

# A SEASON OF CHANGE

SEVA HOSPICE BEREAVEMENT NEWSLETTER

Spring Issue

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## The Garage Door Remained Closed, But the Daffodils Bloomed

Spring is often seen as a season of renewal—longer days, blooming flowers, and a sense of fresh possibility. But for those who are grieving, this time of year can feel overwhelming. The world around us bursts into life, yet we may feel stuck, longing for the presence of those we've lost.

I remember feeling this way after my father-in-law passed. Larry was such a wonderful person—he made everyone feel like they were the most important person in the world. He was warm, loving, and gave the best hugs. He was always eager to welcome family with open arms. The moment we pulled into the driveway for a visit, the garage door would open before we even had a chance to park, and there he'd be with my mother-in-law, Mary, in tow—both waiting, smiling, ready to greet us before we even made it inside.

After he passed, pulling into the driveway became painful. The garage door remained closed. There was no one rushing out to greet us. The silence was deafening, a reminder of the love and presence that was missing.

And then, the daffodils bloomed. Larry had planted the daffodil bulbs one year and fussed over them for several seasons. He was finicky about his flower garden, particularly the daffodils, but despite his efforts, they never bloomed. Then, the spring after he passed, something incredible happened. The daffodils bloomed—bright, yellow, and full of joy, as if sending a message: I am still here. We laughed and cried, picturing him still fussing over them from heaven. In that moment, amidst our grief, we experienced comfort and connection, and to this day, we continue to feel his love every time the daffodils bloom.

Spring can be a bittersweet time when you're grieving. The world moves forward, but we're still learning how to live with the absence of someone we love. If the season feels daunting, know that you don't have to rush into its brightness. Healing takes time. And sometimes, when you least expect it, something blooms—a memory, a sign, a small reminder that love doesn't end.

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"I Wandered Lonely as a Cloud"  
by William Wordsworth

I wandered lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host, of golden daffodils;  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.

They stretched in never-ending line  
Along the margin of a bay:  
Ten thousand saw I at a glance,  
Tossing their heads in sprightly dance.

For oft, when on my couch I lie  
In vacant or in pensive mood,  
They flash upon that inward eye  
Which is the bliss of solitude;  
And then my heart with pleasure fills,  
And dances with the daffodils.



People tend to believe grief shrinks over time



What really happens is that we grow around our grief



## Spiritual Corner

### Message from our Bereavement Coordinators

Getting on, after the Holidays: A Plan For Your Grief

In our grief groups, one of the topics that has come up is, survival. The methods used for surviving the holidays. In each of our groups, not one person said that the Holidays were good. Some stated that the holidays weren't as bad as they thought they might be. Some stated that they holed up at home and kept to themselves. And some definitely said that they held on for dear life, trying to just get them over with as soon as possible. And then there were those that felt overwhelming sadness. The realization crushing down that, their loved ones are gone.

Now, as we look to the Spring, and moving into a different season, our discussions in our groups have moved into "what now". Now that we have dealt with holidays, and in some way or another, survived them; what do we do with the new year, and with our grief that is still very present and very demanding.

One of the ideas that we have come up with in our groups, is to have a 2025 plan for grief. If we are going to have grief as a part of our lives, is there a way to get something out of it? In some of our groups, we've talked about it in a frame of using grief to grow.

There is some data to back up this idea. In many circles of study and counsel, the idea of moving along side of our grief, or better yet, bringing alongside us, can indeed help us get to know ourselves on a deeper level, and it can also help us connect better with ourselves and with the people around us.

Some ideas to engage with this, that have been shared in groups, are as follows:

- Set aside time during each day to be still. Allow grief to express itself during this stillness, if it needs to.
- Prioritize time outside. There is ample amounts of spiritual and clinical data to back up that being outside helps. It is good for all parts of our spirits, minds and bodies. And a connection can be made with the outdoors that can surprise us with hope.
- Listen to music on a regular basis. Not just background music. Music that connects with our souls. This may bring up a good bit of crying. And that is OK!. But music may also bring some internal revelations, some hope, some joy, and definitely some inspiration.
- Find a safe friend, and meet regularly with them. In our groups, we are constantly encouraging people to do with other people in the group. And it's working! Conversations don't always revolve around grief. But many times, they do. It seems to be vital, that we who are grieving, know, are aware, and are connecting with, other people who are grieving.
- Walk. Go for a walk every day. Again, this gets us outside. It is great for our health. Walking also does what all of these other endeavors do. It connects us with ourselves (spirit minds and body), it is healthy, and it allows us to move with our grief, instead of being overwhelmed by it.

I will always be a proponent of grief groups. These, when done right, offer the most important element in a grief journey; the opportunity to have grief witnessed. This brings healing, beauty, and peace to a person's soul.

In the coming months of this year that is already passing by quickly, allow yourself the ownership of your time. Bring your grief alongside you. Let the difficulty of grief bring out a new life from your deepest sorrow.

*Derek Cheatham Bernice Hammond*

## Tips to cope with grief

### Create New Traditions

If old seasonal routines feel painful, introduce small changes. Take a walk in a new park, visit a different café, or start a spring journal where you reflect on moments of both sorrow and gratitude.

### Honor Their Presence in the Season

Find ways to include your loved one in the changing season. Maybe it's listening to their favorite music as you enjoy the sunshine, making their favorite spring dish, or simply sitting outside and remembering them as the world around you wakes up.

### Let the Fresh Air In

Spring is a season of renewal, and sometimes a simple act like opening the windows, letting in sunlight, or stepping outside can lift your spirits. Fresh air and natural light can help improve mood and energy, even on the hardest days.

## Understanding Grief

It's Okay to Find Joy: Grieving during the holidays doesn't mean you can't also experience moments of joy or peace. Allowing yourself to embrace these moments doesn't diminish your grief or the memory of your loved one.

### Children and Grief

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

Scan the QR Code and visit our website for grief support and helpful resources  
[www.sevahospice.com](http://www.sevahospice.com)



### Grief Support Groups are Available across the Central Valley

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