

Pathways offers a variety of grief support services, made possible through generous donations from the community to Pathways Hospice Foundation. Services are available to anyone in the community and include:

- Information and Referral
- Grief Support Groups
- Remembrance Events
- Grief Workshops
- Individual Counseling
- Educational Material
- Community Presentations

The hardest words for us to hear are, "We wish we had known about you earlier." If you have friends or family who need help managing an illness at home; are concerned about someone dying in a nursing home or care facility; or are grieving the death of a loved one, urge them to call.

We are here to help

"The heart that truly loved never forgets."
- THOMAS MOORE

888-755-7855

WWW.PATHWAYSHEALTH.ORG



SUMMER 2019

A quarterly publication for Pathways families and the community

"What we once enjoyed and deeply loved we can never lose, for all that we love deeply becomes part of us."
-HELLEN KELLER

The Seasons Through Your Grief

The days are long with light, since the sun expresses its strength at this time. There is an abundance of daylight, love, growth, and time. Summer can feel to some like an ordinary time—a season for enjoying the outdoors, planning vacations and having the kids home on summer break.

But for those of us who are grieving this time is anything but ordinary. The glare of the sun may feel too harsh and high, shining on everything that is missing. Children's exuberant play may scrape raw nerves. Or the absence of children and families—gone on their annual vacations—may amplify the silence to a deafening level.

The grieving person carries an often invisible wound. It may not be bleeding, require stitches, or prescription medicine, but this wound requires attention

and tenderness. Many people equate summertime with peacefulness and quiet. But how can we tend the wounds of grief in a season whose spirit seems so opposed to our feelings?

Consider the words found in the book: *Readings for Remembrance, A Collection for Funerals and Memorial Services* by Hannah Arendt: "However much we are affected by the things of the world, however deeply they may stir and stimulate us... We humanize what is going on in the world and in ourselves only by speaking of it, and in the course of speaking of it, we learn to be human."

We want to hear, share and support you in your journey through grief. Please know we are here for you.

"Hope is like the sun, which as we journey toward it, casts the shadow of our burden behind us."

- SAMUEL SMILES

Summer Workshops

While most of our grief support groups are on summer hiatus, Pathways offers an array of wonderful, creative and healing summer grief workshops. This summer's workshop series offer alternative ways of expressing your grief and an opportunity to learn new skills for coping. To learn more about our summer workshops, please see the enclosed flyer of our offerings throughout the Bay Area.

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"We carry our healing with us even in the darkest of our inner places...the way to freedom lies through the open heart."

- RACHEL NAOMI REMEN, MD

Supporting Yourself Through Grief

Talking, reading, or singing cannot "fix" or end our grief. But making space for thoughts and finding ways to help you cope are things that help us move through it.

It is important to recognize when you need time alone and when you need time with others. Sometimes in grief we want to close ourselves off from the world... pull up the covers and never come out. Sometime in grief we run from our feelings by filling every minute with activity. It is important to give yourself permission to do both.

Balance is the key. Give yourself the quiet space to grieve. Grieving is so exhausting, you need your rest! But give yourself the gift of others who can give you something else to think about, some support and maybe some perspective. Everyone needs a little space away from their grief.

Make a list of activities that allow you to have time to yourself and time with others. Examples include:

Exercise: Walk, jog, swim, bicycle, play tennis, or join a gym. Anything that gets you moving is good for helping you cope with grief. Exercise can be done alone or with others. Mix it up!

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Remembrances

Auden's poem, on the far right column, expresses feelings of anger and emptiness that many grieverers can identify with. It may be hard to imagine there will be a time you can say "Life will never be the same, but I will survive and things will be okay." The majority of people do come to this point.

One of the universal ways we come to a place of acceptance is by learning how to remember, honor and keep a loved one's memory and life present. Use annual anniversaries and holidays, such as upcoming Mother's and Father's Days, as an opportunity to remember them with

special rituals, donations meaningful to you or your loved ones, and remembrance ceremonies. Remembrance ceremonies can be held anytime, any place as a way to honor their memory and honor your grieving process.

"As long as we can love each other,

And remember the feeling of love we had,

We can die without ever really going away.

All the love you created is still there.

All the memories are still there.

You live on in the hearts of everyone you have touched and nurtured while you were here.

Death ends a life, not a relationship."

From: "Tuesdays with Morrie" by Mitch Albom

Book Review

In Lieu of Flowers: A Conversation for the Living by Nancy Cobb's (2001, Pantheon Books)

This is a gracefully written book about the deaths of Cobb's parents, friends, and people whose stories she's heard. From Alzheimer's disease to suicide, hospice to hospital, Nancy weaves together emotions felt and lessons learned from death. It's helpful how death and grief are discussed in the context of living our daily lives—the memories and pain that we learn to live with and remember well.

*Stop all the clocks, cut off the telephone,
Prevent the dog from barking with a juicy bone,
Silence the pianos and with muffled drum
Bring out the coffin, let the mourners come.*

Let aeroplanes circle moaning overhead

*Scribbling on the sky the message He Is Dead,
Put crepe bows round the white necks of the public doves,*

Let the traffic policemen wear black cotton gloves.

He was my North, my South, my East and West,

My working week and my Sunday rest,

My noon, my midnight, my talk, my song;

I thought that love would last for ever; I was wrong.

The stars are not wanted now: put out every one;

Pack up the moon and dismantle the sun;

Pour away the ocean and sweep up the wood,

For nothing now can ever come to any good.

- W.H. AUDEN

Most Six Week Groups Resume in September

Exceptions: General Loss in Sunnyvale meets Tuesday Afternoons, June 11-July 30, 2019 and Thursday Evenings, June 20-August 8th, 2019
*Ongoing General Loss Group in Los Gatos meets Thursday PM, twice a month.

For individual counseling or group information call:

Mid-Peninsula/South Bay
408-773-4329

N. Peninsula/San Francisco
650-808-4603

East Bay
510-613-2092

General Grief Support
San Francisco PM
Redwood City PM
Oakland PM
Albany PM

General Loss
Sunnyvale Saturdays AM

Parent Loss
Sunnyvale PM

Moms Grieving Moms
Oakland PM

Child Loss
Adult Child Loss
Sunnyvale PM

Partner Loss
Sunnyvale AM & PM

Children's Grief Group
Sunnyvale
(Late afternoon or PM)

2nd Year - Partner Loss Moving Forward
Sunnyvale Sept.-Jan.
9 Saturdays AM

***Ongoing General Loss**
Los Gatos
Thursday PM

To pre-register for a grief support group, please call Vivian Shults at 408-773-4241

We are here to help.

Group and individual counseling are available at Pathways. There is no fee for these services thanks to generous contributions from the community to Pathways Hospice Foundation.

For additional information, please see our website:
www.PathwaysHealth.org