

“Grief can be the garden of compassion. If you keep your heart open through everything, your pain can become your greatest ally in your life’s search for love and wisdom.” – Rumi

BEREAVEMENT SUPPORT

Self-healing takes time. Allowing yourself the benefit of a support group may aid in the healing process. ANX Hospice Care provides grief and bereavement support for families, caregivers, and community members coping with a loss. We offer:

- *Bereavement phone support*
- *Grief and spiritual counseling*
- *Bereavement camps*
- *Referrals to community resources*

Call us today at 650.991.1106 for a confidential consultation.



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Dear family and friends,

The sadness of losing someone you love never goes away completely, but it shouldn't remain center stage. If the pain of the loss is so severe that it keeps you from resuming your life, you may be suffering from a condition known as complicated grief.

Complicated grief is like being stuck in an intense state of mourning. Symptoms include extreme yearning for your deceased loved one and bitterness over your loss. You may have trouble accepting the death or be so preoccupied with the deceased that it disrupts your life and undermines your other relationships.

If your loved one's death was sudden or traumatic, complicated grief can manifest as psychological trauma or PTSD. If your loss has left you feeling helpless and struggling with anxiety, you may have been traumatized. But with the right guidance, you can make healing changes. The ANX Bereavement team is here to help.

Sincerely,

Lucile Faciane RN
Director of Hospice Care

Mailbox

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

Thank you, Cherry and Ila! You are super helpful. My first time working with ANX and I appreciate you. – Michelle M.

Thank you to Noel at ANX Hospice Care. He took good care of my father-in-law, James. He was very gentle and caring, not only to James but to everyone.
- Dina

Words cannot express all the love and support you gave to me and my mother during her illness. I will always be grateful to you all. – Debbie J.

NextSteps

How Grief Support Groups Help with Healing

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



There is an adage: “No man is an island.” Everyone needs a support system to help us process our grief journey. After losing a beloved, we go through a rollercoaster of emotions. Although relatives and friends may be helpful, they may not understand what you are going through if they have not experienced a personal loss themselves.

A grief support group is vital to process your grief. First, it will be comforting to discover that everyone in the group has a similar experience. And as you share your personal stories, you also hear other people’s journeys in grief. Second, you can begin to trust others who have gone through the same experience; they are the best support system as you move through these difficult challenges.

In cultures that avoid talking about loss, grief support groups will give you opportunities to share your stories openly and guilt-free, without judgement. As you listen to the stories of your new friends, you come to discover that everything you’re feeling is completely valid and part of a normal grieving process. Your grief support group can provide valuable companionship, hope, and understanding when you need it most. [AA]

Ask ANXperts

How can I cope with grief?

Learning to cope with grief is vital to your emotional and mental health. Here are a few tips to help you effectively cope with your pain, courtesy of Mental Health America.

- 1** **Seek out caring people.** Find friends and relatives —or join support groups with others— who can understand your feelings of loss.
- 2** **Express your feelings.** Tell others how you are feeling; it will help you to work out the grieving process.
- 3** **Take care of your health.** Maintain regular contact with your family physician, be sure to eat well, and get plenty of rest.
- 4** **Accept that life is for the living.** It takes effort to begin to live again in the present and not dwell on the past.
- 5** **Postpone major life changes.** Try to hold off on making any major changes, such as moving, remarrying, changing jobs, or having another child.
- 6** **Be patient.** It can take months or even years to absorb a major loss.
- 7** **Seek outside help when necessary.** If your grief seems like it is too much to bear, seek professional assistance to help you work through your grief. It's a sign of strength, not weakness, to seek help.



RECOMMENDED READING

A Grief Observed

by C.S. Lewis



Written after his wife's tragic death as a way of surviving the "mad midnight moment," *A Grief Observed* is

C.S. Lewis' honest reflection on the fundamental issues of life, death, and faith in the midst of loss. This work contains his concise, genuine reflections on that period:

"Nothing will shake a man—or at any rate a man like me—out of his merely verbal thinking and his merely notional beliefs. He has to be knocked silly before he comes to his senses. Only torture will bring out the truth. Only under torture does he discover it himself."

This is a beautiful and unflinchingly honest record of how even a stalwart believer can lose all sense of meaning in the universe, and how he can gradually regain his bearings.

WE MAKE A
LIVING BY
WHAT WE GET

BUT WE MAKE A

LIFE GIVE
BY WHAT WE

- Winston Churchill



COMMUNITY RESOURCES

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

- **Eldercare Locator:**
Services for seniors and families | eldercare.acl.gov
- **Private Caregivers:**
Home Instead
homeinstead.com
- **Transportation Services:**
iCare Medical Transport
i-caremt.com
- **Meal Services:**
Meals on Wheels
mealsonwheelsamerica.org
- **Financial & Legal Services:**
Creative Planning
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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