



# PATHWAYS

To explore the path of your grief journey

Nov.–Dec. 2020

## Grieving and the Holidays

**H**olidays are a difficult time of year when you are grieving. Being in the middle of a pandemic complicates it even further. It is important to avoid high expectations of yourself or others. Be gentle with yourself. Everyone copes with loss differently, which is why the Pathways Center offers a wide variety of services. You may want to attend one or more of our virtual Coping with the Holidays programs or try the suggestions offered below.

- **Plan ahead and prioritize.** Whether it is greeting cards, holiday baking, decorating, or having a family dinner, ask yourself the following questions before making any decisions or trying to go on as you always have: “Is this a task that someone else would be willing to do?” or “Would it still be a holiday without it?” Plan one small goal for each day and include those you care about in the planning.
- **Live in the moment.** Anticipating a particular day can often be worse than the actual day itself. Take one moment at a time and try not to look too far ahead. Even with the pandemic aside, the season feels different because you are different—seek ways to help you get through each day. Take time to rest, refresh, and renew.
- **Create rituals.** Rituals affirm the connection between your life and others. They honor the memory and help you remember. Though your loved one is not present physically, that person remains in your heart and mind. Find ways to remember your loved one. Buy an ornament or gift in their memory, or light a candle each night and incorporate the memory of your loved one in new ways this holiday season.

The year 2020 has certainly been life-changing for you. As you look ahead to 2021, consider what you plan to leave behind and what you want to carry forward. Decide what direction you want to move in as you look ahead to the coming year.

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### PATHWAYS CENTER for GRIEF & LOSS

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~Patti Anewalt, Director



## We're Here for You

**A**lthough the doors of the Pathways Center for Grief & Loss are closed during the pandemic, counselors continue to be available to provide support to you and your family virtually via Zoom or by telephone. Virtual support groups and individual consultations provide a safe place for you to express emotions and ask questions that you may not feel comfortable sharing with family and friends. All services are free of charge and available regardless of the cause of death or whether Hospice was involved. Most people say they wish they had called sooner because it helped them realize that they are less alone. Call us any time Monday – Friday, 8:00 a.m. – 5:00 p.m.



## Coping Kids & Teens

### Individual Grief Support

The Coping Kids & Teens program provides individual or family sessions for children and teens impacted by the serious illness or death of a loved one. Call the Pathways Center for more information or to set up an appointment via Zoom.

Pathways Center counselors recognize that grief is experienced by the entire family—children, teens and adults. Amid serious illness and death, children and teens often are overlooked, yet their needs are significant. There is no charge for the Coping Kids & Teens program due to the generous support of the community. Services have been offered in the Bob & Joy Allen Coping Kids & Teens Wing of the Pathways Center for Grief & Loss. However, due to the current Coronavirus pandemic, individual and group services will be held via Zoom.

**Thursdays, JANUARY 14 – FEBRUARY 18, 2021**

**(Registration deadline: December 28, 2020)**

**6:00–7:30 P.M.**

Children and teens meet virtually in peer support groups and participate in activities to help them cope with a death, while adults learn how to manage the challenges of supporting grieving teens and children. Families meet virtually with a counselor to complete an assessment prior to attending to determine if the group will be helpful for your child(ren). Call the Pathways Center for more information or to set up an appointment via Zoom.



## The Healing Power of Rituals

**W**hen the words “ritual” and “grief” come to mind, most people think about public traditions such as wearing black, the Jewish tradition of sitting Shiva or attending a funeral or a Celebration of Life service. And, yes, they are examples of rituals commonly practiced by people who are grieving, but they are all public examples. Rituals help you acknowledge the reality that your loved one has died. They provide solace because others join to share both their grief and their support. You may be surprised to learn, however, that far more powerful and helpful for grieving people are the personal, private rituals you create on your own.

I recall a gentleman who came to me after his wife of 45 years had died in Hospice care. He lovingly



spoke of their years together. One of the rituals they always shared is one he has continued now after her death. Every day around 5:00 p.m. he would sit in the living room and she would play the piano for him. Now that she’s gone, every day at that time, he sits in the living room and plays a CD she had recorded and given him for his birthday. He told me he always cried as he listened, but he felt closer to her whenever he did and felt better afterwards.

This is just one example of a private, personal, and emotionally-moving ritual that connected this gentleman to the memory of his wife in a deep

and powerful way. Nobody can tell you what your rituals should be. Reflect about your loved one, who they were, and what they valued. Be open to what ‘feels right’ and what you may want to consider trying. Grief bursts—those moments of deep grief—can pop-up from seemingly nowhere. They leave you feeling overwhelmed with emotion and as if your life is out of control. Having some personal, private rituals can help offset this feeling. They have a beginning, middle, as well as an end. You will feel more grounded, less anxious, and better able to reconnect with life.

~Patti Anewalt, Director

## Helping Grieving Children Cope with the Holidays

**W**hen you and your family are struggling to adjust to the emptiness left by a loved one who has died, remember that children are grieving, too. It may be hard for you to make the holiday season a joyous one, but unlike you, most children still want to enjoy the holidays despite the loss. Be aware that in a season that focuses on wishes coming true, there can be magical thinking that includes the hope that their loved one will return.

Just as it would be at any other time during the year, it is important to let children see sadness and tears during the holidays. This sets an example for children

and confirms that it is alright to express their feelings. When children see adults feel sad yet still function appropriately, they are more likely to share their own feelings as well as their fears.

Especially during the holiday season, grieving children may want more hugs. They need reassurance that you accept all they are feeling. These feelings of acceptance will strengthen the bond between you and is the greatest gift you have to offer. If you have a child who is grieving this holiday season, consider calling the Pathways Center to talk with a counselor.

# Calendar of Events

**M**any people who are grieving find it helpful to hear others' experiences with a loss after death. It is reassuring to realize what you are going through is shared by others. Our groups focus on grief education and support.

The Pathways Center for Grief & Loss and Hospice & Community Care are taking all necessary precautions for the health and safety of our patients and families, staff, volunteers and visitors related to the Coronavirus outbreak.

**SUPPORT GROUPS WILL BE HELD VIRTUALLY VIA ZOOM UNTIL FURTHER NOTICE.**

Contact the Pathways Center to request the log-in address or phone number. Since Zoom is not limited by geographical location, there are a variety of options to choose from.

## Virtual Support Groups — Registration required

Groups are led by Master's-level counselors and volunteers who have experienced the same type of loss. They provide time to share experiences and ask questions. Groups are designed for those within the first two years following the death of a loved one. These sessions will be held via Zoom. Contact the Pathways Center to request the log-in address or phone number.

### Coping with the Loss of a Parent or Sibling

**Tuesday, NOVEMBER 3, 6:30–8:00 p.m.**

### Coping with the Loss of a Spouse or Companion

**Wednesday, NOVEMBER 4, 6:30–8:00 p.m.**

### Coping with the Holidays

**Tuesday, NOVEMBER 17, 6:30–8:00 p.m.**  
(Topic: Holiday Survival Guide)

**Tuesday, NOVEMBER 24, 6:30–8:00 p.m.**  
(Topic: Practicing Gratitude)

**Tuesday, DECEMBER 8, 6:30–8:00 p.m.**  
(Topic: Ways to Remember)

**Tuesday, DECEMBER 15, 6:30–8:00 p.m.**  
(Topic: Living for Today)

**Tuesday, DECEMBER 22, 6:30–8:00 p.m.**  
(Topic: What are the Gifts?)



# Calendar of Events

## Virtual Support Series – Registration required

### Newly Bereaved Program (3-week series)

**Tuesdays, NOVEMBER 10, 17 and 24,  
6:30–8:00 p.m.**

**Wednesdays, JANUARY 13, 20 and 27,  
2:00–3:30 p.m.**

**(Registration deadline:  
one week prior to the start of the group)**

If your loss was recent, this series provides an overview of common grief responses and will help you to begin to identify coping tools. Space is limited; registration required. Call to discuss with a bereavement counselor to determine if the group will meet your needs. These groups will be held via Zoom.

### Coping with Overdose Loss (6-week series)

**Thursdays, JANUARY 28– MARCH 4  
6:30–8:00 p.m.**

**(Registration deadline: January 21)**

This support series, held via Zoom, is for any adult (age 18 or older) who is grieving a death from an overdose that occurred at least four months ago. The group provides a safe place to share your questions and painful experiences with others who will understand, and offers the healing support that is found when others have had a similar experience. Space is limited; registration is required.

### Coping with Suicide Loss (6-week series)

**Tuesdays, FEBRUARY 2 – MARCH 9  
6:30–8:00 p.m.**

**(Registration deadline: January 26)**

This support series, held via Zoom, is for any adult (age 18 or older) who is grieving a death from suicide that occurred at least four months ago. The group provides a safe place to share your questions and painful experiences with others who will understand, and offers the healing support that is found when others have had a similar experience. Space is limited; registration is required.

## Virtual Workshops – Registration required

### What Now? Post-Holiday Survival Tips

**Thursday, JANUARY 28  
6:30–8:00 p.m.**

**(Registration deadline: January 26)**

Many grieving individuals find themselves wanting to just “get through” the holidays as quickly as possible. When the New Year arrives and there is less to do, people may be surprised that they feel “let down” and a bit lost. Join Hospice volunteer, Sandy Baker, MA, for this workshop, held via Zoom, which will provide helpful tips during those long winter months. Space is limited; registration required.



## Online Grief Videos

Explore our online library of educational videos that focus on Composing Life Out of Loss to help you better understand your grief. Go to [www.hospiceandcommunitycare.org/grief-and-loss/online-grief-education](http://www.hospiceandcommunitycare.org/grief-and-loss/online-grief-education). What you need. When you need it.

Call us at (717) 391-2413 or (800) 924-7610 with questions or if you would like more information.



# Calendar of Events

## Other Options

### Living with Grief: Intimacy and Sexuality During Illness and Loss (a pre-recorded webinar)

**Friday, NOVEMBER 6**  
**2:00–4:00 p.m.**

**(Registration deadline:**  
**November 5)**

**Tuesday, NOVEMBER 17**  
**8:30–10:30 a.m.**

**(Registration deadline:**  
**November 16)**

Hospice Foundation of America will identify barriers to intimacy and sexuality for terminally ill persons and the bereaved during this pre-recorded webinar. The program will emphasize the knowledge and skills needed to sensitively address intimacy and sexuality and suggest



interventions that can help dying and bereaved persons address these elemental human needs. There is no cost to attend. CE credits (2) are available online for \$9 through Hospice Foundation of America.

Verify professional board approvals at [https://hospicefoundation.org/hfa/media/Files/Board%20Lists/Board-Approvals\\_LWG20\\_Sept24.pdf](https://hospicefoundation.org/hfa/media/Files/Board%20Lists/Board-Approvals_LWG20_Sept24.pdf).

**Register online for the NOVEMBER 6 event at <https://bit.ly/2OMMKhY>.**

**Register online for the NOVEMBER 17 event at <https://bit.ly/2CTWx3i>.**

**Space is limited. For more information, contact the Pathways Center for Grief & Loss.**

## GRASP

**(Grief Recovery After a Substance Passing)**

**Tuesday, NOVEMBER 10, 6:30–8:00 p.m.**

**Tuesday, DECEMBER 8, 6:30–8:00 p.m.**

This monthly group provides sources of help, compassion, and understanding for families or individuals who have had a loved one die as a result of substance abuse or addiction. **Pre-registration for new attendees is required.** For more information about location or Zoom details, or to register, contact Marjorie Paradise at [mparadise810@comcast.net](mailto:mparadise810@comcast.net) or (717) 951-2720.



## International Survivors of Suicide Loss Day

**Saturday, NOVEMBER 21, 10:00–11:30 a.m.**



Watch a DVD that features the healing journey of several individuals after a suicide loss. Produced by the American Foundation for Suicide Prevention, this is a free virtual event held via Zoom. You will also have the opportunity to hear from others about their suicide loss experiences. For more information or to register, visit [www.survivorday.org](http://www.survivorday.org) or contact Elaine Ostrum, Bereavement Counselor, at the Pathways Center for Grief & Loss at (717) 391-2413.

## Children's Grief Awareness Day

**Thursday, NOVEMBER 19**

Children's Grief Awareness Day helps others understand the impact death has on children and their need for support. Join us by wearing blue on November 19 to show your support to all grieving children and teens. Learn more by visiting [www.childrensgriefawarenessday.org](http://www.childrensgriefawarenessday.org).



## 2020 Light Up a Life Virtual Tree Lighting Ceremony



Each year, Hospice & Community Care places thousands of delicate white lights on evergreen boughs. Each light represents a life worthy of recognition and ensures that highly personalized end-of-life care and grief support are available to everyone when they need it most. For a gift of \$25, Hospice & Community Care will place a light on an evergreen tree in memory of a loved one during this annual ceremony. To order, call (717) 295-3900 or visit [www.hospiceconnect.org/lights](http://www.hospiceconnect.org/lights).

Due to restrictions related to Covid-19, this year's ceremony will be held virtually rather than in-person. You are invited to visit [www.HospiceLights.org](http://www.HospiceLights.org) after December 2 to watch the Virtual Tree-Lighting Ceremony. Additionally, you may visit the lighted tree display at The Essa Flory Center, 685 Good Drive, Lancaster, December 3 through 31, from 6:00 to 9:00 p.m. Reserved parking and a listing of names of those being remembered will be available for pick-up near the tree display.

## That Their Light May Always Shine: A Worldwide Candle Lighting Event

**Tuesday, DECEMBER 8  
7:00 p.m.**

The Compassionate Friends Worldwide Candle Lighting unites family and friends around the globe in lighting candles for one hour to honor the memories of the sons, daughters, brothers, sisters, and grandchildren who left too soon. As candles are lit at 7:00 p.m. local time, hundreds of thousands of persons commemorate and honor the memory of all children gone too soon. For more information, call (877) 969-0010 or visit [www.compassionatefriends.org](http://www.compassionatefriends.org).





**PATHWAYS**

## The Pathways Center

You receive the Pathways newsletter free of charge for 16 months. If you would like to continue to receive this newsletter, call the Pathways Center.

The Pathways Center for Grief & Loss is a program of Hospice & Community Care. The Pathways Center offers the area's most comprehensive programs and services for individuals in the community affected by the serious illness or death of someone significant in their lives.

Pathways Center for Grief & Loss  
4075 Old Harrisburg Pike  
Mount Joy, PA 17552  
**(717) 391-2413** or  
**(800) 924-7610**  
[www.pathwaysthroughgrief.org](http://www.pathwaysthroughgrief.org)



### Also Available Through the Pathways Center

Workshops, in-services and trainings are available for those who support the bereaved. Are you seeking bereavement support outside of South Central Pennsylvania? Visit [www.nhpco.org](http://www.nhpco.org) or call the Pathways Center to find support closer to your home. Contact the Pathways Center for more information about how we could be a resource to you, your organization or someone you know.