

A SEASON OF CHANGE

SEVA HOSPICE BEREAVEMENT NEWSLETTER

Summer Issue

Vol. 1

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"Summer was out best season: it was sleeping on the back screened porch in cots, or trying to sleep in the treehouse: summer was everything good to eat: it was a thousand colors in a parched landscape."

- Harper Lee



The summer season brings fun in the sun, splashing in the water, family vacations, and spending time outside with the ones you love. Summer can also be a difficult time remembering our loved one is no longer with us to share in the joy and traditions of this season. For many bereaved, it can be a total surprise that these feelings of grief come during the summer season as most people only prepare for the grief we know is coming during the holiday season. We are here to remind you that grief is completely normal during every season!

Coping with sadness and loss at a time when everyone else is out there having fun is very difficult. There is no right or wrong way to handle the summer season after the death of a loved one. You may choose to make new traditions, opt-out of the old traditions for the time being while you grieve, or keep the traditions and carve out space during that time to celebrate the memory of your loved one.



People tend to believe grief shrinks over time



What really happens is that we grow around our grief



Spiritual Corner

**A summer message from Dave Britton,
Bereavement Coordinator/Chaplain for
Seva Hospice**

Do the Math.

It's the end of June. For the last several years, what that means for me, is working in a fireworks stand. It's an experience. It's not hell, but I'm sure I can see it from here. While standing behind our location, I looked down and I saw this writing on the curb "18 Days without You". And then I looked at the math, it wasn't just 18 but many.

We do the math when we have suffered a loss. After someone dies it starts almost immediately. "10 minutes ago, you were still here; yesterday I was holding your hand; Just last week you said to me..." the accounting goes on and on. At first many times we think in terms of subtraction and division. The days lost without that special person continue to grow more and more. For the spouse or significant other, "I've been divided, half of me is gone". This may go on for some time. But we must remember that subtraction and division, are not the total sum of mathematics.

At some point, our focus changes. We remember the good times. The celebrations the times shared together. We begin to "Count our Blessings", as the old song says. We do the math another way. We begin adding up all those wonderful and amazing times that were added to us by the very presence of the one we have lost. Spouses and significant others think about how their lives were multiplied by their special someone. Then sadness and all the other feelings of loss, become the lesser factor, and the things added and multiplied become the greater. The sum of the equation is much more accurate, and it looks and feels better.

So please do ALL the Math.

Grief Support Groups

Seva Hospice currently has an ongoing support group every Thursday evening from 6pm to 7pm. You call in by phone or be present virtually on your computer.

For support, please contact our Seva Hospice Bereavement Coordinators, Contact Derek Cheatham at (559) 563-2466 or email dcheatham@sevahospice.com or Bernice Hammond at (209) 918-0833 or email bhammond@sevahospice.com

Tips to cope with grief

Give yourself permission to feel sad. Give yourself an "out" at functions (a placeto have a moment alone or a signal to a trusted person that you need to leave or need some support.)

Grief is the natural way we cope with loss

"Grief is not a disorder, a disease, or a sign of weakness. It is an emotional, physical, and spiritual necessity, the price you pay for love, The only cure for grief is to grieve"

- Dr Earl A. Grollman,

author of *Living When a Loved One Has Died*.

Understanding Grief

Each persons grief is individual and unique. There are not set stages that one must go through in order to "get over" grief. The affects of grief should lessen over time leading you to once again be able to find some joy in everyday experiences.

Children and Grief

Visit Jessica's House website or call Jessica's House at (209)250-5395

Grief Support Groups are Available across the Central Valley

For Modesto, and Stockton Areas

Contact Bernice Hammond at (209) 918-0833

or email bhammond@sevahospice.com

For Fresno, Clovis, Visalia, Porterville

Contact Derek Cheatham at (559) 563-2466

or email dcheatham@sevahospice.com

"Forget me Nots" Flowers



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