

“Everything that has a beginning has an ending. Make your peace with that and all will be well.” – Jack Kornfield



Heartfelt thoughts to our families and friends,

Specifics of the grief process are being widely investigated today as health professionals attempt to delineate “normal” grief from that which is “complicated.” Complete understanding of this experience will better prepare all care providers to offer appropriate interventions and effectively assist those working through this very natural process.

The anguish of loss is a universal phenomenon, whereas mourning practices vary across cultures; mourners bring their own respective life histories and context to the grief experience. Amid the diversity of approaches to grief, three attitudes remain the basic foundation for healing: empathy, attentiveness, and respect. *Empathy* springs from simultaneous awareness both of oneself and of another person. *Attentiveness* requires one to remain “tuned in” — cognitively, emotionally, and spiritually. *Respect* entails cultural sensitivity and openness. We at ANX are here to help you in this healing process.

Sincerely,

Lucile Faciane RN
Director of Hospice Care

7 Ways to Show Compassion

- *A simple “thank you” or “please”*
- *Being forgiving*
- *Showing empathy*
- *Opening the door for someone*
- *Listening and responding in a conversation.*
- *Be understanding by trying to accept other individual’s points of view and opinions*
- *Being cautious of what you say or do. Is it necessary to point out someone’s flaws and missteps?*

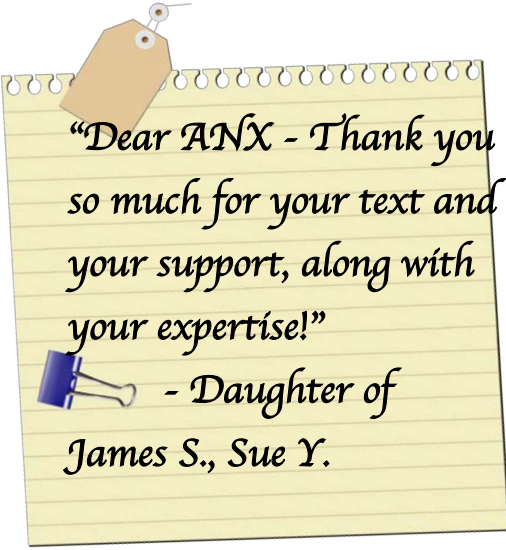


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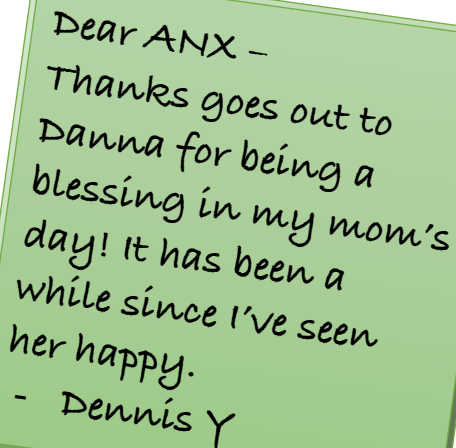
Mailbox

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

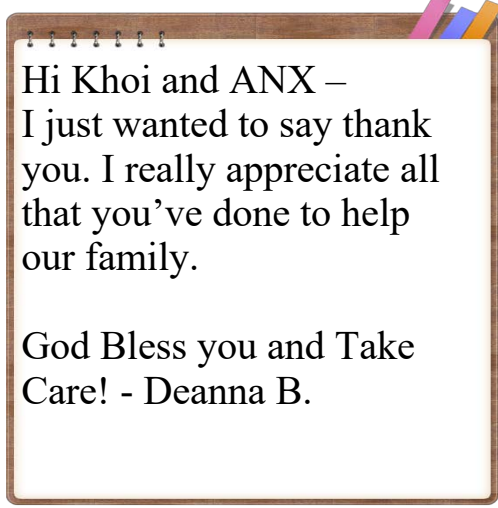


"Dear ANX - Thank you so much for your text and your support, along with your expertise!"

- Daughter of James S., Sue Y.



Dear ANX -
Thanks goes out to Danna for being a blessing in my mom's day! It has been a while since I've seen her happy.
- Dennis Y



Hi Khoi and ANX -
I just wanted to say thank you. I really appreciate all that you've done to help our family.

God Bless you and Take Care! - Deanna B.

NextSteps

Understanding Bargaining in Grief

By Abraham Alonzo, STL, MTS - ANX Spiritual Counselor



When a griever is in a stage of bargaining, they may be saying things like, "If only I have done this or that, this would not have happened." Bargaining generally comes after anger or is usually due to guilt. They may have terrible regrets about what they did or should have done in the past. Hence bargaining is another way of trying to balance the scales even with the higher power.

One may not fully understand bargaining in grief until it actually happens to oneself. Once, a grieving father told me that his only daughter—who recently died in an auto collision accident—willingly rode in an overloaded vehicle and volunteered to sit by the side door. She was the only casualty. He still wonders whether it may have been different if she sat in the middle and often asks, "Why would God allow such tragedy to my daughter instead of me?"

I realized then that as a Spiritual Counselor, whatever answer I may give will not change the fact and will always be inadequate. However, I saw the opportunity to allow the grieving father to share more about his feelings as well as the meaning for him of the tragic event. My role is not to prevent the process of sharing but rather to allow him to articulate his own feelings more clearly, discover a deeper meaning, and hopefully move towards acceptance. [AA]

Ask ANXperts

Need help with mindfulness? Try these:

Headspace



The Headspace app will guide you through meditation whether you are an experienced pro or a new beginner. It is free to sign up and it's easy to use. The app offers a variety of options for you to choose for whatever fits your specific need. Headspace offers a variety of free courses and trials but there are different payment options for full access as well.



Simple Habit



Simple Habit is a great tool to use as you embark on your meditation journey. This app will personalize your meditation experience so that you can increase your productivity, focus, and even get you better sleep! Simple Habit allows for free programs but also offers more in-depth categories for a subscription if desired.



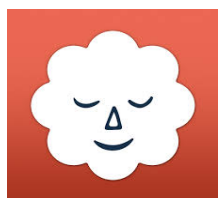
Calm



Calm is an amazing app for bringing mindfulness and meditation into your daily life where it will help you achieve more clarity, joy, and peace. It is a great way to de-stress and to begin enjoying life to the fullest once again. Calm is a subscription-based app but offers a limited free trial.



Stop, Breathe & Think



How can you calm your mind from a hard day's work? Stop, Breathe & Think will guide your breathing to relax your mind and to let the stressor of life melt away. For only 5 minutes a day this app can help you sleep better and improve your relationships with those around you.



Insight Timer



Meditation can be a daunting task to tackle but with Insight Timer it is easy to learn and master the steps to de-stress. Follow the simple steps or listen to talks led by neuroscientists from all over the world! Insight Timer has one of the largest free libraries, but a premium subscription will unlock many more features!



QuickTips

No.
Date

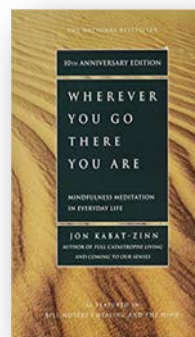
5 Ways to Be Mindful

- Use the ACT approach: Accept, Choose, and Take action
- Set a daily intention
- Stop worrying about the future
- Meditate
- Give yourself time at the beginning of your day to prepare for what's ahead

RECYCLED PAPER

RECOMMENDED READING

Wherever You Go, There You Are: Mindfulness and Meditation in Everyday Life
By Jon Kabat-Zinn



This bestseller will guide you on a transformative journey on mindfulness and using meditation to conquer the difficulties in life. Whether you need to find a way to de-

stress from your overworked job, getting that ever elusive good night's sleep, or just trying to become more present and mindful, Jon Kabat-Zinn and his best selling book, ***Wherever You Go, There You Are: Mindfulness and Meditation in Everyday Life***, will help you achieve those goals. I can be hard to keep track of your own life sometimes, but for just 10 minutes a day, meditation can give you the peace of mind that you need. [BY]

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:**
Eleos Mobility Service
<https://www.eleosmobility.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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