel bitter over this person's death.

### SCORING KEY:

**Over 26:** Complicated grief likely  
**23 to 25:** Complicated grief possible  
**0 to 22:** Complicated grief unlikely

SOURCE: PsychCentral.com/quizzes/grief-quiz/

## IN THIS ISSUE:

- **Monthly Message** | Page 1
- **Grief & Loss Quiz** | Page 3
- **Mailbox** | Page 2
- **NextSteps: Transitional Rite of Passage** | Page 2
- **Ask ANXperts** | Page 3
- **Community Resources** | Page 4

Dear friends and family,

When you're grieving, it's more important than ever to take care of yourself. The stress of a major loss can quickly deplete your energy and emotional reserves. Looking after your physical and emotional needs will help you get through this difficult time.

**Face your feelings.** You can try to suppress your grief, but you can't avoid it forever. In order to heal, you have to acknowledge the pain. Unresolved grief can also lead to complications such as depression and anxiety.

**Express your feelings in a tangible or creative way.** Write about your loss in a journal; make a scrapbook celebrating the person's life; or get involved in a cause or organization that was important to your loved one.

**Try to maintain your hobbies and interests.** Getting back to the activities that bring you joy can help you come to terms with your loss.

**Don't let anyone tell you how to feel, and don't tell yourself how to feel either.** Your grief is your own, and no one else can tell you when it's time to "move on" or "get over it." Let yourself feel whatever you feel without embarrassment or judgment.

**Plan ahead for grief "triggers."** Anniversaries, holidays, and milestones can reawaken memories and feelings. Be prepared for an emotional wallop, and know that it's completely normal.

**Look after your physical health.** The mind and body are connected. When you feel healthy physically, you'll be better able to cope emotionally.

Sincerely,

Lucille Faciane RN  
 ANX Director of Hospice Care

## COMMUNITY RESOURCES

Need additional help? Here are services and resources to tap:

- **Eldercare Locator:** Services for seniors and families | [eldercare.acl.gov](http://eldercare.acl.gov)
- **Private Caregivers:** Home Instead [homeinstead.com](http://homeinstead.com)
- **Transportation Services:** Bayshore Ambulance [bayshoreambulance.com](http://bayshoreambulance.com)
- **Meal Services:** Meals on Wheels [mealsonwheelsamerica.org](http://mealsonwheelsamerica.org)
- **Financial & Legal Services:** Creative Planning [creativeplanning.com](http://creativeplanning.com)

## VOLUNTEER OPPORTUNITIES

Volunteering for hospice care provides a unique setting to learn life's greatest lessons, gain the wisdom and skills to manage challenging situations, and embrace the transformational journey of death and dying. In serving a purpose bigger than ourselves, we find the true meaning of humility and compassion.

- Patient support
- Respite support for family members
- Child care assistance
- Bereavement support
- Special skills and interests

Call us at **650.991.1106** to learn more.

## CONTACT US

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## Mailbox

Our greatest reward is the heartfelt appreciation from our patients and clients. Here are just a few.

To ANX Hospice Care,

On behalf of our family, thank you for everything to the entire staff. We thank you for your continued love, comforting words, kindness and fervent prayers.

Phenomenal and heartwarming for us all. ~Ruvic

Dear ANX Hospice especially to Danna, Abraham and Noel,

Thank you for taking care of my grandpa. It really meant a lot to us. Please accept this humble token of our appreciation to your organization.

~Ling Family

To Father Abraham,

Thank you for your spiritual care rendered. We appreciate your support in these times.

Sincerely,  
Quimson Family

## NextSteps

### Transitional Rite of Passage

by Abraham Alonzo, STL-MA, MTS, Bereavement Coordinator and Spiritual Counselor



Bearing witness to a loved one's death is an extraordinary and transformative experience. End-of-life rituals can help solemnize your loved one's transition, bringing peace, comfort, and acceptance.

**Our Transitional Rite of Passage** is based on the principle of St. Augustine, a theologian and philosopher from the 4th century and considered one of the greatest Doctors of the Church: "In essentials unity, in particulars liberty, and in everything charity."

**In Essentials Unity:** What is essential is for family members to be able to express their emotions and say their goodbyes as a means to process their grief. One can just imagine how family members are still shocked and starting to absorb the news of the death of their beloved. Some are in complete disbelief and denial over their loss. After saying words of comfort, our Spiritual Counselor invites the family to share their expressions of grief and say their goodbyes to their loved one, encouraging them to cry and show the full depth of their emotion. We believe that tears are not only signs of love but they are also ways of healing themselves.

**In Particulars Liberty:** Our Transition Rites pay respect to all faiths and beliefs, and we incorporate a variety of tools and traditions to solemnize the end-of-life. For Christians, our Spiritual Counselor may quote the Bible; for Jews, the Torah; for Hindus, the Gita; for Muslims, the Quran; or any sacred text from any faith affiliation.

**In Everything Charity:** To close out the ceremony, gestures of love, forgiveness, compassion, healing prayer, and exchanges of peace are encouraged.

There is no right or wrong way to celebrate the Transition Rite of Passage. Each ceremony is deeply personalized to help friends and family honor their beloved in a meaningful end-of-life experience. [AA]

## Ask ANXperts

### Is grief a normal reaction?

Grief is an emotional pain and is a normal reaction after a loss. It varies by individual and their ability to cope.

### Is mourning and grief the same?

**Grief** is an emotional response to loss and **mourning** involves the "expression" of loss. Both help an individual cope with loss of a loved one. Memorial services provide a venue for mourning.

### What is bereavement?

**Bereavement** is the period of mourning after a loss. It is also the state of experiencing grief, encompassing a host of emotions like sadness, anger, guilt, frustration and anxiety.

### Is anger a normal reaction to grief?

Anger is a normal part of grieving. It's the body's natural response to threat, typically caused by hurt or fear. It is important to note that there is no specific order of stages in which to grieve. The range of emotions and responses greatly varies by individual.

### Should a grieving person minimize their feelings?

Minimizing one's feelings can impede the healing process. Other avoidance mechanisms include working a lot of hours; self-medicating with drugs, alcohol, or other substances; compulsive patterns and behavior; denial of loss

### Can crying help resolve grief?

Crying is an important part of a normal grieving process for many people and is considered healthy; however, it is possible to grieve without shedding tears.

### How long does grief last?

Grief is not a simple series of events or timelines. Unlike physical injury, there isn't a typical rate of healing. If you're concerned about unresolved grief, seek support from your Bereavement Team.

Have more questions

about grief and loss?

We are here for you!

Call your ANX

Bereavement Team at

650.991.1106 today.

## QuickTips

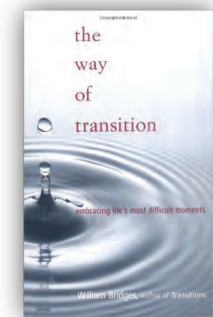
Take care of yourself and your loved ones in this time of grief.

- Reduce stress and anxiety by limiting your consumption of news.
- Get enough "good sleep."
- Establish and maintain a routine. Eat meals at regular times and put yourself on a schedule.
- Avoid making major life decisions.
- Be kind to yourself and understand there will be changes and disruptions.

## RECOMMENDED READING

### *The Way of Transition: Embracing Life's Most Difficult Moments*

by William Bridges



An honest account of being in transition, this uncommonly wise and moving book is a richly textured map of the personal,

professional, and emotional transformations that grow out of tragedy and crisis. Demonstrating how disillusionment, sorrow, or confusion can blossom into a time of incredible creativity and contentment, Bridges highlights the profound significance and value of endings in our lives.