



GRIEF SUPPORT AND CONNECTIONS FOR YOUR JOURNEY

The Real Meaning of Grief

By Kimberly A. Smith

Grief is a constant which is sometimes a whisper and at other times a marching band. It is quieter at work and louder when driving alone. It comes and goes and then welcomes itself back again. It shows up in movies, phrases people say, the sunrise and sunset, passing a golf course, seeing others in love, boarding a plane, enjoying a favorite beverage - basically almost every moment one can imagine. Grief will pop in and say, "Hey! Doesn't that remind you when he / she ..." or, "Hey! Didn't you love when he / she ..." It's like a little kid who constantly taps you on the shoulder wanting something - simply never ending.

Grief is also a passageway - a long tunnel that twists and turns when you don't expect it. You know that there is an eventual end but you have no clue where it is. You want out but you know it's not possible to escape. You can see cracks of sunlight and sometimes fresh water seeps in that you can drink, but it's fleeting. Sometimes you feel like you are going backwards or in circles because there is no map or GPS. Sometimes you sit and watch others move past you.



Sometimes you get the strength to lead the way. Most of the time you take one step and pray that it won't be much longer.

This is not new or normal. It's a complex twisted messy experience, and unfortunately grief likes being that way - it's never going to change. So let's think of grief as a journey through really tough terrain that hopefully gets a little smoother.

Grief is about feelings ... and coping with change

Our life changes whenever we experience a loss. Sometimes the changes are major. We may miss the daily presence of someone who has long shared our life. All our routines, our rhythms of life, may now be different.

Dr. William Worden of the Harvard Medical School who has conducted studies on bereavement writes a task of grief is "to adjust to a world in which our loved one is no longer present." What was normal before our loss will never be "normal" again. What we used to do together — whether eating, walking, or watching television — we now do alone. Responsibilities our loved one carried are now ours to fulfill. Activities that once held meaning may now seem insignificant.

While changes are inevitable, they are not uncontrollable. We still retain choice, even in change. The first step is to assess change. What are the ways that life has changed? Are any of these changes truly problematic? Should some be reversed? Do others need to be accepted?

For example, some changes may negatively affect our health. We may no longer eat properly or exercise. After all, it can seem too burdensome to cook for one or exercise without the encouragement of others. Knowing that eating right, getting plenty of rest and exercise are good for us may help us move through our grief in a healthy way. It may be important to explore creative alternatives to the healthy activities we enjoyed in the past.

The good news is that, while change is inevitable, how we respond is our choice. We



(GRIEF Continued on Page 3)

The Next Place

By Warren Hanson

The next place that I go will be as peaceful and familiar
As a sleepy, Summer Sunday and a sweet, untroubled mind.

And yet, it won't be like any place I've ever been ...

Or even ever dreamed of in the place I leave behind.

I'll glide beyond the rainbows. I'll drift above the sky.

I'll fly into the wonder, without ever wondering why.

I won't remember getting there. Somehow I'll just arrive.

But I'll know that I belong there and will feel much more alive.

The next place that I go will be so quiet and so still,

That the whispered song of sweet belonging will rise up to fill,
The listening sky with joyful silence, like a hush upon the breeze,

And I'll know that I know that I know, that I am finally free.

There will be no room for darkness in that place of living light,
Where an ever-dawning morning pushes back the dying night.

The very air will fill with brilliance as the brightly shining sun
And the moon and half a million stars will be married into one.

The next place that I go I will finally be perfect. I will be without a flaw.

I will never make one more mistake or break the smallest law.

And the me that was impatient or was angry, or unkind,

Will simply be a memory of the me I left behind.

I will travel empty-handed.

There is not a single thing I have collected that will grant me a fare

Except the love of those who loved me and the warmth of those who cared.

And all the happiness and all the memories and all the blessings that we shared.

Though I will know the joy of solitude ... I'll never be alone.

I'll be embraced by all the family and the friends I have ever known.

Although I might not see their faces all our hearts will beat as one,

And the circle of our spirits will shine brighter than the sun.

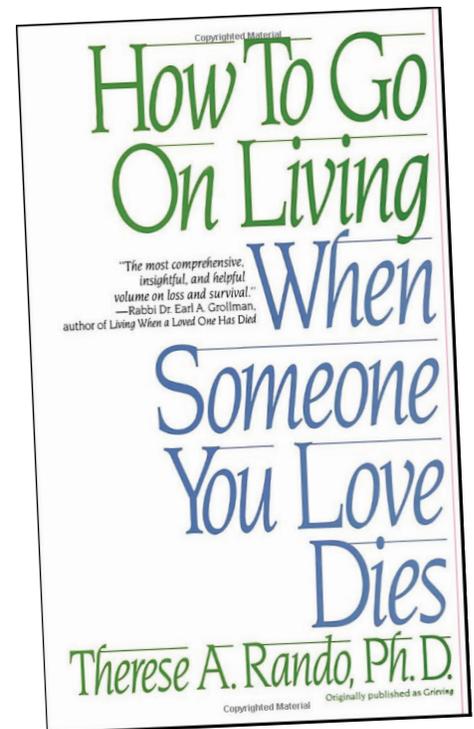
I will cherish all the friendships I was fortunate to find,

All the love and all the laughter in the place I leave behind.

All these good things go with me. They make my spirit glow.

And that light will shine forever in the next place that I go.

RECOMMENDED READING



Mourning the death of a loved one is a difficult process. But whether the death is sudden or anticipated, few of us are prepared for it or for the grief it brings. There is no right or wrong way to grieve; each person's response to loss is different.

In this compassionate guide, Therese A. Rando, Ph.D., bereavement specialist, leads you gently through the painful but necessary process of grieving and helps you find the best way for yourself.

Annual Memorial Ceremony

Sunday | Sept. 12, 2021 | 3:00 p.m

Held on the grounds of **Deer's Head Hospital Center** (weather permitting) 351 Deer's Head Hospital Road, Salisbury. In the event of inclement weather, the ceremony will be held in the Deer's Head Hospital Center auditorium. We would be honored to include the name of your loved one served by Coastal Hospice.

You're encouraged to bring your own chair as limited seating is provided.

RSVP to Melissa Dasher (410) 742-8732 x 621 or MDasher@coastalhospice.org by Sunday, Sept. 5.

CAMP BRIDGE KIDS:

A grief camp for kids ages 6-12 who have lost a loved one



Location:

Cross Pointe Church of the Nazarene,
27765 Nanticoke Road, Salisbury

Opening Night Family Party:

Thursday, October 14, 6 p.m.

Camp Days:

Friday, October 15 – Saturday, October 16, 8:30 a.m. - 4 p.m. (note that schools are closed in most Lower Shore counties on October 15)

Closing Family Picnic and Activities:

Sunday, October 17, 12:30 - 4:30 p.m.
Camp is limited to 30 children, so please reserve your spot by calling 410-742-8732 Ext. 619 or emailing mdasher@coastalhospice.org.

Camp Bridge Kids provides a loving place which offers a bridge to hope and healing for children dealing with grief. The three-day gathering is filled with support, love – and lots of fun. Open to kids ages 6-to-12 who reside on the Lower Shore, this day camp will create unique opportunities for healing through play and building community with peers who have experienced similar losses.

Our staff, which includes Coastal Hospice bereavement counselors, chaplains, social workers and trained volunteers, is experienced in providing grief support. The counselor to-camper ratio is low to encourage one-on-one interaction.



Grief is about feelings (Continued from Page 1)

may be able to decide whether to move or not. Or choose when or whether to return to work.

A guideline is helpful here. Grief is highly stressful; therefore, as much as possible, we should control the pace of change. We may find less stress if we delay those major changes in our life for a period of time. Some changes must be accepted. Some are concrete and irreversible. Death and loss will invariably bring changes in their wake, but the secret to managing change is an old one best expressed in the Serenity Prayer.

*“God grant me the serenity
to accept the things I
cannot change, the courage
to change the things I can,
and the wisdom to know
the difference.”*



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TO OPT OUT: You are likely receiving this publication following the death of a family member, friend or loved one who received care from Coastal Hospice. Grief support is a vital part of the hospice philosophy of care. This publication serves to share information you can use during this time and highlight upcoming events. If you do not wish to continue receiving this publication or have a change of address, please contact Melissa Dasher at 410-742-8732, ext. 621 or mdasher@coastalhospice.org.

GRIEF SUPPORT ACTIVITIES

These groups provide a time of respite and a safe place to express feelings in the grieving process. We offer these activities at no cost to any adult who has experienced the death of a loved one, even if they were not a patient of Coastal Hospice.

Dorchester County SUPPORT GROUP

Second & fourth Tuesdays, 1:00 - 2:00 pm
 216 Dorchester Avenue, Cambridge
 Info: Howard Travers 410-742-8732 Ext 612
 or MDasher@coastalhospice.org

Worcester County SUPPORT GROUP

Thursdays, 1:00 - 2:00 pm
 Ocean Pines Library
 Info: Howard Travers 410-742-8732 Ext 612
 or MDasher@coastalhospice.org

Somerset County SUPPORT GROUP

First & third Tuesdays, 1:00 - 2:00 pm
 Crisfield Library
 Info: Howard Travers 410-742-8732 Ext 612
 or MDasher@coastalhospice.org

Wicomico County SUPPORT GROUP

Zoom Group Meeting - Fridays, 1:00 pm
 Info: Howard Travers 410-742-8732 Ext 612
 or MDasher@coastalhospice.org

MEMORIAL SERVICE

Sunday, Sept. 12 at 3:00 pm
 Deer's Head Center, Salisbury
 RSVP required: Melissa Dasher 410-742-8732 Ext 621
 or MDasher@coastalhospice.org

MEMORIAL GATHERING

Sunday, Nov. 7 at 3:00 pm, Ocean City Pier, Ocean City
 Info: Melissa Dasher 410-742-8732 Ext 621
 or MDasher@coastalhospice.org

CAMP BRIDGE KIDS

Thursday, Oct. 14 - Sunday, Oct. 17, Ages 6 - 12
 Cross Pointe Church, 27765 Nanticoke Road, Salisbury
 Info: Sharon Hutchison 410-742-8732 Ext 619
 or MDasher@coastalhospice.org