

Six Week Grief Support Group Series 2016

Henry Ford Wyandotte Hospital

2333 Biddle Ave., Wyandotte, MI 48192

Meets in Dining Room H, Thursday Afternoons:

January 14, 21, 28; February 4, 11, 18; May 12, 19, 26; June 2, 9, 16;

September 15, 22, 29; October 6, 13, 20

Time: 2:00PM – 3:30PM

Henry Ford Macomb – Medical Pavilion

16151 19 Mile Road, Clinton Township, MI 48038

The Medical Pavilion is located next door to Henry Ford Macomb

Hospital, 4th Floor Rooms 4 &5, Thursday Nights

March 17, 24, 31; April 7, 14, 21; June 16, 23, 30; July 7, 14, 21;

September 15, 22, 29; October 6, 13, 20

7:00PM - 8:30PM

Henry Ford West Bloomfield Hospital

6777 West Maple Road, West Bloomfield Township, MI 48322

3rd floor conference room LDRP 2 - Take main elevator

March 15, 22, 29; April 5, 12, 19; Tuesday, September 20, 27;

October 4, 11, 18, 25

Time: 1:00PM – 2:30PM

Registration is required. Please call (586) 276-9570

Henry Ford Hospice Ongoing Bereavement Support Groups 2016

NOTE: If weather conditions are poor, please call the number(s) listed below to confirm the group is being held.

SITE: HENRY FORD WYANDOTTE HOSPITAL

2333 Biddle Ave., Wyandotte, MI 48192

Phone: 586-276-9570

Time: 2:00 3:30PM

Meets 3rd Thursday of the month:

March 17, April 21, July 21, Aug 18,

Nov 17, Dec 15.

Meets in Dining Room H

6 Week Series will be offered in Jan/Feb,

May/June, Sept/Oct.

SITE: HENRY FORD HOSPICE – STERLING HEIGHTS – ADMINISTRATION

33464 Schoenherr Rd., Suite 140,

Sterling Heights, MI 48312

Phone: 586-276-9570

Time: 1:00 - 2:30PM

Meets: 3rd Monday of month: Jan 18, Feb 15,

March 21, April 18, May 16, June 20, July 18, Aug

15, Sept 19, Oct 17, Nov 21, Dec 19.

SITE: HENRY FORD MACOMB HOSPITAL – MEDICAL PAVILION

16151 19 Mile Rd.,

Clinton Township, MI 48038

Phone: 586-276-9570

Time: 7:00 – 8:30PM

Meets the 3rd Thursday of the month: Jan 21,

Feb 18, May 19, Aug 18, Nov 17, Dec 15.

Six Week Series will be offered in:

March/April, June/July, Sept/Oct.

SITE: HENRY FORD WEST BLOOMFIELD HOSPITAL

6777 West Maple Rd.

West Bloomfield, MI 48322

Phone: 586-276-9570

Time: 1:00 – 2:30PM

Meets: 3rd Tuesday of the month: Jan 19,

Feb 16, May 17, June 21, July 19, Aug 16, Nov 15,

Dec 20.

Meets 3rd Floor LDRP 2

6 Week Series will be offered in March/April,

Sept/Oct.

SITE: SANDCASTLES

Children's Grief Support Program

St Clair Shores, Livonia, Downriver, Clinton

Township, Rochester, Detroit, Southfield, West

Bloomfield.

Pre – Registration is required

Phone: 313-874-6881

ATTENTION:

Starting June 2016, Henry Ford Hospice Bereavement Department will no longer be having support groups at the following locations: Henry Ford Hospital, Henry Ford Medical Center - Fairlane (Dearborn) and the First English Lutheran Church in Grosse Pointe Woods. These cancellations are due to low participation/turnout. If you need or desire bereavement support please call (586) 276-9570, we would be happy to assist you.

Henry Ford provides at no cost qualified interpreters and other aids and services for the deaf and hard of hearing. To request assistance, call Henry Ford Bereavement Services at (586) 276-9570. If possible, please notify us three days in advance of the event.



HENRY FORD
HOSPICE

Bereavement News

For People Living With Grief

JULY 2016

KATHLEEN BARLETTA, LMSW, ACSW, EDITOR

THE BEREAVEMENT PROCESS

Grief is a natural and normal response to the death of someone we love. The emotions, moods, thoughts and experiences are many and varied. It is not something to be “gotten over” but something to be worked through. Each person works through their grief in their own way and in their own time. We never “get over” the death but we learn to live with it. The pain is lessened and the burden lightened.

Grieving is not neat and orderly. People drift in and out of the various stages and not everyone experiences all of the stages. Several stages can be experienced at the same time. The depth and duration of grief is unique. Personality, previous losses, the intensity of the relationships, the age of the mourner and of the person who has died all affect the process.

Remember, grieving is healthy and normal. Relationships bring joy and pain. We grieve at the death of others and realize the price and costliness of relationships. If we understand what we are going through and how it is affecting us, we will have more realistic expectations about our recovery. Let us consider some of the reactions, feelings, thoughts and interactions of those who mourn.

Why?:

Often we keep asking “Why?” “Why did he/she have to die?” We don’t necessarily expect an answer, but the question “WHY” seems to need to be asked repeatedly in an effort to make sense of the loss. The question may be unanswered, but it is important to ask the question until we can take the step of letting the question go.

Repetition:

You may find that you are saying almost the same thing to the same people. The same thoughts keep running through your head. In saying the words and hearing ourselves over and over again, it helps us to believe what has happened. It is important to find a friend(s) who will listen, especially someone who has experienced a similar sorrow.

Guilt:

Many people are tortured by “if only”, and “what if.” If only I had taken the time to listen and visit. We tend to blame ourselves for something we did/didn’t do that may have contributed to the death or for things that we wish we had done for our loved one. Feelings of guilt are normal though often not realistic. It is best not to push down the guilt. Talk about it until you can let it go. Hopefully, in time, you will realize that you did the best you could under the circumstances. We are not perfect. The past is behind us. All we can do with guilt is to learn from it for the other people in our lives. When the death is by suicide, it is especially important to remember we can’t control the behavior of another person.

Reality of Death:

“It’s true.” “It really happened.” This is a frightening time. We feel that we are getting worse. Often this happens after people who have been so helpful have left. It seems as if we are going backwards. Actually, this reality has to “hit”. The best advice is to “lean into the pain”. As much as we don’t want to hurt, we must.

(continued on next page)

For information regarding any of the above support groups or bereavement services offered by Henry Ford Hospice, please call the Henry Ford Hospice Bereavement Team at (586) 276-9570.

Bereavement (cont'd)

Anger:

Anger may be directed at ourselves and others (including family members, doctors, nurses, the person who died and even God). We may experience a general irritability. We may feel angry towards people who push us to accepting our loss too soon, or who pretend that nothing has happened. Anger is normal. Pushing down anger is harmful and may cause physical and emotional responses. Unacknowledged anger may be directed at innocent people and unrelated events. It will come out one way or another. It is difficult to admit being angry. Erroneously we may think, "nice people don't get angry". Recognize the anger. It is helpful to find ways to express our anger such as screaming, walking, swimming, aerobic classes, tennis, golf. Always get a doctor's guidance on an exercise program. Talking about our anger also helps us to define, understand and learn how to handle it. To suppress anger can lead to a deeper than normal depression and bitterness. It is important to acknowledge our anger and to take steps to handle it.

Relief (Laughter):

This phase comes and goes. Often after the reality "hits", or after a particularly troublesome time, you may feel better and may even think that the difficult times are over. There is a sense of great relief at no longer feeling down. Appreciate the relief...the grief will return soon enough. It is helpful to recall the fun times. Wholesome fun and laughter are beneficial. To enjoy life is not being disloyal to your loved one. In fact, plan things to do and look forward to them. Having a sense of humor can be healing and helpful.



"Mrs. Ryan, I really believe you are improving; you're down to three boxes a session."

TURNING THE CORNER

After Mike died, grief became a large part of who I was, an all consuming horror that rarely took a back seat. But slowly, so slowly I was unaware of its happening, I began to heal. I gradually, some believed too gradually, recovered to the point where I am now. I wish with all my heart that Mike was here, but he's not - only me - and a survivor must learn to build a new life or become a career griever.

And here lies the new problem - how? At first I believed it would be as simple as deciding it was time. What a cruel joke that was! I have learned that the degree to which someone experiences loneliness directly affects their ability to socialize. The more things a couple had in common and enjoyed doing together, the harder it is to begin again. It's like learning to walk and talk and start school all over again. Your history is you and your partner. Your future begins with you alone. It's obvious that it's frightening. You realize the socialization skills of a single person are different and must be re-acquired. Just like a teenager, long-term goals must be thought about and new likes and dislikes determined.

All of this can be overwhelming and self-defeating. After the first couple of attempts, one thing becomes painfully obvious. Success is most likely achieved in small, almost baby like steps. The new you won't emerge just because you think you're ready. And last but far from least, know it's a tough corner to turn. There will be setbacks, pain and time of eroding self-confidence. It will hurt and you will be tempted to turn around to go back. Please don't. Happiness, whether a little or a lot, must be sought after and fought for; always keeping that "right turn" in sight.

Donna

(Donna's husband died several years ago. She now co-facilitates a Bereavement Support Group)

Helping Children Deal With Death

*by Brenda L. Scheatzle, M.C.
Comprehensive Psychological Services*

DON'T

1. Attempt to hide your feelings.
2. Fail to recognize that behavior problems may be transferred emotions.
3. Tell half truths and fairy tales.
4. Provide a theological lecture (preach).
5. Imply a temporary situation. (He has gone away. She is sleeping.)
6. Leave explanations incomplete. (He was sick...So am I, will I die?)

DO

1. Share your own feelings. Encourage tears. Respond to the child's feelings. Allow time for mourning. (Can be months.)
2. Recognize the stages in the grief process and accept that children also go through these stages.
3. Be honest at all times. When explaining, identify with something familiar to the child. Answer the child's questions candidly and rationally.
4. Allow the child to become involved. Look for the child's needs and fulfill the needs of the surrounding adults.
5. Discuss death with your children. Explain in advance about funeral rituals. Discuss the funeral service. (Mortuary, church, graveside.) Listen to what your child has to say.

I M A G I N E

Stepping onto a shore and finding it heaven

I M A G I N E

Taking hold of a hand and finding it God's hand

I M A G I N E

Breathing new air and finding it celestial air

I M A G I N E

Feeling invigorated and finding it immortality

I M A G I N E

Passing from storm and tempest to an unknown calm

I M A G I N E

Waking and finding it home.

