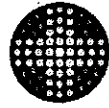


Hope Notes

May 2010



Hospice of Charleston
a Gentiva® company

Hero's of Hope

By: J. Chris Adams D. Min.

We all need hero's—hero's are persons to whom we look to for inspiration and courage. Hero's of Hope can be almost anyone: a friend, your next door neighbor, or perhaps a co-worker. These are rather ordinary people who play an extraordinary role in our lives.

They are the one's who call on the phone when we are down and out. They send us a card at just the right time. We bump into them at the grocery store and they deliver that smile and hug that lifts us and leads us on.

The days and months that follow a significant loss are punctuated by the presence of Hero's of Hope. However, in order for these Hero's of Hope to make the greatest impact, we must recognize them for who they really are. We must receive the strength that they offer. We must open our hearts to their help, and we must learn to breathe deeply the refreshing air of their healing fragrance.

These Hero's of Hope are all around us; but we must open our eyes and our souls in order to recognize and truly appreciate who they are and what they accomplish.

They are on a mission, they have been sent to shine the light of hope onto your grief stricken and darkened path. They remind us by their presence that love is real, and that we are not alone.

Hero's of Hope are those wonderful people who walk with us, and sometimes carry us, along the winding road of sorrow. Embrace them—appreciate them...allow them to help carry the heavy load, and someday soon you to can be a Hero of Hope for someone in your life who walks that lonesome road called loss and grief.

Hero's of Hope...we all need them for inspiration and courage.

J. Chris Adams D. Min. Spiritual and Bereavement Services Program Manager, Gentiva Hospice Division

"Hope in Healing" Grief Support Group

2nd Thursday each month

10:30am—11:30 am

3870 Leeds Ave. Suite 101
N. Charleston, SC 29405

Please contact Frank Butler at
843.529.3100 or
frank.butler@gentiva.com



*We honor them when we
remember them*

HOPE NOTES

Take Your Time Grieving

You have probably already discovered that it takes time to resolve grief. There is a misconception that it does not take a long period of time to get over your grief- it may be a popular thought, but it is wrong. There is no time line for grief but Psychologists and Sociologists tell us that it often takes years to learn to live with a loss.

Even after years it is normal to have times that one would consider as low points. The fact remains that each individual deals with their loss and grief in their own way. It is as unique as ones own finger print, one might call it their *grief print*,; you can be assured that yours is not exactly like anyone else's.

You will discover that there is a pattern to grief; however, there is no single path through grief, often times you must blaze your own trail.

Some of the tasks of grief are: coming to the reality of the loss, embracing the various emotions that emerge during the grief process, making the necessary adjusts to your new normal, having the courage to remember, and rebuilding the foundation and the focus of your future.

It is easy is understand why the grief journey is no Saturday afternoon trip, it simply takes time. Be patient with yourself.

Grief is not a time bound process; yes, we should make progress, but hard things are hard and will demand a lot of time and energy.

You do not have to walk this journey alone- allow your friends and family to support you along the way.

Please remember that our Bereavement Support staff is also a source of information and availability. We are here for you and your family during this difficult season of your life-we are a phone call away.

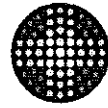
J. Chris Adams; Spiritual and Bereavement Service Manager, Hospice Division of Gentiva .

Should Children and Adolescents Go to Funerals?

Funerals are powerful rituals that help us confront loss. They are also meaningful family, religious, and cultural events. Funeral rituals bring families together, offering each other support, and they show the ways that our own cultural backgrounds and religious faiths help us address the crisis of loss. Since funerals are so critical, once children are developmentally able to understand a funeral and sit through a ceremony, they ought to have a choice about the ways in which they wish to participate in a funeral. In order to make that choice meaningful, children need information, options, and support.

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BEREAVEMENT SERVICES CONTACT INFORMATION

Alabama

Huntsville- Dan Anderson
256.519.8808

Florence- Andy Hughes
Steve Reed 256.764.0873

Montgomery- John Sparks/
Lenny Bolton 334.271.1293

Opp- Roger Stone/ Lee Joyner/
Doug Knight 334.493.0725

Birmingham -Jim Elrod/ Wendell
Dodd 205.682-9441

Dothan- Eddie Biss/Charles Gold-
smith/ Paul Cowley Tallmadge
Butler 334.792.1100

Jasper- Bill Daniel
205.384.3882

Eufaula- Tim Stevenson
334.616.0061

Cullman- Fred Wilks
256.737.7234

Oxford- Winfred Logan
256.831.2964

Gadsden-Richard Bradford
256.442.3208

Mobile- Dave Tarvin

Candler Cain /Richard Handy
251.340.6387

Florida

Crestview- Jim Vail 850.689.0300

Fort Walton- Frank Dole
850.862.1069

Marianna- Gino Mayo/ Ernie Gray
850.526.3577

Panama City- Mike Young Craig
Brannon /Michael Dease
850.769.0055

Pensacola- Bill Eddins/ Shane
Tucker/ Joseph McNulty
850.474.7288

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Marietta/Rome- Don Reed
Johnnie Porter / Doug Mills
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770.389.5760

Bainbridge- Andy Glover
229.246.6330

Newnan- Asa Mangham/ Ken
Rose 770.502.1104

Riverdale- LaRita Primrose
770.907.2410

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770.822-6377

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Tupelo - Ryan French
662.844.9725

Jackson - Bill Chatham
601.362.7801

Tupelo- Earl McAnally/Marquette
Rodgers
662.844.7372

Starkville- Charles Smith/ Sandra
Brock
662.615.1519

WHY?

Why seems like the logical question to ask during times of crises; the other questions are more easily answered. We know who— that's us; and when— that's now; and where— that's here; and how— that's obvious. It is the why that we can not seem to get our hands or head around. The funny thing about why is that it is a multi-headed monster. Why me? Why now? Why so long? Why so hard? Why so lonely? The question why is like a dry sponge that absorbs the life and hope out of the souls of those who linger too long around it. It is a Grand Canyon of a question that can never be filled up. It is an ever moving object that can not be firmly located.

We must somehow leave the why question to someone wiser than ourselves. Why, must be given over to the arena of faith. It must be handed over to the unseen hand of an all wise Father who cares for his children. It must be surrendered to another time an another place when our faith shall be sight.

We must settle our souls into the firm foundation of the trilogy of Faith-Hope-Love. This dynamic trio will carry you through the dark nights of the soul. This rope of three strands will hold the anchor of your life steadfast and sure. Faith, hope and love will cause "why" to bow at the throne of Grace, and there we find help in our time of need.

J. Chris Adams; Manager of Spiritual and Bereavement Services, Gentiva Hospice Division

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Mom...

So you're up with the angels
Well...that's where you belong
I hope the good Lord
Lets you hear this one song

The troubles of this life
For you are all through
I hope you know Mom
That your son loved you

I loved you in laughter
I loved you in tears
I love you today, Mom
And the rest of my years

I guess I just never
Thought it would end
You were more than my mom
You were my friend

You loved me in good times
You helped me in bad
You're the best mom
A boy every had

I'll miss you in winter
I'll miss you in spring
I'll miss all the joy
That loving you brings

And when it's all over
And when it's all done
I'll be with you Mom
Your friend and you son

Greg V. Mason
Hospice of Charleston