

*“It is not how much we have, but how much we enjoy that makes happiness.”
- Charles Spurgeon*



What about this thing called *acceptance*? Acceptance is wrongfully assumed to be the point where everything is all better now. This is not true. Acceptance is often confused with the notion of being “alright” or “okay” with what has happened. Most people don’t ever fully and completely get over the loss of a loved one. This stage is when we accept the reality that our loved one is physically gone and we recognize our new life’s permanent reality. We won’t ever like this reality, but we eventually accept it. Nothing can replace what has been lost, but we can make new connections with others and start anew.

These things are still painful to talk about. We are here for you. Our spiritual counselor could lead you down a path of enlightenment and understanding. Please do not hesitate to call us at 650-991-1106.

Sincerely,

Lucille Faciane RN
ANX Director of Hospice Care

PATH TO ENLIGHTENMENT

Starting the path to your own enlightenment takes time and patience.

Once you choose this path life will start to unfold in ways you would not understand. Do not be hindered by this.

Starting is the hardest part, but getting there means that you’ve already made it.

Find Sanctuary in yourself. Practicing peace only comes willingly when you choose to try. There are always ways to benefit yourself.

*Simple Questions to ask yourself:
How does this benefit me?*

What is the purpose and intent of what I am doing?

How can I be better and do better?

Trust the path you take.



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Mailbox

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

Dear Lucille – I would like to express my gratitude to ANX Hospice and you in particular during the last days of my husband's life. Our family is most appreciative of the kind and courteous help he was given by the ANX Hospice Team. With sincere thanks, Joan S.

Dear ANX – 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. May God bless your company!
Love, Debbie J.

*Dear ANX –
How can we put into words how much we appreciate the way you have reached out to me during this time of need? Fears were replaced with smiles and we had a lightness in our hearts because of your kindness and thoughtfulness.
From our family to yours, thank you.*

*With much love,
The Jones family*

NextSteps

Towards Acceptance in Grief

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



There is really no definitive level of acceptance in grief because grief is the price one pays for one's love. Since the nature of love is eternal, then grief is as deep or as endless as love is. Hence, it is almost impossible to categorize a certain moment of acceptance.

One day, I was invited to preside over the memorial for a middle-aged man who died of a massive heart attack. In attendance were his girlfriend of 12 years, his two siblings, and his father. After talking to his 2 siblings and girlfriend who were quite accepting, I approached the father. I presumed it was extremely difficult for him, since parents always assume they will go before their children.

As I approached him I said, "It must be very difficult for you since it is not normal for parents to bury their children." But I was pleasantly surprised when he said to me: "I am a Christian and I believe it is the will of God for my son to go." That statement was unexpected, but because he was a man of faith, his faith helped him to process his grief. In my years of pastoral experience, I've discovered that people can process their grief as long as they accept the meaning and purpose of a very painful loss. [AA]

Need to talk? Call your Bereavement Team at 650.991.1106.

Ask ANXperts

Measuring Your Growth

by Daniel Francisco

Losing a loved one is not something anyone can just “handle” alone. You may or may not feel like you’ve grown but let’s take this time to reflect, acknowledge, and measure your growth.

Reflect back: where were your emotions nearly a year ago? How were you feeling after your loss? It’s normal to feel like something was missing and how you just wanted those feelings to go away because the reality was too hard to face. Now look at where you are. Look at how many days have passed and all the opportunities that you have been given.

Remember the quote by Jon Kabat-Zinn: “Wherever you go, there you are.” It’s normal to feel that you should be further along in this path to acceptance but take your time. Telling yourself otherwise only undermines your belief and trust in yourself, that you are at fault for not being where you should be. The fastest way to get where you want to be is to first accept where you are now, right at this moment. You cannot be in two places at once. Acknowledgment and acceptance will help you be present—and being present is fundamental for your growth.

One of the most vital components to enlightenment is awareness. Like an itch you can’t scratch, you feel it, it bothers you, and you just want it to go away, so what do you do? You can either shrug it off or address it head on. Similarly, your emotions can either be acknowledged or ignored. How long can you go ignoring? By being aware and actively working every day to be better than the day before, you are attending to your emotions and growing. Who you were a year ago is not the same person as who you are now. Congratulate and be proud of yourself for your growth because we at ANX Hospice Care are. [DF]



QuickTips

No.
Date

30 Day Self-Acceptance Challenge

For the next 30 days, start each day with a statement of self-affirmation. For example:
“I am so proud of myself. I accept who I am, what I have gone through, and I love myself.”
Be present. You can’t be in two places at once.

21-Day Self-Esteem Challenge

Every morning for the next 21 days, look at yourself in the mirror and tell yourself “I love you.”
Remember that the fastest way to get where you want to be is to first accept where you are.

RECYCLED PAPER

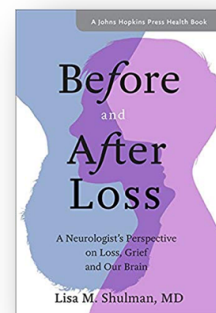
RECOMMENDED READING

Before and After Loss: A Neurologist’s Perspective on Loss, Grief, and Our Brain

by Lisa M. Schulman

“This insightful memoir stems from her own bereavement of her late husband... Shulman has created a unique book that touches on all aspects of the process of grieving—psychological, physiological, and overlap between neurology and psychiatry. In short, it could prove to be an invaluable aid to counselors, psychotherapists, and medical doctors, as well as anyone moving through grief toward wholeness.”

Lauren LaRocca
Baltimore Magazine



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:**
Bayshore Ambulance
bayshoreambulance.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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