



Comfort for the Grieving Heart

Provided by St. Luke's Hospice Bereavement Program

May 2024

In the tender embrace of spring, grief finds solace

In the gentle unfurling of life's delicate petals."

St. Luke's Hospice

Bereavement Team:

484-526-2499



In the fresh warmth of spring, grief can find new layers. As nature's renewal breathes life into the world, it can also foster a sense of disorientation among those who are mourning. Is it okay to have moments of joy? Or does the warm weather make loss feel larger somehow? How can we hold this contrasted inner and outer world?

Springtime rituals take on new meaning in the wake of loss. It can feel challenging to feel the changes in household roles without those lost. A simple spring task can feel loaded with emotions and challenges in grief. Planting gardens becomes not only a celebration of growth but also a tribute to those who have passed, each seed sown a symbol of remembrance and renewal.

As the earth awakens from its winter, bonds within communities have the chance to strengthen. Shared grief becomes a bridge that connects neighbors and strangers alike, uniting them in a common understanding of loss and resilience. Individuals can find comfort in the knowledge that they are not alone in their grief. More chances for connection can be found and more interactions might feel easy to passively engage with.

Springtime rituals of remembrance take on a communal significance, as gatherings at gravesites and memorial services become opportunities for connective healing. Stories are shared, tears are shed, and laughter mingles with sighs as memories are honored and cherished. In the company of others who understand, grief becomes less burdensome as its weight is shared among many.

In the wave of spring festivals and gatherings, there is space for both celebration and mourning to be allowed to move freely. Joy and sorrow intertwine, each enriching the other in a dance of life and death. Community becomes a source of strength and resilience, a reminder that even in the darkest of times, there is light to be found in the bonds we share with one another.

And amidst the blossoms and buds of spring, there is a whisper of hope—a reminder that even in the face of loss, love endures, and life goes on.

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



13th Annual St. Luke's Hospice Bike Ride

A Ride to Remember

No bike? No problem! FREE Loaner bikes & helmets will be available through Pocono Biking (no additional fees). Register early. Supplies are limited.

Saturday, June 1, 2024 • 10 am

**Delaware & Lehigh National Heritage Trail
Lehighon Trailhead
200 North Main Lane, Lehighon, PA 18235**



Registration:

- Registration is required, please visit sluhn.org/bikeride
\$40 Registration fee
(Fee includes boxed lunch, shirt and loaner bike if needed. All proceeds will benefit St. Luke's Hospice.)
- Registration is online. There will be **no** event day registration.

Details:

- Participants can choose to ride 20 or 30 miles of the D&L Trail
You will begin and end your ride south of Jim Thorpe at the Lehighon Trailhead – one of the most dynamic sections of the trail! The route takes you along riverbeds, the canal towpath as well as paved sections. You will see museums, an environmental center, Appalachian Trail crossing and witness beautiful vistas of the Blue Mountain, Appalachian Trail and Lehigh Gap.
- All levels of riders are encouraged to participate



St. Luke's University Health Network and Delaware and Lehigh National Heritage Corridor are encouraging you to get out and get active. Learn more and sign up at www.tailonthetrail.org

Help us in building a healthier community... one mile at a time.



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Grief Support for You

Individual support: Our bereavement counselors provide support and information **through video and telephone counseling sessions.** Contact information is on the front page of this newsletter.



Bethlehem support group meets on the first Friday of the month from 10:00am to 11:30am at the Wesley United Methodist Church 2540 Center Street (Route 512) Bethlehem, PA 18017. This group provides a safe and collaborative space to process your grief journey with others in a similar situation. Together we will review a topic that meets the need of the group that day. This group is facilitated by a grief counselor. For more information, contact Katie at (484) 225-9269 and if the weather looks threatening, call (484) 526-2514 and listen for an update on this phone line.

Good Grief Workshops: These 90-minute workshops are offered virtually twice a month to provide you with a better understanding of what grief is, how it may affect you emotionally, physically, spiritually and psychologically, coping strategies and ways to reconcile the loss. For more information and to receive an invitation to join the meeting, call (484) 526-2499. You will be asked to download the Microsoft Teams app on your smart phone or computer. Workshop offerings include a daytime and an evening option each month:

Thursday, May 9th from 1-2:30PM

Wednesday, May 22nd from 6 - 7:30PM

Thursday, June 6th from 1-2:30PM

Wednesday, June 26th from 6 - 7:30PM

Monthly Support Group

Brodheads ville Group

The Brodheads ville group meets on the third Monday of the month from 10:00am at the Western Pocono Community Library, 131 Pilgrim Way, Brodheads ville 18322.

This group provides space for participants to receive and provide support in a collaborative environment.

This group is facilitated by a grief counselor. For more information, contact Alexandra at (484) 635-0662 and if the weather looks threatening, call (484) 526-2514 and listen for an update on this phone line.



Video library: St. Luke's website includes a dozen short videos that provide information about the grieving and mourning process and ways to care for yourself after a loss. To view the videos, go to <https://www.slhn.org/vna> and click on the hospice heading. On the left side of the screen under the VNA heading, click on grief support. About half-way down this page, click onto the video library heading "Want to understand your grief?" Access the library by answering the question about your connection with St. Luke's Hospice (if any). Then view the videos from the comfort of your home.

Additional Places to Find Support and Share Your Story

Below is a list of free bereavement services in the area. Because of the pandemic and the need for physical distancing, many resources may only be offered virtually. Please contact our bereavement department at 484-526-2499 if you need additional support.

Adult Support Information Bradbury Sullivan LGBT Community Center offers bereavement support for LGBT people who have experienced loss. For more information, please visit their website at www.bradburysullivancenter.org or email at reilly@bradburysullivancenter.org.

The Compassionate Friends offers ongoing support for parents, grandparents and adult siblings grieving the loss of a child, grandchild or sibling. Visit www.thecompassionatefriends.org. Enter your zip code to locate the local chapter and contact person near you.

Doylestown Hospital Hospice offers a variety of support groups and programs that change seasonally. Visit their website at www.doylestownhealth.org/hospital/services/bereavement or call 215-345-2079.

Gentle Yoga for Grief, Stress and Life Transitions is currently being offered virtually by Wendy Littner Thompson, M.Ed., LPC, RYT. Visit www.givinggriefavoic.com or call 610-730-1992. Be sure to indicate if your loved one was a St. Luke's Hospice patient.

Grand View Hospital Hospice offers groups and services that change seasonally. For more information, call 215-453-4210.

Grief Share is a faith-based support group offered throughout the Lehigh Valley. Visit their website at www.griefshare.org and enter your zip code to find the contact person and program near you.

OASIS Community Center offers a variety of support groups to those grieving a loss due to substance related causes. Therapist-led meetings are held in-person and virtually for bereaved parents and young adults (siblings, partners, friends, etc.). Groups for bereaved youth ages 7-17 and bereaved caregivers raising bereaved children are offered in-person. For dates and times, visit www.oasisbethlehem.org, call 484-747-6825 or email at rhonda@oasisbethlehem.org to register.

GRASP (Grief Recovery After a Substance Passing) currently offers two virtual evening meetings per month, plus an afternoon meeting at the Oasis Center. Call 484-788-9440 or Call/Email at nan-cyhowe@ymail.com or 484-788-9440 or Tim Howe at howet60@yahoo.com or (646-401-4455).

Lehigh Valley Health Network offers many groups and services for adults and children between the ages of 6-17. For more information, call 610-402-7481. For information about program offerings in the Pocono area, call 272-762-3826 or email Bryson.Boes@lvhn.org.

Suicide Loss: The American Foundation for Suicide Prevention has excellent information on risk factors, statistics and education about suicide. Visit www.afsp.org and enter your zip code to find the chapter/contact person near you. All chapters are run by people who have experienced the suicide of a loved one.

Cancer Support Community of the Greater Lehigh Valley cancersupportglv.org

Find an individual therapist at: Psychologytoday.com

We encourage you to call the number on the back of your insurance card to find resources paid by your individual insurance plan.

Support Information in New Jersey

Karen Ann Quinlan Hospice offers support to those who are grieving the death of a loved one. For more information, call 973-948-2283 or visit www.karenannquinlanhospice.org/services/bereavement.