



# Comfort for the Grieving Heart

Provided by St. Luke's Hospice Bereavement Program

April 2017

**GRIEF DOES NOT  
CHANGE YOU, HAZEL.**

*It Reveals You*

Augustus Waters  
*The Fault in Our Stars*

## St. Luke's Hospice

484-526-2499

### Bereavement Team:

**Mindy Watson, MSW**

Bereavement Coordinator and  
Counselor

Mindy.Watson@sluhn.org  
(484) 526-2314

**Suzann Ditzel, MSW**

Bereavement Coordinator and  
Counselor

Suzann.Ditzel@sluhn.org  
(484) 526-2514

**Nan Sell-Parry, LCSW**

Family Services Manager

**Dawn Cavanaugh**

Bereavement Assistant

Dawn.Cavanaugh@sluhn.org  
(484) 526-2499



If you would like to be added to or removed from our mailing list, or if you would prefer to receive an electronic copy, please contact Dawn at 484-526-2499.

By the sole fact that you have a bereavement newsletter in your hands, you probably already know that grief and loss are complex and scary subjects. I probably don't have to remind you that the loss you have experienced is multifaceted; that it has affected your emotions, your cognitive functioning, your physical being and even your spiritual grounding. I am pretty confident that I don't have to remind you that it has likely disrupted many aspects of your life and if one thing has become clear after experiencing your loss, it is that pain, chaos and disorder have been introduced and they have made themselves at home.

What I do want to remind you of, is that while the pain and uncertainty that grief has introduced to us is scary and disconcerting, we can also find power and growth that are ripe for opportunity as we grieve. In choosing life after the death of a loved one, most often people go through a process of change that is transformative. It is a process of reconstructing a life beyond the loss; a process of developing a new normal. Whenever we experience a traumatic event, and the death of a loved one can certainly be defined as a traumatic event, we can find an impetus for growth and transformation. While we crave for what was, we must also balance that with what *will be*.

If the expectation of our healing is to return to who and what we were, we are setting ourselves up for failure. We will likely never meet that expectation; your life has changed and you are looking at the world through a new lens. You won't be the same person you were when your loved one was alive, but the possibilities of who you are becoming are endless and beautiful. This can be scary and unnerving and while you cannot control the fear of change, you can certainly control the way you change. As you prepare to face the new normal in your world, what do you want to take with you from the past into your new life? What do you wish to leave behind? What do you wish to add? What grief feelings do you feel you need to continue to work through? Answering these questions may help you gain some control and mastery over the changes that are occurring.

Author Barbara DeAngelis puts it perfectly, "The journey between what you once were and who you are now becoming is where the dance of life really takes place". Dance away, my friends!

*-Mindy*

## 6 Week Grief and Loss Group

Our 6 week Grief and Loss Support Group will start again in May 2017. This group is for adults grieving the loss of someone significant in their lives and provides an opportunity to come together with others who have experienced the loss of a loved one. The group guides participants in understanding the uniqueness of their grief. Please note that this is not a therapeutic group; this group provides support, resources and education on the healing process. The group will meet on Tuesdays from May 23, 2017 through June 27, 2017 from 4:00 to 6:00 pm at St. Luke's Anderson Campus, Medical Office Building, 1872 St. Luke's Boulevard, Easton, PA 18045. **Registration is required:** Suzann.Ditzel@sluhn.org or call Suzann at (484) 526-2514

## Creative Arts and Grief Group

Artists have always used their art to express despair, to find meaning in life and transcend emotional struggles. Human suffering has inspired some of our greatest artwork. After a trauma such as a loss, art can help us express and release painful and stressful emotions, and allow us to do this in a safe manner. Our artwork can also give us a sense of empowerment, capability and freedom that your grief experience has taken from you. Creative arts are a powerful tool to reinforce your resiliency and find hope.

Join us for a 7 week Creative Arts experience, where we will use various forms of art to help in your healing process. This group will meet Wednesdays from May 3, 2017 through June 14, 2017 from 3:30 to 5:30 pm. We will be meeting at the Banana Factory, 25 W. 3rd Street, Bethlehem, PA 18015. **Registration is required:** please contact Suzann at 484-526-2514 or Suzann.Ditzel@sluhn.org.

## Open /Drop-in Support Groups

Our Drop-In groups are designed to offer continued support to bereaved individuals who have already attended grief and loss programs through St. Luke's Hospice. Drop-In groups afford participants the chance to continue with supportive services. This group is facilitated, but directed by group members in terms of content and discussion. We currently offer the following Drop-In Support Groups:

**Easton: First Monday of every month from 4:00 - 5:00 pm** at St. Luke's Hospital-Anderson Campus, Medical Office Building (MOB), 1872 St. Luke's Blvd, Easton, PA 18045 in Conference Room A.

**Quakertown: Second Monday of every month from 6:30-7:30 pm** at St. Luke's Hospital-Quakertown Campus, 1021 Park Avenue, Quakertown, PA 18951 in Taylor B Conference room.

**Bethlehem: Fourth Monday of every month from 6:00 - 7:00 pm** at St. Luke's Pricilla Payne Hurd Education Center, St. Luke's Hospital, Bethlehem Campus, 801 Ostrum Street, Bethlehem, PA 18015 in Room 112. (starting March 27, 2017)

*No art experience or expertise is needed, and there is no fee for this program.*



I've heard it said that grief is like an animal to some, with a life of its own and we are at its mercy. I don't know about that. Grief is the stillness of the world at the moment my boy left it. It's that quiet rain that never stops falling. They say that grief transforms us. I know it's transforming me, but into what?

From *The Incendiary* (2008)

## Service of Remembrance

We gather periodically as family members of our patients and as a Hospice staff to remember those who have died. Our Services of Remembrance are inter-faith and are offered as a way in which we may take time to reflect, remember, and celebrate the lives and legacies of those who have passed from ours. The names of the deceased will be read at these services unless we are notified that you prefer otherwise. Please bring your family and friends and join us for this time of remembrance.

For patients served by our **Bethlehem office, Carbon County office and Hospice House**, who died between **November 1, 2016 and February 28, 2017** the Service of Remembrance will be held on **Sunday, May 7, 2017 at 3 pm** at Wesley United Methodist Church, 2540 Center Street, Bethlehem, PA 18017, (610) 865-5715. ***Please RSVP to Anne Huey*** at (484)526-2835 or [Anne.Huey@sluhn.org](mailto:Anne.Huey@sluhn.org)

## Newly Bereaved Workshop

This one-time workshop is for those who have a lost a loved one within the past 1-3 months and will provide education on the first few weeks and months of grief following a death. We will cover understanding common grief reactions, coping strategies, self-care throughout the grief process and beyond, and the uniqueness of your grief experience. These workshops will be offered on a bi-monthly basis. We will be meet on **Tuesday, May 16, 2017 from 6:00 to 8:00 pm** We will meet at the Pricilla Payne Hurd Education Center, St. Luke's Hospital, Bethlehem Campus, 801 Ostrum Street, Bethlehem, PA 18015 (building is located in front of Priscilla Payne Hurd annex of the hospital). ***Registration is required:*** please call Suzann at (484)526-2514 or email [Suzann.Ditzel@sluhn.org](mailto:Suzann.Ditzel@sluhn.org)



## Lehighon News :

**Lehighon Open Group:** We meet for our Drop In/Open Group on the **Third Monday of every month** from **3:00 - 4:00 pm** at Dinkey Memorial Church, 1742 Dinkey Road, Lehighon, PA 18212. All members of the community who are in need of bereavement support are invited to attend.

**Grief and Loss Support Group:** We will be offering another round of our 6 week grief and loss Support Group on **Tuesdays from 3:30-5:30 pm from April 4, 2017 through May 9, 2017**. This group is for adults grieving the loss of someone significant in their lives and provides an opportunity to come together with others who have experienced the loss of a loved one. The group guides participants in understanding the uniqueness of their grief. Please note that this is not a therapeutic group; this group provides support, resources and education on the healing process. The group will meet at Dinkey Memorial Church, 1742 Dinkey Road, Lehighon, PA 18212. To register, please contact Suzann at (484) 526-2514 or email [Suzann.Ditzel@slhun.org](mailto:Suzann.Ditzel@slhun.org)

# Additional Places to Find Support and Share Your Story

---

This is a listing of free bereavement resources in the area. If you have a need for something and don't see it on this list, please call the Bereavement Office at (484) 526-2499 for referrals to other services.

**Cancer Support Community of Lehigh Valley** is a local non-profit organization providing emotional and social support to family members and caregivers. They offer support groups, educational workshops and mind/body classes in their Allentown, PA office. Programs are free, but registration is required. Call 610-861-7555 or email [info@cancersupportglv.org](mailto:info@cancersupportglv.org) to register or for more information.

**The Compassionate Friends** offers ongoing support groups for parents, grandparents, and adult siblings grieving the loss of a child, grandchild, or sibling. [www.thecompassionatefriends.org](http://www.thecompassionatefriends.org)

**TCF of Lehigh Valley** meets at Sacred Heart Hospital, 2<sup>nd</sup> floor, 421 Chew Street in Allentown. The group meets the 2<sup>nd</sup> Monday each month at 7pm. For more information, call 610-837-7924.

**TCF of Quakertown** meets at St. Luke's Hospital, ground floor, 1021 Park Ave in Quakertown in Taylor Conference Rooms A&B. This group is held the 2<sup>nd</sup> Tuesday each month from 7:30 – 9pm. For more information, call 215-536-0173.

**TCF of Easton** meets the 2<sup>nd</sup> Thursday each month from 7-9pm at Good Shepherd Lutheran Church, 2115 Washington Blvd. in Easton. For more information call 610-866-5468.

**Gentle Yoga for Grief, Stress, and Life Transitions** offered by Wendy Littner Thomson, M.Ed., LPC, RYT. First session offered for free to caregivers whose loved one recently received hospice services from St Luke's Hospice. For location, times, or more information, please call 610-730-1992 [www.givinggriefavoice.com](http://www.givinggriefavoice.com)

**Free Spirits** is a group of more than 2 dozen older widows who go out to lunch once a month to keep active and offer support to each other and to newer widows. Most are members of Church of the Manger UCC, Bethlehem. Call 610-866-8223 for more information.

**Soaring Spirits Regional Group Lehigh Valley** social gatherings for widowed individuals to provide opportunities to connect with others in a positive, caring, and supportive environment. For more information, contact Sonja Handwerk at 610-297-0057 or [soaringspiritslvpa@yahoo.com](mailto:soaringspiritslvpa@yahoo.com).

**HALOS - CLC** is for parents, grandparents and adult siblings who have experienced the loss of a child or sibling to suicide. The group meets every 4th Thursday from 6:30-8:30 pm at Hughes Library in Stroudsburg, PA. Register with Alice Keyes at (570) 236-1168

**Bradbury-Sullivan LGBT Center** offers an Open Group on the 4th Wednesday of each month from 5:30-7:00 pm. Registration is required, contact Deb at (610) 347-9988 or [deb@bradburysullivancenter.org](mailto:deb@bradburysullivancenter.org). The Center is located at 522 W. Maple St., Allentown, PA 18101. There is no charge for the group.

**GriefShare Groups** are a faith-based approach to grief and loss. GriefShare groups are provided at several locations in the Lehigh Valley. To find a location near you, please visit [www.griefshare.org](http://www.griefshare.org).

**St. Francis Retreat House** holds monthly grief support groups on the first and third Tuesday of the month from 9:30-11:00 am. Located at 3918 Chipman Avenue, Easton PA. Please call 610-515-9028 for more information.

**GRASP** - For families who have experienced a death due to substance use. Group meets every 3rd Monday of the month from 7-8:30 pm at 1st Presbyterian Church in Allentown, Room 118. Please register with Nancy Howe (484) 788-9440

**Stepping Stones for Adolescents** is a group for teens ages 11-16 that meets at Lehigh Valley Hospice for teen peer support. Call (610)969-0330 for more information.

**VNA/Hospice of Monroe County** offers a support group the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday each month at noon. Call 570-421-5390 for more information.

**Grand View Hospital Hospice** offers many groups and services that change seasonally. Please call 215-453-4210 for more information.

**Doylestown Hospital Hospice** offers a variety of support groups, including a widow/widower group, a young survivors group, and an adult loss group. Visit [www.dhospice.com](http://www.dhospice.com) or call 215-345-2838.