



WINTER 2015-16

The
Seasons
Through
Your
Grief

Pathways
Bereavement
Newsletter:

A quarterly publication
for Pathways families
and the
community

*Stay in the season of
Winterness as long as
need be,
For everything you feel
is appropriate.*

– RUSTY BERKUS
FROM "TO HEAL AGAIN"

Winter is a season that parallels the internal landscape of grief. It is the darkest time, the longest night, during which we yearn for light. Abundance and life will return but right now there may be overwhelming feelings of emptiness and dormancy.

The holidays are special times of sharing and may contradict or add pain to the experience of grief. They are often associated with family members and our memories of them may be pleasant or unpleasant, depending on our personal history. Our traditions and rituals develop over time and provide structure for our connection with family and friends. The absence of loved ones will be felt deeply.

Various types of loss affect the holidays: illness,

death, aging, disability, loneliness, retirement, estrangement, and loss of home to name a few. So many losses have happened this year. It is okay not to feel like celebrating.

Feelings of grief may evoke a sense of helplessness. Grief in life is unavoidable, but we do have a choice about how we respond to our feelings and how we plan for the holidays.

How can the hope for light be nurtured in the darkness of grief? Take time to love and let yourself be loved—this is the real gift of the holiday season and best intention for the new year.

"It is better to light one small candle than to curse the darkness."

– CONFUCIUS



PATHWAYS

Home Health & Hospice
Private Duty
Hospice Foundation

Group and individual counseling are available at Pathways. There is no fee for these services thanks to generous contributions from the community to Pathways Hospice Foundation.

We are here to help.

For additional information, please see our website: www.pathwayshealth.org.

General Grief Support Groups
Afternoons
Los Gatos
(2nd and 4th Thursday)
San Francisco (Thursday)
Albany (Friday)
Evenings
Redwood City (Tuesday)
Oakland (TBD)

Partner Loss Groups
Mornings
Menlo Park (Friday)
Afternoons
Sunnyvale (Tuesday)
Evenings
Sunnyvale (Thursday)
Second Year Partner Loss Group
September 2015 TBD

Children's Grief Group
Late Afternoons
Sunnyvale (TBD)
Parent Support Group
Available at the same time
Daughters Grieving Their Mothers Group
Evenings
Oakland (Wednesday)

Supporting Yourself Through Grief

Fall and winter are nature's seasons of dormancy or rest. In the grieving process you can use this time for **reflection and renewal.**

"You would accept the seasons of your heart, even as you have always accepted the seasons that pass over your fields. You would watch with serenity through the winters of your grief."

- KAHILIL GIBRAN

With so many special days ahead, the quiet moments will help you recall the memories, consider your priorities, and perhaps explore your spirituality more deeply.

The knowledge that your loved one will be missing this holiday season leaves you with many unanswered questions. What traditions will you keep? Which ones will you change? How will you get through it all? This is a time when the past and present collide. The loss of a loved one is particularly painful during special times when it is only natural to reflect on years past.

The following are a few suggestions for you to consider:

- Plan ahead—think about your choices as you approach that special day.
- Be realistic—don't pretend that you don't hurt.
- Be flexible—it might help to think about changing old traditions and starting new ones.
- Pace yourself—try to reduce unnecessary pressure.
- Choose to be with people who will allow you to share honest feelings.
- Find time for yourself—more than ever you will need time to be in touch with your memories.

You know grief is becoming less painful when:

- Your memories make you smile instead of break into tears.
- When someone else's pain hurts you more than your own.
- When you can tell someone else life really DOES go on.
- One day you wake up and you don't have to remind yourself to breathe.
- You want to find a way to leave your grief in the past.
- You find you are actually enjoying living.
- You can come home and be content in an empty house.



PATHWAYS

**Parent Loss Groups
Evenings**
Sunnyvale (Thursday)

**Adult Child Loss Group
Evenings**
Sunnyvale (Thursday)

**For Individual Counseling or
Group Information Call:**
Mid-Peninsula / South Bay
408-773-4329
East Bay
510-613-2092
N. Peninsula / San Francisco
650-808-4603

**To RSVP for workshops
call 1-888-905-2800 x 4241**

**For General Grief
Information Please Call:**
*Chris Taich, Director
Bereavement Services*
1-888-755-7855

*"The group provided a safe
place for me to grieve and
laugh – to share with others
the pain and growth that
goes with the process.*

– PARTICIPANT, PATHWAYS
GRIEF SUPPORT GROUP



Book Review

When People Grieve:
The Power of Love
in the Midst of Pain
Paula D'Arcy (2005,
Crossroad Publishing).

Intended for friends
of griever's this book
also provides a guide
for the grieving.
When People Grieve
describes the author's
losses (her mother,
husband and child)
and how each grief
process was different
based on relationship,
time, and the author's
own stage of life.
D'Arcy writes about
the complexity of grief
in simple and beautiful
language. This is a
wonderful book to
read over and over and
then give to friends for
their guidance during
the difficult time after
loss.

Celebration of Light

Please join us for a
Celebration of Light
Memorial Service
this December. This
annual remembrance
event is designed as
a place to honor the
light of your loved
ones memory, and to
bring you hope and
support during this
season. We invite you
to remember a loved
one in the company
of others, as we honor
those who have died
this year.

The afternoon will
include the use of
light, both literally
and as metaphor, from
various faith traditions
to assist us in holding
the memories of your
loved ones. A memory
table will provide the
opportunity for you to
place a favorite picture
or memory object to
further honor their
place in your life.

Celebration of Light
Skylawn Memorial Park
San Mateo
Sunday, **December 6th**
2:00 pm - 3:30 pm

*Refreshments and
conversation will follow
the program.*

Please RSVP to the
Pathways Bereavement
Program by calling
408-773-4241 or
email [bereavement@
pathwayshealth.org](mailto:bereavement@pathwayshealth.org).
to help us plan for all
who wish to attend.

Please indicate in your
RSVP how many will
be attending. However,
even if you have not
formally notified us,
please feel welcome to
attend.

For more information
please visit our events
page online at
www.pathwayshealth.org

*The breath of winter
Painted fragile stars
On all the windows
Of my quiet house.*

*And there I found
Your face,
More fragile even
Than the season's art,
A wonder to my eyes.*

*How can it be
That winter paints
Such secret things
In white and silver sheen
For those who cry alone
At frosted windows?*

– SASCHA WAGNER



PATHWAYS

Home Health & Hospice
Private Duty
Hospice Foundation

Home Health & Hospice
585 North Mary Avenue
Sunnyvale, CA 94085

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GRIEF SUPPORT SERVICES AT PATHWAYS

Pathways offers a variety of grief support services, made possible through generous donations from the community to Pathways Hospice Foundation. Services are available to anyone in the community and include:

- Information and Referral
- Loss Support Groups
- Remembrance Events
- Grief Workshops
- Individual Counseling
- Educational Material
- Community Presentations

The hardest words for us to hear are,
“We wish we had known about you earlier.”
If you have friends or family who need help managing an illness at home; are concerned about someone dying in a nursing home or care facility; or are grieving the death of a loved one, urge them to call.

We are here to help.

“The heart that truly loved never forgets.”

- THOMAS MOORE

1.888.755.7855

WWW.PATHWAYSHEALTH.ORG

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