

Comfort for the Grieving Heart

Provided by St. Luke's Hospice Bereavement Program

"All the buried seeds crack open in the dark the instant they surrender to a process they can't see." — Mark Nepo

May 2023

St. Luke's Hospice

484-526-2499

Bereavement Team:



Spring has officially arrived to the Lehigh Valley. The flowers and trees have opened up as the weather and light have changed. Many of us associate this time with increased business, more time outside, and many memories of this season pasted.

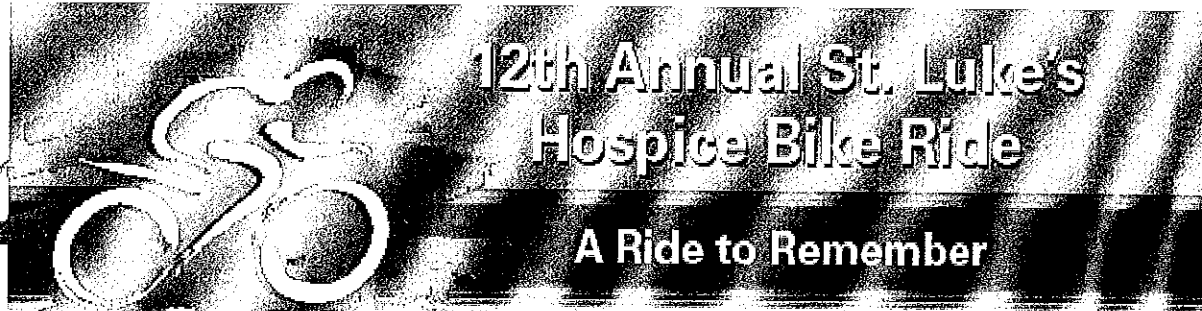
For many bereaved persons, spring can bring forward deep emotions. Sometimes these feelings are pleasant. Maybe you enjoy gardening, walking, or any number of the many outdoor activities possible that winter wouldn't allow. Maybe you hungered for this time and it's finally here. But it's just as common, if not more common, for those dealing with loss to feel deep conflict and pain during the spring season. A sudden rush of feelings might come up with the flowers too.

For some, this time last year, they might have been a care giver. Maybe they were dealing with the new diagnosis of their loved one, or maybe didn't even know the loss that was coming to them. The body takes in the smells, the light, the sounds of spring and remembers being here before our mind can even register it. The body might feel discomfort and threatened just from being back in this season. This is normal and it is okay to feel confused.

This is a season of intense change and, for those in loss, it can bring up the deep awareness of what has been lost. It's okay to feel more. Many feel pressure that wasn't present during the winter season... pressure to come alive. If this feels natural to you, go forward to it. Enjoy deeply and without guilt anything that fills your life. But, if you are feeling pressure that doesn't align with how you're feeling inside, honor that feeling just as intensely. You are the expert on your inner experience.

Give yourself permission to listen deeply to your inner knowing.

PLEASE NOTE: If you would like to be added or removed from our mailing list or prefer to receive an electronic copy, please contact us at 484-526-2499.



No bike? No problem! FREE Loaner bikes & helmets will be available through Pocono Biking (no additional fees). Register early. Supplies are limited.



Registration:

- Registration is required, please visit vna.skhn.org/bikeride
\$40 Registration fee (Fee includes boxed lunch, shirt and loaner bike if needed. All proceeds will benefit St. Luke's Hospice.)
- Registration is online. There will be no event day registration.



Saturday, June 3, 2023 • 10 am

**Delaware & Lehigh National Heritage Trail
Lehighon Trailhead
200 North Main Lane, Lehighon, PA 18235**

Details:

- Participants can choose to ride 20 or 30 miles of the D&L Trail
You will begin and end your ride south of Jim Thorpe at the Lehighon Trailhead – one of the most dynamic sections of the trail! The route takes you along riverbeds, the canal towpath as well as paved sections. You will see museums, an environmental center, Appalachian Trail crossing and witness beautiful vistas of the Blue Mountain, Appalachian Trail and Lehigh Gap.
- All levels of riders are encouraged to participate



St. Luke's University Health Network and Delaware and Lehigh National Heritage Corridor are encouraging you to get out and get active. Learn more and sign up at www.talenthetrail.org

Help us in building a healthier community... one mile at a time.

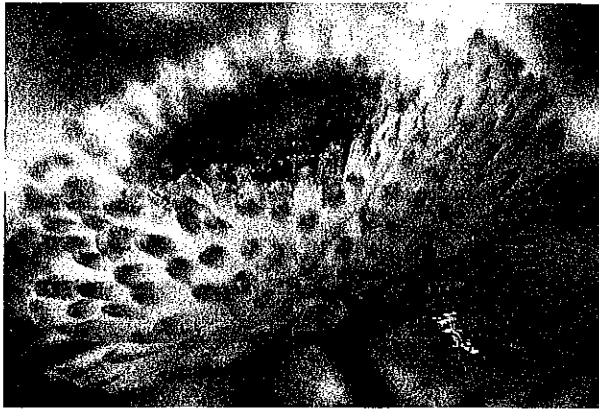


News & Events

Grief Support for You

St. Luke's Hospice abides by CDC and Pennsylvania Department of Health guidelines for public gatherings during these challenging times. Here are support options we currently offer:

Individual support: Our bereavement counselors provide support and information through video and telephone counseling sessions. Contact information is on the front page of this newsletter.



Good Grief Workshops: These 90-minute workshops are offered virtually twice a month to provide you with a better understanding of what grief is, how it may affect you emotionally, physically, spiritually and psychologically, coping strategies and ways to reconcile the loss. For more information and to receive an invitation to join the meeting, call (484) 526-2499. You will be asked to download the Microsoft Teams app on your smart phone or computer. Workshop offerings include a daytime and an evening option each month:

Thursday, May 11th, 1-2:30pm

Wednesday, May 24th, 6-7:30pm

Wednesday, June 7th, 6-7:30pm

Thursday, June 22nd, 1-2:30pm

Monthly Support Group

Brodheadsville Group

The Brodheadsville group meets on the third Monday of the month from 10:00am-11:30am at the Western Pocono Community Library, 131 Pilgrim Way, Brodheadsville 18322.

This group provides space for participants to receive and provide support in a collaborative environment.

This group is facilitated by a grief counselor. For more information, contact Alexandra at (484) 635-0662 and if the weather looks threatening, call (484) 526-2514 and listen for an update on this phone line.



Video library: St. Luke's website includes a dozen short videos that provide information about the grieving and mourning process and ways to care for yourself after a loss. To view the videos, go to <https://www.slnh.org/vna> and click on the hospice heading. On the left side of the screen under the VNA heading, click on grief support. About half-way down this page, click onto the video library heading "Want to understand your grief?" Access the library by answering the question about your connection with St. Luke's Hospice (if any). Then view the videos from the comfort of your home.

Additional Places to Find Support and Share Your Story

Below is a list of free bereavement services in the area. Because of the pandemic and the need for physical distancing, many resources may only be offered virtually. Please contact our bereavement department at 484-526-2499 if you need additional support.

Adult Support Information Bradbury Sullivan LGBT Community Center offers bereavement support for LGBT people who have experienced loss. For more information, please visit their website at www.bradburysullivancenter.org or email at reilly@bradburysullivancenter.org.

The Compassionate Friends offers ongoing support for parents, grandparents and adult siblings grieving the loss of a child, grandchild or sibling. Visit www.thecompassionatefriends.org. Enter your zip code to locate the local chapter and contact person near you.

Doylestown Hospital Hospice offers a variety of support groups and programs that change seasonally. Visit their website at www.doylestownhealth.org/hospital/services/bereavement or call 215-345-2079.

Gentle Yoga for Grief, Stress and Life Transitions is currently being offered virtually by Wendy Littner Thompson, M.Ed., LPC, RYT. Visit www.givinggriefavoice.com or call 610-730-1992. Be sure to indicate if your loved one was a St. Luke's Hospice patient.

Grand View Hospital Hospice offers groups and services that change seasonally. For more information, call 215-453-4210.

Grief Share is a faith-based support group offered throughout the Lehigh Valley. Visit their website at www.griefshare.org and enter your zip code to find the contact person and program near you.

OASIS Community Center offers a variety of support groups to those grieving a loss due to substance related causes. Therapist-led meetings are held in-person and virtually for bereaved parents and young adults (siblings, partners, friends, etc.). Groups for bereaved youth ages 7-17 and bereaved caregivers raising bereaved children are offered in-person. For dates and times, visit www.oasisbethlehem.org, call 484-747-6825 or email at rhonda@oasisbethlehem.org to register.

GRASP (Grief Recovery After a Substance Passing) currently offers two virtual evening meetings per month, plus an afternoon meeting at the Oasis Center. Call 484-788-9440 or Call/Email at nan-cyhowe@ymail.com or 484-788-9440 or Tim Howe at howet60@yahoo.com or (646-401-4455).

Lehigh Valley Health Network offers many groups and services for adults and children between the ages of 6-17. For more information, call 610-402-7481. For information about program offerings in the Pocono area, call 272-762-3826 or email Bryson.Boes@lvhn.org.

Suicide Loss: The American Foundation for Suicide Prevention has excellent information on risk factors, statistics and education about suicide. Visit www.afsp.org and enter your zip code to find the chapter/contact person near you. All chapters are run by people who have experienced the suicide of a loved one.

Cancer Support Community of the Greater Lehigh Valley cancersupportglv.org

Find an individual therapist at: Psychologytoday.com

We encourage you to call the number on the back of your insurance card to find resources paid by your individual insurance plan.

Support Information in New Jersey

Karen Ann Quinlan Hospice offers support to those who are grieving the death of a loved one. For more information, call 973-948-2283 or visit www.karenannquinlanhospice.org/services/bereavement.