



## June 2011 Bereavement Newsletter

### Thoughts on Loss

"When you are sorrowful, look again in your heart, and you shall see that in truth you are weeping for that which has been your delight."

Kahlil Gibran

When we experience loss, we grieve. There will be times when you may feel bright, uplifted and hopeful. There may be other times when you are deeply sad, longing and bereft.

Both are normal in grief and unavoidable. Please know that you will experience highs and lows in this grief journey. There is nothing wrong with sadness, as it reminds us of what has brought us joy.

### Bill of Rights for the Bereaved

1. Do not make me do anything I do not want to do.
2. Let me cry.
3. Allow me to talk about the deceased.
4. Do not force me to make quick decisions.
5. Let me act strange sometimes.
6. Let me see that you are grieving, too.
7. When I am angry, do not discount it.
8. Do not speak to me in platitudes.
9. Listen to me, please!
10. Forgive me my trespasses, my rudeness, my thoughtlessness.

*Written by June Gerza Kolf*

So many people find comfort in this Bill of Rights. Please know that you have the right to your grief. Take your

### **Individual and Group Support Available**

Please remember that the Gila Regional Medical Center Hospice bereavement staff is available to support you and your family. With a phone call, a personal consultation, our resources or a support group, we are available to assist you in your own grief process. Please call (575) 574-4934 for more information or to schedule a consultation with Chris McIntosh, LPC, NCC, Bereavement Counselor.

We are also available to speak to your group about grief, loss and coping. Please call.

Do you know someone who would like to receive our bereavement newsletter? Have them call and we will place them on our mailing list, free of charge.



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### Your questions answered....

*“How do you go on pretending that you are fine when you feel broken and sad?”*  
 There will certainly be times when you feel comfortable pretending that you are fine. However, you must find someone with whom you can talk and be yourself for those times when you have no energy or desire to pretend. You have the *right* to feel sad and you can let people know what they can do to support you while you feel sad. There is a responsibility to yourself to let others know what you need and how you feel. Often this is a major adjustment and a positive life change. It is hard work, though. This is called *grief work* for a reason! Please remember to call the bereavement staff of Gila Regional Hospice (575) 574-4934 if you’d ever like to discuss your grief reactions or concerns.

## THE COMPASSIONATE FRIENDS OF SOUTHWESTERN NEW MEXICO

is a non-profit, self-help support organization offering friendship, understanding, and hope to families grieving the death of a child of any age, from any cause. It does not matter how long it has been since your loss. Speaking is optional. You are welcome to come and just listen. The Compassionate Friends meet at the Episcopal Church, corner of 7<sup>th</sup> and Yankee Streets, from 6:30 – 8:00 pm (usually on the 4<sup>th</sup> Tuesday).

**CONTACT:** Charlene Mitchell 313-7362  
 Or [www.compassionatefriends.org](http://www.compassionatefriends.org)

## Trauma and Grief

Recently, our community has had some tragic losses. The families directly affected are deeply grieving and the community is grieving as well. When a young person dies it affects all of us because we imagine what we would do if someone in our family died; we identify with the family and want to support them; we worry about further random, unexpected losses. Remember that awareness and sensitivity to an individual’s needs are important. Each person will grieve in his or her own way and in his or her own time. Children may benefit from being with others who are also grieving. A supportive network of caring adults can provide the structure for children to feel safe as they grieve. The nature of grief can make us all feel vulnerable. **TO HEAL**, we need to feel safe and supported and know that the feelings of vulnerability are normal and necessary. You’re always welcome to call on GRMC Hospice staff for any questions or concerns you may have.

### Hospice Grief Support Group:

Support groups are open to **anyone** who is actively grieving the death of a loved one. The next **GROWING THROUGH GRIEF** class will begin in the fall.

### Gila Regional Medical Center Hospice

Hospice is a program designed to assist families in caring for patients living with a terminal illness. We do that through a team effort. Team members include physicians, nurse practitioners, nurses, counselors, social workers, certified nursing assistants, chaplains and volunteers. The goal of hospice care is to provide comfort and to assist both patient and family through the dying and grieving processes.