

Journey of Hope

The Journey of Hope event is a series addressing issues associated with grief and loss. It is not necessary for a participant to attend each of these presentations. Participants are encouraged to attend those topics most interesting or helpful to them. Journey of Hope is a free event offered by Family Hospice to our Hospice families and friends as well as the general public. Perhaps you have a friend or family member who would benefit from the Journey of Hope presentation.

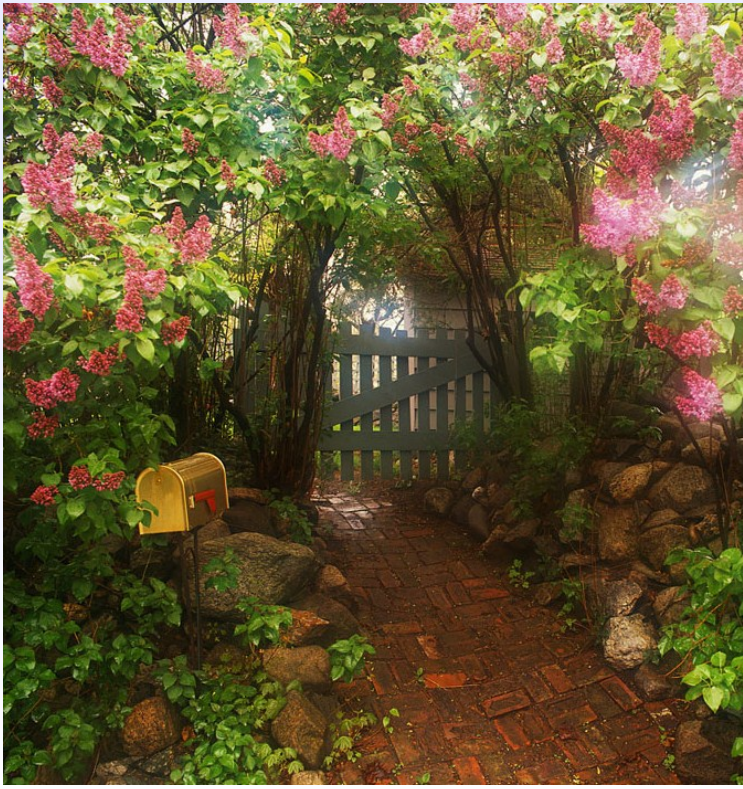
Presentation Topic	Heritage Park 3034 N. Heritage Park Lane, Ft. Wayne	Heritage Pointe 801 Huntington Avenue, Warren Calico Lounge
<p>“Working Through the Hard Parts”</p> <ul style="list-style-type: none"> ◆ Understanding and coping with difficult feelings ◆ Societal barriers associated with grieving 	<p>Tuesday June 21st 5:00 to 6:30 pm</p>	<p>Wednesday June 22nd 10:00 to 11:30 am</p>
<p>“Remembering and Going On”</p> <ul style="list-style-type: none"> ◆ The importance of sharing your story ◆ Beginning to envision life without our loved one ◆ A time for remembering and sharing 	<p>Tuesday June 28th 5:00 to 6:30 pm</p>	<p>Wednesday June 29th 10:00 to 11:30 am</p>

Wings of Hope Day Camp for Children



Family Hospice is pleased to announce the Wings of Hope Day Camp which will be held Saturday, August 6th for children ages 6 to 12. The event will be held at Ouabache State Park in Bluffton at the “Rustic Oak Shelter.” Participants will enjoy various activities, such as memory box decorating, music, and discovery games. Activities are designed to meet children where they are developmentally, intending to walk with them through their grieving process. Please consider having your child attend even if the loss has not been mentioned for some time. This event is scheduled from 9:30am and goes to 1:30pm. Lunch will be provided with a choice of hamburgers or hot dogs, vegetables, fruit and a desert. (If you would prefer to send a lunch, a cooler will be available.) Please call 800-355-2817 to register your child/children. Registration is required. The registration deadline is August 1st. This is a FREE EVENT! We hope to see you at Ouabache State Park!

If you have questions or would like to register your child, please call Angie or Chuck 800-355-2817 or email amyers@fhpc-in.org or cvernon@fhpc-in.org



Good Grief Gals

The journey of a person who has lost a spouse can seem like an isolated walk going nowhere. However, one does not need to remain alone on this journey. While no one knows exactly how you feel...there are others who too are making their unique way with the support of friends.

Family Hospice with Social Worker Belinda Myers, has formed a care group in Hartford City, which meets on Wednesdays 2 to 4 pm at the Hartford City Public Library, 314 N. High Street. This is **an informal get together for women of all ages who have lost a spouse through death.** Please know you are welcome to attend.

If you are interested in starting a "Good Grief" Group in your area please call 800-355-2817 and ask to speak with Angie or Chuck.

Thinking about Dad

In an effort to honor fathers, Family Hospice will be coordinating the construction of "memory boxes" to be given to children and adolescents who have lost a loved one. These boxes will be a special place to keep cherished items which remind them of their loved one. During the activity an opportunity to reminisce about Dad and enjoy memories will be open to those who would like to participate.

Tuesday, June 13 from 10 am to 12 pm Adams County Public Library, 128 S. 3rd Street, Decatur

Presented by Chuck Vernon, Bereavement Coordinator

Volunteers Know: Giving Back Can Be So Fulfilling!

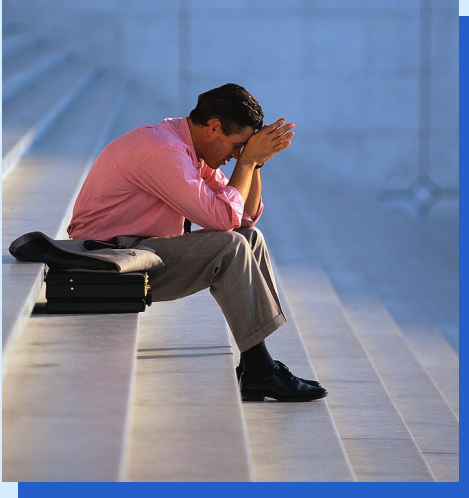
Going through the loss of a loved one is never an easy experience, but the journey we encounter is one in which we can grow. Many people who feel they have benefited from Family Hospice now assist others as they face similar times.

One of our Volunteers commented, "It makes me feel good to volunteer and help someone just a little- to give them some peace and happiness."

Family Hospice asks that individuals wait one year after the death of a loved one before joining our volunteer team. After the year has past training and orientation are available. Is volunteering something you are considering? If you are interested or have questions please call 800-355-2817 and ask for Carolyn our Volunteer Coordinator who will be happy to speak with you.



Normal Reactions to Loss: The Mourning Process



Grief and mourning are often misunderstood by people who have never faced the death of a loved one. If this has happened to you for the first time, I hope the following thoughts and information will help you realize that what you are experiencing is normal. The intense feelings will lessen as you do a variety of things to take care of yourself in the healing process.

The healing process takes courage... it can be difficult telling someone in public with tears in your eyes, that you were once happily married, but now you live alone; or that Mother's Day or Father's Day has lost its meaning because your parent died; or that you had three children but only two are living.

Others may feel uncomfortable as they see you expressing your (sometimes) uncontrollable feelings. It takes courage not to avoid these feelings just to make others feel "better." Finding others who understand what it is like is important at this time. Joining a grief support group is one way.

Then there is the other side... needing to take a "vacation" from your grief, so that you can have some relief. Some people do it by going back to work, others by getting involved in a project or activity, or taking walks in areas they love. You may only be able to do this for short amounts of time during the first few weeks, but even that amount can help.

Later (the time varies for different people and their relationship to the deceased), the deep overwhelming feelings of sadness will lessen, though there will be times when you miss the one who died and feel especially sad.

Possible Normal Physical Symptoms of Grief and Mourning:

- ◆ Dry mouth and skin (possibly caused by dehydration from crying-drink lots of water)
- ◆ Loss of appetite or over-eating
- ◆ Sleeplessness
- ◆ Frequent thoughts about the one who died
- ◆ The area near your heart can hurt, as if it were broken (breathing difficulties)
- ◆ Extreme tiredness
- ◆ Difficulty in maintaining concentration; forgetfulness
- ◆ Increased sensitivity to loud noises
- ◆ Feeling confused

“There is the other side...
needing to take a vacation
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you can have some relief.”

Possible Normal Emotional Symptoms:

- ◆ Things seem unreal
- ◆ You may feel distant from others, and it may seem like no one really cares about you or understands what it's like
- ◆ Loss of meaning in life-Hang on! The meaning will return, though your life and how you see it may be different.
- ◆ Crying is healthy and important in healing- Keeping from crying might cause health problems later. Nature gives us tears to ease the stress of life. Men, especially, can have difficulty crying, because they have been taught not to cry. They do and it's normal and healthy.

Feelings Sometimes Associated with Grief and Mourning:

- ◆ Shock and numbness are a normal way to react to the news of a death
- ◆ Guilt- "if only's" are natural and need to be expressed
- ◆ Anger (often we're taught not to feel angry, but anger is a normal feeling and needs to be accepted and expressed in a non-destructive way)
- ◆ Depression (at times, loneliness and lack of motivation may occur for you- this does not mean you are clinically depressed, often motivation will return with time.)
- ◆ Relief (it is a normal feeling, especially when the deceased suffered before death, or in a sudden death, where there was no suffering.)

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