



Created by Chris McIntosh
Bereavement Counselor



December 2011 Bereavement Newsletter

Coping With the Holidays

When we are grieving the death of someone close to us, the holiday season can present us with complicated thoughts and feelings. At a time when families are supposed to gather, we are met with the absence of family or friends. At a time when many are celebrating and happy, we may feel sad, lonely or depressed.

THERE IS SUPPORT AVAILABLE! There are ways to cope through this difficult time.

You are invited to our **COPING WITH THE HOLIDAYS** meeting to learn about grief, share coping strategies that work and find inspiration from others who are walking a similar path.

Light refreshments will be served and resources will be available for you to take home with you.

Please know that you are welcome to call anytime, especially throughout this turbulent holiday season. Bereavement support is available to you from GRMC Hospice 574-4934.

Thoughts on Loss

The hurt will get less, for time will temper your pain with renewed courage and hope for the future. Just as priceless treasures of art become more valuable with time, so will the fondness you hold for those holiday memories of the past.

-Source unknown

Individual and Group Support Available

Please remember that the Gila Hospice Bereavement staff is available to support you and your family. With a phone call, a personal consultation, resources or support group, we are available to assist you in your own process. Please call for more information or to schedule a consultation (575) 574-4934 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.



THE COMPASSIONATE FRIENDS OF SOUTHWESTERN NEW MEXICO

Offers friendship, understanding and hope to grieving parents, siblings and grandparents after the loss of a child, sibling or grandchild of any age.

The Local Chapter will hold a candle lighting service in conjunction with The Compassionate Friends Worldwide Candle Lighting. The event will take place on Sunday, December 11th at 6:30 pm at the Bataan Memorial Park. This 24-hour wave of light occurs around the globe in memory of children who have died.

CONTACT: Charlene Mitchell 313-7362
Or www.compassionatefriends.org

You can make it through the holidays!

It is inevitable – this holiday season will be different from last year’s holiday season. The trick to getting through is to pay attention to what YOU need and make sure you get it.

There is no one right way to manage this season; there is YOUR way. Each individual will need to assess what is important to him or her and allow himself or herself permission to make it happen. BE GENTLE with yourself - you’ve never had to do this before and you may feel overwhelmed and tired. Be aware of what changes you need to make. Perhaps it means altering tradition – eating out instead of entertaining – shopping on-line – not sending holiday cards or just a quick note – lighting a candle to remember – going to the cemetery – going to church – going for long walks – volunteering at a soup kitchen. Find something to do for others and trust that you will get through. Anticipation of the holiday is often worse than the actual day, so make a plan and give yourself permission to alter it as needed. As always, you are welcome to call for support – 574-4934.

6th Annual Light Up A Life Celebration

All area residents are invited to remember those we love who’ve died in our sixth annual Light Up A Life Celebration.

On Thursday, December 1st, from 5:30 - 6:00 pm, we will remember and honor our loved ones with a brief ceremony and the lighting of the large tree at GRMC. All are welcome to attend and see the lights on the tree representing the love that continues to light our way. Consider submitting a photo to be included on the tree. For more information, call Chris McIntosh at 574-4934. Hope to see you there.

Hospice Grief Support Group

Support groups are open to anyone who is actively grieving the death of a loved one. The next group meets on December 14th at GRMC Home Care Services and Hospice from 6:00 – 7:30 pm. Coping With the Holidays support group will provide a safe place to grieve during this holiday time.

Gila Regional Medical Center Hospice

Hospice is a program designed to assist families in caring for terminally ill patients. We do that through a team effort. Team members include: physicians, nurses, counselors, social workers, certified nursing assistants, chaplains and volunteers.

The goal of hospice care is to provide comfort to the patient and to assist both patient and family through the dying process.