



National Council for Hospice and Palliative Professionals

BEREAVEMENT PROFESSIONAL SECTION

NCHPP: What is it?



- **NCHPP is a collaborative of 15 discipline specific professional sections advancing end-of-life care within their disciplines.**
- **NHCPP's on-line resources, forums and networking will help you grow professionally, find new solutions, contribute to the field, and elevate the national profile of your program.**

My.NHPCO



- **Professional communities**
- **Discussion Posts**
- **Monthly Chats**
- **Library entries**
- **Blog**

Please contact us...



- if you have questions about membership
- if you have topics you would like us to discuss
- if you would like a mentor
- if you would like to become a section committee member



www.nhpco.org



National Hospice and Palliative Care
Organization

Coping with the Holidays and Special Occasions: Tried and True Strategies



CAUTION



HOLIDAYS AHEAD

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“I thought I was doing much better. The pain had subsided; I could laugh again. I was beginning to spend time with friends. Then, I had to face my first big holiday without him. I felt the similar effects of grief wash over me and it was just like the healing process had never begun.” ~ Author unknown

The Why, When and Where



- If you are clear on the why, the rest is easier
- To provide opportunities to:
 - ❖ Commemorate
 - ❖ Prepare and plan ahead
 - ❖ Connect with other bereaved individuals
 - ❖ Offer a family grief activity or ritual
- When – November? December? May? June?
- What are your considerations for the best location?

The What . . .



- **Holiday grief support options**
 - **A one time event**
 - ✦ Support group
 - ✦ Workshop
 - ✦ Family event
 - ✦ Blue Holiday – a service of remembrance
 - ✦ Light up a Life – a time of commemoration
 - **A grief support series**
- **Open vs closed**

The Who . . .



- **On your own**
- **Collaborate with a:**
 - Church or churches or synagogue
 - Hospital
 - Funeral home
 - Another hospice
 - Community counseling center
 - Local self-help support groups
 - Local coalition

Focus on the 3 C's



- **Communicate**
- **Commemorate**
- **Compromise**



The Healing Power of Rituals

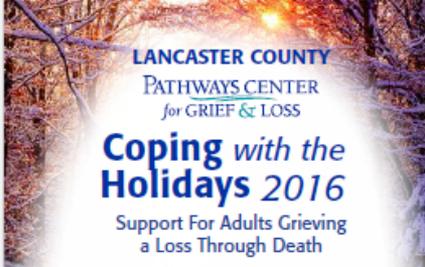


- Establish order
- Encounter mystery
- Reaffirm meaning
- Establish a sense of community
- Handle ambivalence

~Jim Christiansen



Pathways Center 2016 Holiday Plans



**LANCASTER COUNTY
PATHWAYS CENTER
for GRIEF & LOSS**

Coping with the Holidays 2016

Support For Adults Grieving
a Loss Through Death

Do you find that holiday traditions you once anticipated with great joy now leave you with feelings of uncertainty and sadness? Consider joining us for some—or all—of the following activities. These sessions may help you not only get through the holiday season, but perhaps find something positive during an otherwise difficult time. **Call the Pathways Center to register for one session or all the sessions.**

SESSIONS
All groups listed below are held 7:00–8:30 p.m. at Hospice & Community Care, 685 Good Drive, Lancaster.

Tuesday, November 15
“Where to Begin”

Tuesday, November 22
“Planning Ahead”

Tuesday, November 29
“Living for Today”

Tuesday, December 13
“Ways to Remember”

Tuesday, December 20
“What are the Gifts?”

—Over—



**ADDITIONAL
SUPPORT DURING
THE HOLIDAYS**

Mount Joy: Coping with the Holidays
Tuesday, November 22, 2:00–3:30 p.m.
Pathways Center for Grief & Loss
4075 Old Harrisburg Pike, Mount Joy
Call the Pathways Center to register.

Ephrata: Coping with the Holidays
Tuesday, December 6, 6:30–8:00 p.m.
WellSpan Ephrata Community Hospital
169 Martin Avenue, Ephrata
Call the Pathways Center to register.

Light Up a Life Tree Lighting Ceremony
Wednesday, December 7, 7:00 p.m.
The Essa Flory Center, 685 Good Drive, Lancaster

For a gift of \$20, we will place a light on an evergreen tree in memory of a loved one during the holiday season. To order, visit www.hospiceconnect.org/lights or call (717) 295-3900. By purchasing a light, you are also providing the gift of care for patients and families facing end of life.

Sponsored by:



Additional holiday support options are available in York.

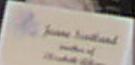
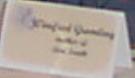
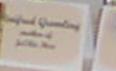
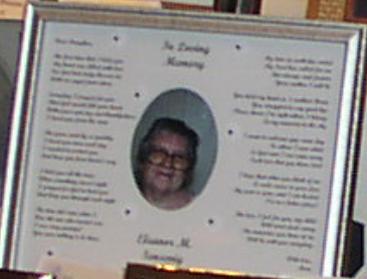
For more information call the Pathways Center for Grief & Loss or visit our website.

All Pathways programs and services are available to anyone in the community regardless of whether their loved one was a Hospice patient. There is no cost to attend these programs. Contact the Pathways Center for directions or information on additional support group meetings throughout the year.

**PATHWAYS
CENTER for
GRIEF & LOSS**

4075 Old Harrisburg Pike
Mount Joy, PA 17552
(717) 391-2413 • (800) 924-7610
www.pathwaysthroughgrief.org
Pathways@hospicecommunity.org







*“That first holiday season ...
Hope flickered like the flame of a distant candle.
I could see the flame.
Yet I could not seem to get close to it.
As healing came,
hope became more than a distant ray of light.
It changed to a glow that could light my way.”*

~ Elise Cole



Please share your tried and true successes!