

## Six Week Internet Groups Start September 7, 2020

For more information regarding the following Bay Area groups, please contact our Bereavement Program at (408) 773-4241

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.

**We are here to help.**

For additional information, please see our website: [www.pathwayshealth.org](http://www.pathwayshealth.org).

### Partner Loss

**Partner Loss  
Moving Forward  
2nd and 3rd year  
Monthly  
September through May**

### General Loss

**Loss During the Time  
of COVID-19  
Caregivers Support**

### Parent Loss

**Adult Child Loss  
Daughters Grieving  
Their Mothers**

### Children's Grief Ages 7-12

**Ongoing General  
Loss  
Beyond 1st Year  
(2nd & 4th Thursday  
Afternoons)**

**For Individual Counseling  
or Group Information Call:**  
**Mid-Peninsula / South Bay**  
408-773-4329  
**East Bay**  
510-613-2092  
**N. Peninsula / San Francisco**  
650-808-4603

**To RSVP for groups,  
workshops, events,  
or General Grief  
Information Please Call:**  
Vivian Shults,  
Bereavement Coordinator  
**1-888-905-2800 Ext. 4241  
or 408-773-4241**

*"The group provided a safe place for me to grieve and laugh – to share with others the pain and growth that goes with the process."*

– PARTICIPANT, PATHWAYS  
GRIEF SUPPORT GROUP

## PATHWAYS

Moving Care Forward

### Supporting Yourself Through Grief

Grief can be immobilizing.

To begin to move through the darkness to the increasing light that gradually frees you and lightens your load, you make daily choices to live your life.

*"I have loved and lost, and I am so much more than five stages. And so are you. It is not just about knowing the stages. It is not just about the life lost but also the life lived."*

– ELIZABETH KÜBLER-ROSS

Here are some suggestions to help as you face the fear of being alone or the challenge of performing tasks that are new to you.

Remember, take it slowly, not everything has to be done or learned immediately.

- Contact your local police department to ask how to better secure your home. Talk with others who live alone to find what they do to feel safe.

- Ask family and friends to help you in your learning transition. Whether it's balancing a check-book or learning to cook, ask them to teach you.

- Consider hiring outside help for things like yard

work, bill paying, or housekeeping. If you once shared these responsibilities; you may not be able to do them all.

- Be realistic about your health and capabilities. For example, don't endanger yourself by climbing a ladder if this is unsafe.

- Talk with people you trust and/or join a group to talk about your thoughts, fears and feelings. Being with others that understand and can support you can be the greatest gift you give yourself.

- Keep a journal. Writing down your fears and feelings gives them clarity, which can help dispel fears. As you reflect on your

writing over time, you will notice progress, recognize patterns, and learn some things about yourself.

- As the holidays approach, think about what your needs are and develop a flexible plan. Allow time with others, time to rest and time to remember. Attend a grief workshop or remembrance event.

The beauty of the changing season cannot be denied, the colors of the autumn leaves unfold a new beauty that no other season can match. Amidst our grief we may have moments that allow us to reminisce and reflect on the beauty of our beloved and the joy that their lives brought.

### Preparing for the Holidays

We will be facing the holidays soon and we encourage you to take care of yourself during one of the most difficult times of the year for someone who is grieving.

Please let us support you by participating in our annual grief workshop, **Pathways Through the Holidays**. This workshop will help you explore ways to cope with the holiday season.

In the next newsletter, you will receive information about our December **Celebration of Light** memorial service that bring remembrance and hope to the holidays.

We hope to see you at these upcoming events.

### Pathways Through the Holidays Workshop:

Tuesday, October 20, 2020

#### All Branch Offices

- Zoom Meeting  
6:30 to 8:30 p.m.
- Please call  
1-888-905-2800 ext. 4241
- or email:  
vivian.shults@chihealthathome.com

with your email address so we may send you a Zoom link to the workshop.

### Book Review

*Good Grief* by Lolly Winston (2004, Warner Books) is the story of young widow, Sophie Stanton, as she moves through her own "stages" of grieving, including: denial, oreos, anger, depression, escrow, and ashes.

Although fiction, the descriptions are real and show how grief can impact all aspects of life. At one point, Sophie's energy is so low that she quits grocery shopping, stops showering and shows up to work in her bunny slippers. *Good Grief* is a touching account of the uniqueness of each person's grief reaction following their loss.

### Seasons

*We buried you in the winter –  
Time frozen  
Emotions numb  
A chill settled on my heart.  
Spring Came –  
green and growing  
The ice jam thawed  
And pain gushed  
Flooding into my heart  
I mucked through living.  
Summer brought a drought –  
shriveling up growth  
Scorching my tears  
A suffocating bitterness  
I sweltered in the intensity  
Of my oppressive loss.  
And now autumn approaches –  
I harvest my grief  
Gleaning a record yield  
My larder full  
Hoarding provisions because  
pain can't hibernate during  
the long, lonely winter.*

– PAULA PORTER,  
When a Lifemate Dies



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Sunnyvale, CA 94085

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Vicki Hanley  
2714 Belmont Canyon Rd  
Belmont CA 94002-1247

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- Information and Referral
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We are here to help

*"The heart that truly loved never forgets."*

- THOMAS MOORE

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FALL 2020

# The Seasons Through Your Grief

## Pathways Bereavement Newsletter:

A quarterly publication for Pathways families and the community

*Leaves in the Wind  
My thoughts, like leaves  
Tremble in a breeze,  
Dance in a wind,  
Fly wild  
In the face  
of a gale*

- BEN MORDECAI  
HUROWITZ

Fall's transformations are remarkable. Trees change into a symphony of color and movement. The transition from summer to autumn is stunning and obvious. The transitions in grief are less obvious but equally stunning.

As leaves tumble down, branches are left empty. People in grief may feel this emptiness in every level of their being. The empty chair, the unheard laughter, and the absence of touch are painful reminders of loss. An array of feelings from fear, loneliness and anger to guilt, shock, and relief may move through us like a powerful wind.

It takes great strength to turn into this gale, facing these feelings of loss and bending with them until they begin to

subside. This storm of emotion may leave us feeling exhausted, but ultimately clearer about what brings meaning to the present.

Autumn is a time of balance, when light and dark and heat and cold find equilibrium. We, too, can find balance in fullness and emptiness, pain and appreciation, work and rest. We gradually begin to see the possibilities of a life with meaning and hope.

The other side of grief is seeing what it is to live.

*"No one ever told me that grief felt so like fear..."*

- C.S. LEWIS, A GRIEF OBSERVED

*"Learn weeping, and thou shalt gain laughing"*

- GEORGE HERBERT





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Mills-Peninsula Burlingame Peninsula Campus  
Attn: Social Services  
1783 El Camino Real  
Burlingame CA 94010-3205

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Theresa Cano  
1661 Donner Ave  
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Palo Alto CA 94304-1207

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Autumn is a time of balance, when light and dark and heat and cold find equilibrium. We, too, can find balance in fullness and emptiness, pain and appreciation, work and rest. We gradually begin to see the possibilities of a life with meaning and hope.

The other side of grief is seeing what it is to live.

*"No one ever told me that grief felt so like fear..."*

- C.S. LEWIS, A GRIEF OBSERVED

*"Learn weeping, and thou shalt gain laughing"*

- GEORGE HERBERT





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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
- Loss 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

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FALL 2020

# The Seasons Through Your Grief

## Pathways Bereavement Newsletter:

A quarterly publication for Pathways families and the community

*Leaves in the Wind  
My thoughts, like leaves  
Tremble in a breeze,  
Dance in a wind,  
Fly wild  
In the face  
of a gale*

- BEN MORDECAI  
HUROWITZ

Fall's transformations are remarkable. Trees change into a symphony of color and movement. The transition from summer to autumn is stunning and obvious. The transitions in grief are less obvious but equally stunning.

As leaves tumble down, branches are left empty. People in grief may feel this emptiness in every level of their being. The empty chair, the unheard laughter, and the absence of touch are painful reminders of loss. An array of feelings from fear, loneliness and anger to guilt, shock, and relief may move through us like a powerful wind.

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