



January
2025

St. Luke's
Hospice Bereavement

Team:

484-526-2499



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.

Comfort for the Grieving Heart

This time of year, we are bombarded by suggestions to make changes to our lives to make them better, healthier, and happier. Perhaps you've even heard the phrase, "new year, new you!" But, New Year's looks different when you are seeing through a lens of grief, doesn't it?

The truth is, you may be dealing with changes that you didn't choose and have only made your life harder. You may even feel bitter or resistant to the idea of ushering in even more of the "new", especially if the new things in your life—new routines, new traditions, new feelings of loneliness or emptiness, new "normals"-- have been anything but happy.

And yet, not even our grief stops time from moving and the new year from coming. That may feel unfair, as if the deep sense of loss you are feeling should have made time stop for everyone as it has for you. Or perhaps, it may feel comforting and encouraging—that time and life presses on and there is still more to do, more to see, more to experience, more to love.

You do not need to feel any particular way as we enter into this new year. If something does not feel helpful or healing for you, then you should not feel obligated to do it. You don't need to have all of your grieving done by midnight on December 31, so that you can have a "happy" new year. You can enter into this new season holding both deep sadness and a sense of hope for what lies ahead.

If the turning of a page inspires you to make a change of your choosing that adds a sense of positivity, joy, or hope to your life, grab hold of that inspiration and allow it to transform you.

If you need to set new year's resolutions aside (or make a resolution to not make a resolution) and focus on getting through each day or maybe even each moment, may you have the strength to do just that.

As 2025 meets us, ready or not, we hope you can find yourself on this journey and resolve to be gracious and kind to yourself and everything you feeling.

8 (Reasonable) New Year's Resolutions When Grieving

Adapted from WhatsYourGrief.com

Whatever is right for you—resolutions or no resolutions—we hope you find this list of ideas helpful in the new year. Here's to a new year of healing and hope.

1. Go Easy on Yourself:

Don't set unrealistic expectations. Allow yourself the time and space to grieve without pressure.

2. Spend Time with People You Like:

Resolve to put in some effort to connect with people who make you feel happy and well-supported. You may also choose to distance yourself from those who haven't been helpful.

3. Engage in a Hobby You Love:

Find an activity that makes you feel good and allows you to escape, express emotions, and connect with others. Journaling, writing, art, and photography are just a few ideas.

4. Be Honest About Your Feelings:

It's okay to not always be okay. Find safe spaces to express your true feelings and avoid pretending to be fine when you're not.

5. Speak Your Loved One's Name:

Keep their memory alive by sharing stories, writing about them, and remembering them.

6. Embrace Their Values or Dreams:

Continue a passion or fulfill a wish that your loved one cared about. Feel free to be creative in their memory.

7. Support Someone Else:

When you're ready, you might be able to offer support to others who are grieving. You may be surprised by how much you've learned. Consider offering your support online, with a card, or even in a support group.

8. Seek Formal Support:

Sometime we all need more help. Consider joining a support group or talking to a professional therapist to help navigate your grief.

No Changes Needed

Messages of “New Year, New You” can seem trivial and superficial when you're just trying to make it through the day.

Grieving can be an uphill climb, and it takes resiliency, determination, introspection, and, above all, self-compassion.

The new year doesn't need to start with a grand plan for getting organized or imagining something new.

Stay realistic about what you can do and what roles and expectations you might need to let go of.



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 tab.

Once on the hospice page, scroll down and click on grief support.

About halfway down this page, click onto the video library heading "Want to understand your grief?"

Then view the videos from the comfort of your home.

Our Monthly Support Groups

Our bereavement support groups are facilitated by one of our grief counselors. We provide a safe and collaborative space to process your grief journey with others in a similar situation.

For more information, call us at 484-526-2499.

Bethlehem Area Support Group

Wesley United Methodist Church 2540 Center Street (Route 512) Bethlehem, PA 18017. **Join us** the first Friday of each month from 10-11:30am. **Dates:** January 3, February 7.

Brodheadsville Area Support Group

Western Pocono Community Library, 131 Pilgrim Way, Brodheadsville, PA 18322. **Join us** on select Wednesdays from 1-2:30pm. **Dates:** January 8, February 19.

Good Grief Workshops

These virtual 90-minute workshops are offered monthly to provide you with a better understanding of what grief is, how it may affect you emotionally, physically, spiritually and psychologically, provide 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.

Join us on select Thursdays from 1-2:30pm. **Dates:** Jan. 9, Feb.13 or Wednesday from 6-7:30pm **Dates:** Jan. 29; Feb. 26.

St. Luke's Senior Meals

St. Luke's University Health Networks healthy, affordable meals for seniors (65 or older). It's a great opportunity for a great meal at a great price (under \$5 for a entrée, salad, side, veggie, dessert and drink) along with meeting new people.

Anderson, Carbon, Miners, Upper Bucks Campuses: M-F, 4-6pm

Monroe Campus: 7 days a week, 4-6pm

Bethlehem Campus: Thursdays, 4-6pm (Speaker on the first Thursday)

Other Places to Find Support

We encourage you to call the number on the back of your insurance card to find resources paid by your individual insurance plan. Find an individual therapist at psychologytoday.com

Community Bereavement Resources

Bradbury Sullivan LGBT Community Center offers bereavement support for LGBT people who have experienced loss. Visit bradburysullivancenter.org or email at reilly@bradburysullivancenter.org.

Cancer Support Community of the Greater Lehigh Valley provides professional programs of emotional support and education. Visit cancersupportglv.org.

The Compassionate Friends offers ongoing support for parents, grandparents, and adult siblings grieving the loss of a child, grandchild, or sibling. Visit 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 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 givinggriefavoic.com or call 610-730-1992. Be sure to indicate if your loved one was a St. Luke's Hospice patient.

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.

Grand View Hospital Hospice offers groups and services that change seasonally. Call 215-453-4210.

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

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

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. Visit oasisbethlehem.org, call 484-747-6825 or email at rhonda@oasisbethlehem.org.

Suicide Loss. The American Foundation for Suicide Prevention has excellent information on risk factors, statistics, and education about suicide. Visit 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.

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 karenannquinlanhospice.org/services/bereavement.