

HOPE NOTES



Hospice of Charleston
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September 2009

Un--Solved Grief: Is it a Mystery?

H. Norman Wright in his book, Recovering from Losses in Life, has a chapter where he explores problems that may occur during the grieving process. When grief becomes disrupted, for whatever reason, it can become what is commonly called "unresolved grief." Unresolved grief is simply un--solved grief. I realize that grief is not solved like a mathematical equation or a



murder mystery; however, when grief is normal it will flow towards a

more comfortable resolution. This resolution creates what we refer to as the "new normal."

Dr. Wright describes in chapter four what unresolved grief looks and feels like when experienced first hand. He lists some common symptoms:

1. A pattern of depression that lingers.
2. A history of prolonged grief that reflects an already existing difficulty with grief.
3. Symptoms such as guilt, self blame, panic attacks etc.

4. Physical symptoms similar to those of the deceased person's terminal illness.

5. A restless searching for what was lost with a lot of purposeless random behavior.

6. Feelings that the loss occurred yesterday, even though months or years have passed

7. Inability to talk about the loss.

This is in no way a complete list, or even all of the list that Dr. Wright explores, but it does represent some common symptoms of individuals experiencing unresolved grief.

It may take your Medical doctor to diagnose some of these symptoms, but do not ignore what you are sensing and feeling. I encourage you to call the Bereavement representatives for your location listed on page two of this newsletter. They stand ready to listen and to provide informed direction and assistance as you continue your journey of grief.

J. Chris Adams, DMin
Coordinator of Spiritual and Bereavement Services
Hospice Division of Gentiva



Candlelight Memorial Ceremony November 22, 2009 5:00pm

This community tradition is a time of reflection and remembrance of someone special who is no longer with us. Before the hustle and bustle of the holidays, we invite you to join us at Colonial Lake in downtown Charleston for a message of hope and a time of quiet contemplation. Light a candle in memory of your loved one and be a part of this spectacular display of lights.

Call (843) 216-7323 or download the registration form at www.hospiceofcharlestonfoundation.org.

Hospice of Charleston Foundation is pleased to host this event, which is open to the public; free admission.

Donations are welcome. For labeled luminaries and recognition in the program, kindly register by

November 16.

"Hope In Healing"

Grief Support Group
Every 2nd Thursday
10:30am-11:30am

Hospice of Charleston
3870 Leeds Ave
Suite 101, North Charleston

Contact Emily Buchheit
843-529-3100 or
emily.buchheit@gentiva.com
for information

BEREAVEMENT SERVICES CONTACT INFORMATION

Alabama

Huntsville Keith Lorick/Dan Anderson
256.519.8808

Florence Phillip Lamb 256.764.0873

Montgomery John Sparks 334.271.1293

Opp Roger Stone/Lee Joyner 334.493.0725

Birmingham Jim Elrod 205.682-9441

Dothan Eddie Biss/Charles Goldsmith/
Paul Cowley/Bill Frank/Tallmadge Butler
334.792.1100

Jasper Jeanine Pope 205.384.3882

Eufaula Tim Stevenson/Randy Worrell
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 251.340.6387

Florida
Crestview Jim Vail 850.689.0300

Fort Walton Frank Dole 850.862.1069

Marianna Gino Mayo 850.526.3577

Panama City Mike Young/Craig Brannon
850.769.0055

Pensacola Bill Eddins/Shane Tucker
850.474.7288

Georgia

Marietta/Rome Don Reed/Johnnie Porter
770.951.6251

Stockbridge Oliver Cameron 770.389.5760

Bainbridge Andy Glover/Andy Hughes
229.246.6330

Newnan Rick Harden 770.502.1104

Riverdale Ken Rose 770.907.2410

Lawrenceville Bill Daniels 770.822-6377

South Carolina

Greenville Dave Garner 864.329.0588

Columbia Edison Cheeks 803.213.9986

Charleston Greg Mason/
Alan Poe/Emily Buchheit/
Frank Butler 843.529.3100

Tennessee

Cookeville Barry Boggs 931.528.5133

Mississippi

Tupelo Kevin Wallace 662.844.9725

Columbus Ryan French 662.327.9669

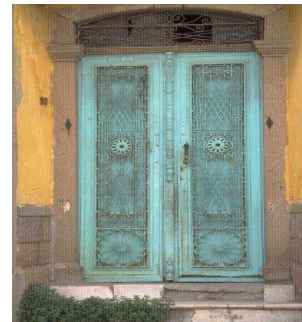
Jackson Terry Robinson 601.362.7801
Daniel Perry 601.684.5841

Some Help When You are Down and Out

The loss of a loved one can leave you feeling down and out some days. Here are some ideas to help when those days come along.

1. Go for a long walk.
2. Do something nice for someone else.
3. Put on your favorite music and listen or dance!
4. Take a warm shower or a long hot bath.
5. Love on your pet.
6. Volunteer your time at a non-profit organization.
7. Treat yourself to your favorite dessert.
8. Visit a beautiful garden and stop and smell the roses.
9. Be still. Just sit and be still for a while.
10. Read a book that you will really enjoy and can get lost in it.

11. Take out a paper and pen and write down your feelings. Be honest! This is for your eyes only unless you choose to share.
12. Give something away.
13. Start a new project, maybe one that you have put off for a while.
14. Get a massage.
15. Sit on the porch and rock for a while.
16. Call an old friend and renew the friendship.



We desire to be an
open door in helping
you in your
grief process.
Let us know how
we can help

Some Help When Your Loss is a Sibling

Sibling relationships can differ from family to family. Some siblings share a deep emotional bond and relationship while others rarely speak to each other. Some live right around the corner from each other. Some live half way around the world from each other. Regardless of age, or emotional or geographical closeness, there are certain issues with which to deal when a sibling dies.

Some experience feelings of guilt over a past problem or argument in the relationship. Thus, feelings of regret may arise. Identify what is causing you to feel guilty or regretful. Write down everything that is causing you to feel this way. Look at the list and put a “G” by the items that you see as the basis for guilt and an “R” by the regrets that you have. Simply seeing this in black and white can help give you some relief. If some of the issues were your fault, be willing to forgive yourself. If some were the fault of your sibling, be willing to forgive them.

Losing a sibling can force you to come to grips with your own mortality. Coping with the death of a sibling startles us into the reality that we could die as well. Although a person intellectually knows that death is imminent, losing a sibling brings the fact to the forefront of the mind. This usually causes the surviving sibling or siblings to assess their own life thus far and evaluate their life goals. Many people will be motivated to make positive changes at this point.

A very positive step that you can take after losing a sibling is to continue learning about the grief process. You may have to resume your normal routine soon after the funeral so knowing about the grief process can be very beneficial. Know that you may feel a wide range of emotions such as deep sadness, anger, guilt, confusion, regret, and much more. You may go from tears to laughter within minutes. Some days you will simply want to get off of the roller coaster and feel “normal.” Saying goodbye to a loved one is never, ever easy. Take your time and know that as playwright Robert Anderson said, “Death ends a life, not a relationship.”

**“Losing a sibling is like losing a part of ourselves.
It touches the core of our identity.”**

Marguerite Bouvard

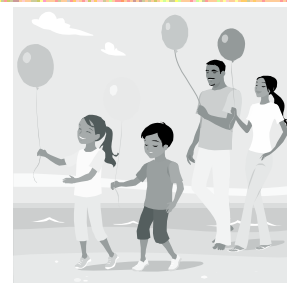
Hospice of Charleston
3870 Leeds Ave, Ste 101
N. Charleston, SC 29405

Our Bereavement Staff are available to you, please call us at 843-529-3100 to discuss additional community resources and individual grief concerns.

Register Early

Shannon's Hope

October 17 and 18, 2009



A community bereavement program for **children ages 6-15** who have experienced the loss of someone they love.

Licensed counselors and hospice trained volunteers provide fun, organized activities in helping children “create stepping stones from their stumbling blocks.” A weekend at Camp St. Christopher on Seabrook Island to create friendships and support that allows children to identify and express feelings in a safe and caring environment.



Pre-registration and application are required.

Please call 843-216-7323 for information.

Printable application available at

www.hospiceofcharlestonfoundation.org

(click on Programs, then Shannon's Hope)