



# IN TOUCH

## *Bereavement Newsletter*

Bereavement Department (602) 530-6970 or [hov.org](http://hov.org)

JANUARY / FEBRUARY 2019

## RECOGNIZING YOUR OWN PROGRESS THROUGH GRIEF

How do you know you're making progress in your mourning? Remember that change isn't always obvious and dramatic; it is a process that takes place over time. The grief experience is different for everyone; it doesn't happen all at once or at the same rate of speed. And unless you're aware of the clues to recovery and their significance, your progress through grief may be so subtle and so gradual that you won't notice it at all.

If you can recognize certain changes in attitudes, feelings and behaviors in yourself, you can measure your own progress through grief. Become aware of your own healing. Notice when you are able to:

- Drive somewhere by yourself without crying the entire time.
- Get through a day without feeling tired all the time.
- Concentrate on a book, movie or television program.
- Not think of your loved one for a period of time, however brief.
- Get through a few hours or days nearly free of pain.
- Return to a daily routine.
- Eat, sleep and exercise normally again.
- Participate in a religious/spiritual service without crying.
- Accept invitations from friends and family.
- Listen to music you both loved without crying.
- Be more aware of the pain and suffering of others around you.
- Be more patient with yourself and with others.
- Notice others in like circumstances, and recognize and accept that loss is a common life experience.
- Reach out to another in a similar situation.
- Realize that the sometimes thoughtless comments of others stem from ignorance, not malice.
- Find something for which to be grateful.
- Be patient with yourself through grief attacks.
- Feel confident again.
- Accept things as they are without trying to recapture the way they used to be.
- Think less about the past.
- Look forward to the day ahead of you.
- Reach out to the future less fearfully.
- Stop and notice life's little pleasures, the splendor of creation and the beauty in nature.
- Catch yourself smiling and laughing again.
- Feel comfortable spending time alone.
- Remember your loved one less idealistically—as less perfect, with more human than saintly qualities.

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## RECOGNIZING YOUR OWN PROGRESS THROUGH GRIEF *(continued)*

- Review both pleasant and unpleasant memories without being overcome by them.
- Reinvest the time and energy once spent on your loved one.
- Remodel your personal space: rearrange furniture; change colors and textures of walls.
- Re-make your personal image: change your hairstyle, make-up or clothing.
- Explore new foods, new places and new things.
- Feel more in control of your emotions and less overwhelmed by them.
- Feel freer to choose when and how to grieve.
- Talk about your loss more easily.
- Feel less preoccupied with yourself and your loss.
- Feel a renewed interest in giving love and receiving it.
- Look back and see your own progress.
- Notice that time doesn't drag as much; the weekends aren't as long.
- Notice that the good days outnumber the bad; the mood swings aren't as wide; the time between upsets is greater.
- Plan the future more effectively.
- Think more clearly and feel more in control of certain aspects of your life.
- Make decisions and take responsibility for the consequences.
- Feel open to new and healthy relationships while maintaining old ones.
- Discover abilities in yourself you haven't developed before or didn't even know you had.
- Fill some of the roles once filled by your loved one, or find others who can fill them.
- Recognize that loss has played an important part in your life, and that growth can be a positive outcome.
- Identify how this experience has changed you for the better: what you've learned, what you've become, and how you've grown.
- Share the lessons you have learned through loss with others.



This is an excerpt from the book, *Finding Your Way through Grief: A Guide for the First Year*, Second Edition, by Marty Tousley, CNSBC, FT, DCC. If you would like to purchase a copy of this book (\$12), please visit [hov.org/publications](http://hov.org/publications) and click on the "Online Store."



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In the passing of another year, a fresh one's greeted without fear,  
For when you take life day-to-day, it's easier to find your way.  
With challenges that must be met and knowledge gained not to forget,  
But used to gain even more, each new year's an open door.

—From "Age Wise" by Cheryl Johnson Phillips

## GRIEF SUPPORT GROUPS

**Adult drop-in groups, no registration needed.** If the date of a meeting falls on a national holiday, please call to check whether the meeting will take place. For bereavement support, call (602) 530-6970.

### PHOENIX

**Hospice of the Valley**  
1510 E. Flower St., Bldg. 1, Phoenix 85014  
1st & 3rd Thursday, 6:30–8 p.m.

**For the Newly Bereaved**  
Hospice of the Valley  
1510 E. Flower St., Bldg. 1, Phoenix 85014  
2nd & 4th Tuesday, 4:30–6 p.m.

**Luz del Corazón for Spanish Speakers**  
Hospice of the Valley  
1510 E. Flower St., Bldg. 1, Phoenix 85014  
Call to register: (602) 410-5252

**Anthem Civic Building**  
3701 W. Anthem Way, Anthem 85086  
1st & 3rd Tuesday, 6:30–8 p.m.  
**No group 01/01**

**La Siena Retirement Community**  
909 E. Northern Ave., Phoenix 85020  
1st & 3rd Thursday, 2:30–4 p.m.

**Healing Rainbows: Phoenix**  
(Lesbian, gay, bisexual, transgender)  
Hospice of the Valley  
1510 E. Flower St., Bldg. 1, Phoenix 85014  
2nd & 4th Tuesday, 6:30–8 p.m.

### EAST VALLEY

**St. Matthews United**  
Methodist Church  
2540 W. Baseline Rd., Mesa 85202  
1st & 3rd Tuesday, 6–7:30 p.m.  
**No group 01/01**

**Hospice of the Valley**  
2020 E. Woodside Ct., Gilbert 85297  
2nd & 4th Monday, 6:15–7:45 p.m.  
Lost Dutchman Room

### EAST VALLEY, continued

**Pecos Community Center**  
17010 S. 48th St., Phoenix 85048  
Every other Wednesday, 6–7:30 p.m.  
See [hov.org](http://hov.org) for dates, or call  
(602) 530-6970.

**Sun Lakes United Methodist Church**  
9248 E. Riggs Rd., Sun Lakes 85248  
1st & 3rd Thursday, 1–2:30 p.m.  
Multipurpose Education building;  
park on North side.

**San Tan Mtn. View Funeral Home**  
21809 S. Ellsworth Rd., Queen Creek 85142  
2nd & 4th Monday  
2nd Monday, 5:30–6:30 p.m.  
4th Monday, 10–11 a.m.

**Leisure World**  
908 S. Power Rd., Mesa 85206  
2nd & 4th Tuesday, 1–2:30 p.m.

### WEST VALLEY

**Benevilla**  
13576 W. Camino Del Sol #22  
Sun City West 85375  
2nd & 4th Thursday, 3–4:30 p.m.

**Hospice of the Valley**  
9435 W. Peoria Ave., Peoria 85345  
2nd & 4th Wednesday, 2–3:30 p.m.

**Hospice of the Valley**  
9435 W. Peoria Ave., Peoria 85345  
1st & 3rd Thursday, 6–7:30 p.m.

**Christ Evangelical Lutheran Church**  
918 S. Litchfield Rd., Goodyear 85338  
Every other Wednesday, 6–7:30 p.m.  
Park in back lot. See [hov.org](http://hov.org) for dates,  
or call (602) 530-6970.

**Adult Spanish Speakers**  
Hospice of the Valley  
9435 W. Peoria Ave., Peoria 85345  
3rd Tuesday, 6–7:30 p.m.

### NORTHEAST VALLEY

**Fountain Hills Community Center**  
13001 N. La Montana Dr.  
Fountain Hills 85268  
2nd & 4th Monday, 1–2:30 p.m.  
Activity Center

**Granite Reef Senior Center**  
1700 N. Granite Reef Rd., Room 8  
Scottsdale 85257  
2nd & 4th Monday, 1:30–3 p.m.

**Virginia G. Piper Center**  
10460 N. 92nd St., Scottsdale 85258  
2nd & 4th Tuesday, 3–4:30 p.m.  
Educational Conference Room

**Paradise Valley Community Center**  
17402 N. 40th St., Phoenix 85032  
1st & 3rd Tuesday, 6:30–8 p.m.  
**No group 01/01**

**Hospice of the Valley**  
16117 N. 76th St., Scottsdale 85260  
2nd & 4th Wednesday, 3–4:30 p.m.

### NORTHWEST VALLEY

**Wickenburg Public Library**  
164 E. Apache St., Wickenburg 85390  
Jan. 10 and Feb 4, 3–4:30 p.m.

### PET LOSS SUPPORT GROUP

**Hospice of the Valley**  
Administrative Office, Bldg. 1  
1510 E. Flower St., Phoenix 85014  
1st Saturday, 9–11 a.m.



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## ANNOUNCEMENTS

### **Bereavement Services**

Hospice of the Valley provides bereavement support for up to 13 months following the death of your loved one. Support groups throughout the Valley and grief counseling support are available. Information can be found at [hov.org/grief-support-groups](http://hov.org/grief-support-groups), or by calling (602) 530-6970.

### **New Song Center for Grieving Children**

New Song Center for Grieving Children, a program of Hospice of the Valley, provides grief support groups for children, youth, young adults and adults at several locations Valleywide at no cost to participants.

Families with children ages 5 through young adults up to age 25 may participate regardless of the cause of death or whether they received care from Hospice of the Valley.

**“Enduring Ties”** is an evening support group for families that have experienced the death of a minor child. There is also a support group for grandparents grieving the death of a grandchild.

**“Luz del Corazón”** is a support group program for families whose first language is Spanish and who have experienced any type of loss through death.

For more information, call (480) 951-8985 or view [newsongcenter.org](http://newsongcenter.org).