

*“Each morning we are born again. What we do today is what matters most.”
- Buddha*



It has been 12 months since your loved one took the next step in the process of life. In these 12 months you have been challenged in more ways than you thought you could handle, but within this time you have grown so much. There were times where you felt lost, confused, upset, and alone. As you gained clarity, you learned that life still goes on. You still wake up every morning with a million new possibilities and opportunities.

Live out the dreams for your loved one and make more memories. The memories you make and the people you make them with matter. Why allow yourself to linger on thoughts and experiences that bring you sadness, when you can do so much more for your emotional well-being. It's true—some days will be better or easier than others. Not all days have to be bad. Do not think of your days as glass half-empty, but glass half-full. You may not have it all, but you're almost there.

Although this is the final newsletter, the care for you is not over. Our Bereavement Team is still here and will always look forward to hearing from you. Whether you need spiritual care, having a rough time with acceptance, or you want to express your growth, ANX Hospice Care is here.

Sincerely,



Lucille Faciane, RN
ANX Director of Hospice Care

CONNECT WITH US ANYTIME

We are always available for you. ANX Hospice Care is here to provide grief and bereavement counseling support for families, caregivers, and community members coping with a loss. Reach out anytime you need:

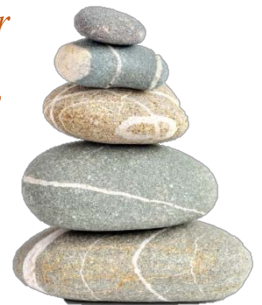
- Bereavement telephone support
- Grief and spiritual counseling
- Bereavement camps
- Referrals to community resources

Connect with us anytime at 650.991.1106.



Find your strength

Create an internal dialogue about how you see yourself and how the world sees you. Understand that in this world, you are your own person and that coming to terms with the tough parts in life makes you even stronger in the end. There is strength in vulnerability and through that strength comes the power to overcome your fears. [PB]



IN THIS ISSUE:

- **Monthly Message** | Page 1
- **Mailbox** | Page 2
- **NextSteps** | Page 2
- **Ask ANXperts** | Page 3
- **QuickTips** | Page 3
- **Community Resources** | Page 4

Mailbox

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

I wanted to reach out to ANX Hospice Care because I truly appreciated your support during the whole process of my grandmother's care and passing. We can't thank you enough for making this as less painful as possible to our family!
Sincerely, Gianna A.

My husband Rene and I wanted to express our thanks and appreciation for the wonderful treatment and care that you and your staff provided Dena. Thank you once again for all your compassion and support for my "special angel." – Francine B

Dear Hospice Family,
Thank you for the love and care that was given to my mom Enez B and for the beautiful wreath.
With sincere appreciation,
Gwen S. and Family

NextSteps

Moving On, Moving Forward

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



What does “moving on” really mean after the death or loss of a loved one? This is crucial in achieving wholeness in our life’s journey, direction, and personal fulfillment.

It is extremely difficult to watch someone you love hurting so deeply in grief. We try to assuage them by saying, “Just accept what happened and move on.” People may provide well-meaning advice, but the process of grief does not work that way.

It is not just about grieving and forgetting; it is about learning to live a full and happy life despite the pain. It is about remembering and honoring the one you loved while simultaneously embracing the beauty and goodness of your own life.

There are no timelines or rigid rules about your grieving process, you can only move at your own unique pace—only you can decide how or when to let go and accept your loss as part of your own life experience. Only you can truly decide what it means to move on and move forward. Whatever decision brings out the best and fullness in you is the perfect path to tread. [AA]

Need to talk? Call us at 650.991.1106

Ask ANXperts

Embracing Life's Challenges Positively

By Daniel Francisco

Life always seems to throw us curve balls when we least expect them. Sometimes we're not prepared for them, but regardless if we were ready or not, they happen. Losing a loved one is definitely something we do not plan for. There is reassurance in the silver lining of all things. When you get reminded of a bad memory how does it make you feel? Is it sadness or despair? Let the thought linger for a second.

There is a practice called Positive Visualization used by Psychologists that is meant to help you change the way memories affect you. Positive Visualization is done by closing your eyes and thinking of a memory. Instead of associating the memory with *pain* or *loss*, think of *growth* or *opportunity*. This creates a calm neurological state, rewiring your brain to create more positive thoughts. Your blood pressure and heart rate decrease, and neurotransmitters fire in the brain which feeds the immune system. Once you have achieved that sense of calm, you can associate a positive image or word with a challenge in your life and change the way you see it. With practice, you can permanently change your mind set about these challenges.

Remember that there will be moments where you'll inevitably experience setbacks. Although that sounds negative, accepting this is the way to avoid using disappointment as an excuse to quit. No journey is a straight line. What makes a difference is what you do when things don't turn out the way you planned. [DF]



QuickTips

No.
Date

Positive Visualization

1. Find a quiet space
2. Visualize what you want. Is it peace of mind? Joy?
3. Describe your vision in great detail
4. Start envisioning your desired outcome, imagining the sights, sounds, smells and taste of achievement
5. Take daily actions to bring you closer to your vision
6. Have grit and persevere

(Source: Forbes.com)

RECYCLED PAPER

RECOMMENDED READING

The Power of Moments: Why Certain Experiences Have Extraordinary Impact

by Chip Heath and Dan Heath

The book delves into mysteries of experience: Why we tend to remember the best or worst

moment of an experience, as well as the last moment, and forget the rest. Readers discover how many of the defining

moments in our lives are the result of accident or luck— but why would we leave our most meaningful moments to chance when we can create them?



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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