



In this letter to you, we want to take the opportunity, after the first anniversary following the death of your loved one, to acknowledge this important milestone in your journey of grief. You have experienced many feelings during this past year as you have learned to adapt and cope with your loss. As you continue, our prayer for you is that your journey will be peaceful and that you will find more days of relief and joy as time passes.

Our hospice bereavement program of regular contact with the family of our patient is designed to offer healing support through the first thirteen months following death. However, we trust that the relationship we have built will continue and we will remain available upon request to assist you. Our door is always open to you.

Sometimes as healing from loss occurs, people express a desire to volunteer their time to help others. Reaching out and giving of ourselves to others often speeds our healing. If you wish to volunteer some time at our Hospice agency, please contact me. I will be happy to discuss possibilities that match your schedule and your unique gifts.

Enclosed you will find a list to complete of your support system names. Complete that list and call on those people as you need them. We are there for you, but so are they. If we can ever do anything for the rest of your family or friends, please give us a call.



Supports In My Life

Take time to identify those people, groups, and activities in your life which form your network of support and help to give meaning to your life.

PEOPLE WHO ARE CLOSE TO ME:

Family Members:

Relatives:

Friends:

Neighbors:

My loved one has died. Although I believe that relationships never die and that my love for the person I lost will go on forever. I can now release him or her and say goodbye.

Successful Survival

“Taking a risk is central to everything worthwhile in life” - David Viscott - Psychiatrist

Triumphant survivors think and behave in ways that lead to recovery

- You can search for answers and find whatever help is needed from friends, family experts, books, healing
- Activities, support groups, your church or synagogue.
- You can develop survival strategies such as dealing with pain in small segments.
- You can make a decision to go forward and actively reinvest in life.
- You can remind yourself that, prior to recovery, it was necessary to deal first and fully with the pain and that
- Your healing process may last longer than you and others expect.
- you plan ahead.
- You can solve problems one at a time and treat well those who help you.
- You can associate with and learn from people who have the ability to laugh, enjoy and see humor.
- You can make a firm decision that you want things to work out well, want to recover, and want to build a new life for yourself.
- You can consciously decide to be in the company of life giving, positive thinking, hopeful, nurturing, kind and understanding people.
- You can reach out to help others while you yourself are still hurting.
- You can vividly examine the future and plan to realize your yearnings for a good life, remaining realistic yet daring to dream.
- You can go forward, knowing the sorrow and hardship you’ve had to come through, but looking ahead far more than looking back.

From “Coming Back”, by Ann Kaiser Stearns



Things To Do When I'm Feeling Blue

My three favorite people to talk with:	
1. Name	Phone
2. Name	Phone
3. Name	Phone
My favorite place to go:	
My favorite song or music:	
Books I'd like to read:	
(1)	
(2)	
(3)	
Letters (poems or stories) I'd like to write:	
Movies I'd like to see:	
Physical activities I enjoy:	
(1)	
(2)	
(3)	
Puzzles or games that I enjoy:	

(1)	
(2)	
(3)	
Plans to redecorate my room or home:	
My next project:	
(1)	
(2)	
Notes:	