

A SEASON OF CHANGE

SEVA HOSPICE BEREAVEMENT NEWSLETTER

Fall Issue

Vol. 2

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"If ever there is a tomorrow when we're not together...there is something you must always remember. You are braver than you believe, stronger than you seem, and smarter than you think, but the most important thing is, even if we're apart...I'll always be with you."

- Winnie The Pooh



In Fall the days become shorter, the weather cooler, and the trees turn a beautiful array of colors. Eventually, the wind begins to blow and the leaves scatter and fall, and those beautiful brightly colored trees, those trees, are left empty. In grief, some may feel this same emptiness at every level of their being. The empty chair, the unheard laughter, and the absence of your loved one are painful reminders of loss. A change in seasons can again renew that grief. We may feel any number of feelings including loneliness, anger, guilt, shock, confusion, and maybe even relief as your person is no longer suffering. These different emotions may move through us as powerful as an Autumn wind and then quiet only to stir up again when you least expect it. It takes great courage to feel these feelings and gather the strength daily to move forward in another season of grief and change.

The staff here at Seva are here with you in this season and want to both encourage you and help you walk through your grief in each season. We hope that gradually in your journey you will begin to see the possibilities of a life with meaning and hope.

MY HOLIDAY WISHES FOR YOU,
NOW AND ALWAYS:
MAY YOU REMEMBER THAT YOU ARE CAPABLE
OF GETTING TO THE OTHER SIDE OF THIS.
MAY YOU HAVE A SAFE PLACE TO LET GO
AND HAVE COMFORT CLOSE BY, EVEN IF
THAT MEANS WEARING THE SAME SWEATPANTS
MANY DAYS IN A ROW. MAY YOU HAVE THE COURAGE
TO SAY NO WHEN YOU NEED TO. MAY YOU SHOW
YOURSELF KINDNESS, EVEN WHEN YOU THINK YOU
SHOULD BE STRONGER. MAY YOU FIND NEW THINGS
THAT BRING YOU JOY. FEEL IN YOUR BONES THE LOVE
PEOPLE HAVE FOR YOU, AND TRUST THAT YOU WILL
NOT FEEL LOST FOREVER.

SEVA HOSPICE BEREAVEMENT #OPTIMISM THERE



Spiritual Corner

A fall message from Chuck Adams, Chaplain for Seva Hospice

An Attitude of Gratitude

One of the joys of the last quarter of the year is the many holidays that fill the calendar. From Labor Day through the New Year celebration, we move from one event to the next enjoying each celebration and the opportunities to relive the reasons we celebrate experiencing them once again through the gift of memory. Although we savor each celebration it makes the months pass quickly and we reach the end of the year and the celebrations perhaps before we're ready for them to be over.

This newsletter will reach you during the month of November and of course who could think of November without also thinking of the Thanksgiving holiday that dominates the month's activities. Thanksgiving is filled with richness from the foods we prepare, to the festive fall colors that mark the season, to the relationships we embrace and refresh around the Thanksgiving table. There are so many things for which we can be thankful! That may seem to be a difficult thought to accept for some because this Thanksgiving will be different for you and your family. I know it will be for me and my family. But it only requires a quick overview of one's life to see the many reasons that compel an attitude of gratitude this Thanksgiving. Each day is a gift and a reason for which to give thanks.

But there is another holiday nestled in the early days of November that must not be overlooked and offers another opportunity for thankfulness. November 11th is Veterans Day, a national day to remember those who have served in our nation's military forces. It is customary now when one meets a veteran to acknowledge that veteran's service by saying, "Thank you for your service." I don't know if those who originally established Veteran's Day thought about its connection to Thanksgiving Day, but it certainly is appropriate they are so close together. Seva Hospice takes its service to veterans seriously and strives to provide our veterans with veteran-centered care realizing the unique needs and wishes of the veterans we serve. Our partnership with We Honor Veterans helps us in that regard. So to those we serve, and to those who are reading this newsletter who are veterans we say again, "Thank you for your service." We are able to celebrate the year around because you have helped to keep us safe and free. That's another reason to be thankful this year.

We at Seva Hospice honor our veterans this Veterans' Day, and wish you all a meaningful and blessed Thanksgiving!

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.

Please contact Dawn Costa to be added to the support group (209) 602-5975.

Tips to cope with grief

Here are five ways to cope with grief.

1. Surround Yourself with People Who Care and will support you.
2. Take Good Care of Yourself to do small things each day to comfort yourself.
3. Let Others Help You!
4. Postpone Major Decisions, Whenever Possible, things can wait while you are grieving.
5. Consider Grief Counseling. We have individual and group counseling available free of charge!

" Grief never ends. But it changes. It's a passage not a place to stay. Grief is not a sign of weakness, nor a lack of faith. It is the price of love" - Author Unknown

Understanding Grief

When you're grieving, a flood of neurochemicals and hormones dance around in your head. "There can be a disruption in hormones that results in specific symptoms, such as disturbed sleep, loss of appetite, fatigue, and anxiety," says Dr. Phillips. When those symptoms converge, your brain function takes a hit. Read more about this article [here](#).

Resource Highlight

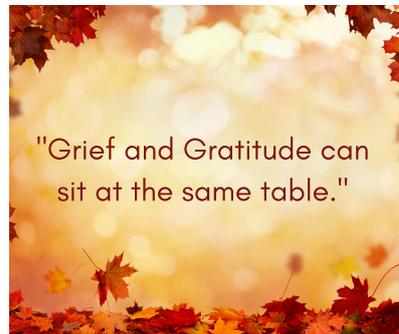
Learn more about Project Hope [here](#).

Children and Grief

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

Contact us for more support

Please contact our Seva Hospice Bereavement Coordinator/Chaplain Dave Britton (209) 681-1767 or email at dbritton@sevahospice.com



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