Comfort for the Grieving Heart

Provided by St. Luke's Hospice Bereavement Program

November 2017

“The reality is that it is absolutely normal to be still grieving, to still feel the aftershocks of loss for the rest of your life. Grief changes through the years, but the simple truth, which no one wants to admit, is that you will never be your old self again. You are forever changed.”

Ashley Davis Bush, Transcending Loss

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.
Healing Rhythms Drumming Group

Healing Rhythms, a drumming group, is a unique approach to loss, grief and support in life transitions. The use of the drum is a vehicle of expression when you may not be able to put your thoughts and feelings into words. Research indicates that drumming accelerates physical healing, boosts the immune system and produces feelings of well-being, a release of emotional trauma, and reintegration of self. Drumming circles also provide a sense of connectedness with others and interpersonal support.

Our Healing Rhythms drumming group is led by a Remo HealthRhythms endorsed facilitator. Each week you will experience meditative drumming, guided imagery, inspirational readings and thought provoking conversations about moving through loss. The group will run on Saturday mornings from 10am to 12pm from November 4, 2017 through December 16, 2017. This group will meet at the Lehigh Valley Friends Meetinghouse, 4116 Bath Pike (Route 512) Bethlehem, PA 18017. Please pre-register with Mindy at Mindy.Watson@sluhn.org or 484-526-2314. For more information on drumming and its healing benefits, visit www.lvdrumcircle.com.

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 are offered on a bi-monthly basis. We will meet on Tuesday, December 5, 2017 from 6:00 - 8:00 pm at the Priscilla 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 Mindy at (484)526-2314 or email Mindy.Watson@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 9:00 - 10:00 am (please note new time) at St. Luke’s Priscilla Payne Hurd Education Center, St. Luke’s Hospital, Bethlehem Campus, 801 Ostrum Street, Bethlehem, PA 18015 in Room 111.

“..."I did not go through pain and come out on the other side. Instead, I lived in it and found within that pain the grace to survive and eventually grow”.

Jerry Sittser, A Grace Disguised
Grief and the Holidays

Whether it is a birthday, anniversary or holiday, special days on our calendar keep memories alive that are near and dear to us. Yet, not everyone anticipates holidays and special occasions with joy and, particularly for those of us who have lost a loved one, the holidays can be a time of sadness, pain or anger. The waves of grief can overwhelm us and the stress of the holiday season can seem daunting. There is no right or wrong way to handle the holidays, but planning ahead and understanding your needs and limits on these special days can help.

Please join us for a 2 hour workshop on **Wednesday, November 8, 2017** from 6-8 pm to explore strategies to help cope during the holidays, and beyond. We will meet at the Priscilla Payne Hurd Education Center on the St. Luke’s Bethlehem Campus (801 Ostrum Street, Bethlehem). For more information and to register, contact Mindy at (484) 526-2314 or email Mindy.Watson@sluhn.org.

Lehighton News:

**Lehighton 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, Lehighton, PA 18212. All members of the community who are in need of bereavement support are invited to attend.

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 July 1, 2017 and October 31, 2017**, the Service of Remembrance will be held on **Sunday, December 3, 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**

How did I survive this year without you?
How will I survive next year without you?

The answer is the same;
Love,
And Grief.
Both essential, now, to my survival.

*Dr. Joanne Cacciatore*
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 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

- **TCF of Lehigh Valley** meets at Sacred Heart Hospital, 2nd floor, 421 W. Chew Street in Allentown. The group meets the 2nd Monday each month at 7pm. For more information, call 484-597-0240.
- **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 2nd Tuesday each month from 7:30 – 9pm. For more information, call 267-380-0130.
- **TCF of Easton** meets the 2nd 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

**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.

**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, alicekayes00@gmail.com

**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 Ariel at (610) 347-9988 or ariel@bradbursullivancenter.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.

**GRASP** - For families who have experienced a death due to substance use. Group meets every 3rd Monday of the month 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)402-7481 for more information. They also offer Stepping Stones for Children, for ages 5-10

**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 or call Celia Blum, 215-345-2079.

**Lehigh Valley Health Network** offers grief support services in the form of counseling, support groups, and workshops for adults and children, as well as a lunch club for women. For information, please call 610-969-0330.

**New Jersey**: Compassionate Care Hospice provides bereavement support groups at Warren Hospital on a rotating basis. Call 973-726-7510 for more information.