



FAITH & HOPE HOSPICE & PALLIATIVE CARE

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Epilogue

Bereavement Newsletter

September/October 2019

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Acupuncture and Grief

Everyone's grief response is individualized, affected by the relationship with the deceased, age, cause of death, health, and many more factors. Grief also shows up in many different ways. It can take on physical and cognitive characteristics in addition to the emotional aspects that are expected by most people. Acupuncture can help address the physical and some emotional symptoms. Acupuncture has long been used in Eastern cultures, but has gained more attention in the US over the past few decades thanks to diversifying culture and clinical research demonstrating its effectiveness.

Acupuncture uses very thin needles that a practitioner inserts... *(Continued on page 5)*

Book Recommendation

Speaking in Tears: The Poetry in Grief
by Grace Andren

This work is both a touching and moving book of poetry to help people process their grief. Andren utilizes a particular arrangement that shines light on the very real emotions that highlight what we experience during times of grief. Broken down into Love and Loss; Happiness and Heartbreak; and Pain and Sorrow along with pictures showcasing the very raw and beautiful journey of human resiliency. This book reaches a more personal connection to your loved ones while referencing Elizabeth Kubler-Ross's 5 stages of grief: Denial, Anger, Bargaining, Depression, and Acceptance with the addition of the author's stage of Hope. Recently, there has been a change in the school of thought that references the stages are not linear.

There is no right or wrong way to navigate the grieving process. Andren makes lovely points about grief being fluid with a constant back and forth tug between the stages, depending on what is happening in our own lives. Not all of us can be poets, but Andren speaks for us with her lovely images stirring our deepest emotions to help us express and remember our loved ones forever.

Review by Sarah Girling, MSW

~

Published 2018; ISBN: 978-1944599164

A Note From Your Bereavement Services Coordinator

We have a wide variety of topics for you in this edition of *Epilogue*. First, I'd like to invite you to "Light the Night," our annual patient memorial service. This is one of our favorite events of the year and features song, heartfelt personal reflections, and a candle-lighting ceremony. We are also proud to host Oya Thomas, singer/songwriter, author, and inspirational speaker. She combines her spiritual and therapeutic training to nurture the spirit. Get full details on page 5.

I also want to introduce you to Faith and Hope Hospice's newest team member, Sarah Girling, MSW. She is serving as our Volunteer Coordinator and even contributed a few articles to this edition of the newsletter. Sarah is helping ensure that Faith and Hope Hospice continues to be the best hospice in Pasadena and the Los Angeles area. (Even if I do say so myself)

Finally, I want to let you know that you can now get all of our back issues of *Epilogue* on our website. You'll now be able to access the great content that you may have missed before. Just visit us at www.faithandhopehospice.com/blog

Reid Jacobs

Reid Jacobs, APHSW-C, MSW
Bereavement Services Coordinator



"My scars are a testament to the love and the relationship that I had for and with that person. And if the scar is deep, so was the love. So be it. Scars are a testament to life. Scars are a testament that I can love deeply and live deeply and be cut, or even gouged, and that I can heal and continue to live and continue to love."

-GSnow, Redditor
<http://bit.ly/2ktnHoU>

Grief Podcasts

There are a lot of resources for information about grief and the grieving process. The internet provides a multitude of websites and publications available. Podcasts are also a great option. You might find podcasts especially helpful if you do better with audio than reading.

Here are a few podcasts to get you started. Most podcasts are free and widely available on the major sources: iTunes, Google Podcasts, Spotify, Stitcher, SoundCloud, among many others.

- *Grief Encounters* (Urban Media) by Venetia Quick & Sasha Hamrogue
- *Terrible, Thanks For Asking* (American Public Media) by Nora McInerney
- *The Mindfulness & Grief Podcast* by Heather Stang
- *Managing My Grief* by Tiffani Dilworth
- *Grief Works* by Julia Samuel
- *Dealing with My Grief* by Darwyn M. Dave
- *Good Morning Grief* by Summer Rae

“Volunteers do not necessarily have the time; they just have the heart”

-Elizabeth Andrew

Volunteers hold a very special place in hospice. In fact, the idea of hospice was born once volunteers began dedicating their time to helping others navigate a difficult and vital life transition. That is why Faith and Hope holds our volunteers on a high pedestal. We would not be where we are today without their selfless dedication towards continuing what our past role models created so many years ago.

People decide to volunteer within hospice for many different reasons. One of the most common reasons is because they have had a personal experience of a loved one that utilized hospice services, which turned into an overall compassionate encounter. Having a loved one depart from us is never an easy experience. The ones that offer compassionate care during that time is what helps make it that much more bearable as we weather the storm together. Volunteering is their way of expressing gratitude and replicating the kindness they received through hospice staff. We do recommend to wait at least a year after your loved one has passed on before volunteering. The reason being is that progressing through the grieving process is much more prevalent during that first year. It could make it harder for a volunteer to navigate their own emotions of grief if taking on too much right away. Waiting a certain amount of time will ultimately make the volunteering experience much more rewarding for both you, the patients, and their loved ones.

Another reason we hear from our volunteers is that they felt a higher calling to donate their time within hospice because

they wanted to learn more about the end-of-life process. As we all know, that process is special to each patient and family with no story being the same. However, there are common threads that connect those stories, which is what makes volunteering unique within itself. We hope our volunteers implement that connection into their own personal lives in order to create a chain reaction of kindness and humility. It really does take just one person to make a lasting impact within their communities so why not start by helping others during one of the most difficult times of their lives. It is important to remember that our patients and families are creating a lasting impact on the volunteer as well. Hence, creating memories and lessons that will stay with everyone for a lifetime.

If you are interested in becoming a volunteer, please reach out and let us know. We love hearing about your experiences and would appreciate any feedback on how we and our volunteers helped you and your family through this journey. All of our volunteers attend an orientation and receive on going supportive care through our agency. Volunteering is what hospice was built on and therefore, will forever remain an integral part of how we provide exceptional care.

Remember, as Ann Richardson said, “We cannot change the outcome, but we can affect the journey.”

~

If you or someone you know is interested in becoming a hospice volunteer, please contact our Volunteer Coordinator, Sarah Girling, MSW. You can reach her at **818-559-1460** or by email **sgirling@faithandhopehospice.com**

Movie Recommendation

One True Thing

(1998) R | 2h 7min

Drama

Starring: Meryl Streep, Renée Zellweger, William Hurt

When her mother develops cancer, Ellen Gulden is compelled by her family to move back home, leaving her job, her boyfriend, and a potential writing career to care for her mother. Ellen becomes the primary caregiver for her mom, and, unexpectedly, has to help support her father as he copes with the pending death of his wife.

By caring for her mother and father, Ellen develops a greater understanding of her parents, their relationship and herself.

This movie provides an accurate portrayal of what it means to be a family member's caregiver and provides a powerful representation of the burdens and benefits that come with caring for a dying loved one. It explores the potential losses and highlights the often unequal gender roles and caregiver expectations that so many women face when a family member becomes seriously ill.

Recipes from the Heart

My mom and grandmother are from England, and this is must in our house for big family dinners. Every time my mom makes these, we talk about her mother/my grandmother. This recipe goes back generations. We typically serve it with a roast, and gravy. Lots and lots of gravy.

-Candice Carsey, LVN, Hospice Nurse

Yorkshire Pudding (or as Americans know them, Popovers)

Ingredients

6 room temp extra-large eggs (room temperature— that's important)

2 cups all-purpose flour

2 tsp salt

2 cups milk

1 tbsp shortening (*not butter*)

1. Heat Oven to 450°F
2. Mix together eggs, flour, milk, and salt until smooth. This does take awhile.
3. Add the shortening to a popover or muffin pan. Place pan in hot oven to melt.
4. Pour the mixture into the pan, filling the cups halfway. Bake until fluffy and puffy. About 25 minutes. Don't open the oven door too much. We want the hot air in the oven as much as possible.

Recipes hold a special place in the heart. They can be family heirlooms, passed down for generations or something whipped-up on a whim that remind us of someone we love. A recipe can recall memories of special occasions or comfort food for rotten days. In this article, we share recipes and stories of foods that hold special significance for us. If you would like to share your own recipe and story, call the office at 818-559-1460 or email it to reid@faithandhopehospice.com

FAITH AND HOPE HOSPICE CARE

"Light the Night"

- In memory of our patients who passed away

Light the Night: Patient Memorial

It is this time of the year again when we ask you to join our "Light the Night" ceremony, as we "honor, celebrate, and remember" the patients who have died in the past year. Candles will light up in memory of Faith & Hope Hospice's patients, and we hope you'll make this beautiful evening even brighter with your presence.

The celebration will be held on **Sunday, November 3, 2019 @ 6:00pm** at

**Forest Lawn Hollywood Hills
Church of the Hills
6300 Forest Lawn Drive
Los Angeles, CA 90068**

Please confirm your attendance before Wednesday, October 16.

You can call us at **818-559-1460** or email at: info@faithandhopehospice.com

As part of this celebration of life, we ask that you provide us with a photo of your loved one via email: info@faithandhopehospice.com or you may send it by mail to our office:
1575 N. Lake Ave, Suite 208, Pasadena, CA 91104.

Photos will appear in a slide show during the ceremony as we honor their memory. We are also happy to include loved ones who have died in the past year who were not on our hospice service. You can call to let us know that you would like to add their name or send a picture to included as well.

Thank you and we look forward to seeing you on this memorable celebration.

Acupuncture and Grief (continued from page 1)

... into specific locations on the body. Traditional thinking is that this process affects the *Qi* or energy life force. This in turn addresses the symptom being targeted. More recent research has found acupuncture to be effective but for different reasons. These studies suggest that acupuncture has a direct effect on neurobiology and the way the brain recognizes

and then responds to certain symptoms like pain or anxiety.

Regardless of how it works, acupuncture might be good to help in your grief process. For more information visit the Mayo Clinic's article on the topic at <http://bit.ly/2kmthq3a> or talk to your doctor.

In Flanders Field,

by John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.
Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

Bereavement Services Available

In addition to this Bereavement Newsletter and our periodic mailings, Faith & Hope Hospice can also provide:

- Resources via email
- Workshops
- Support groups
- Phone-based support
- Resources
- Referrals
- Annual Patient Memorial
- In-person counseling for individuals and families

Contact Reid at **818-559-1460** or email him at [**reid@faithandhopehospice.com**](mailto:reid@faithandhopehospice.com)



The Bereavement Newsletter is free resource made available for 12 months to the family and friends our hospice patients, and to the community at large.

If you would prefer to no longer receive this newsletter or if you would like to receive it beyond 12 months, please contact us at 818-559-1460 to update your preferences.

Grief Explored: Tasks of Mourning

Two of the main concerns that I hear from clients is how to make sense of all the emotions they experience and how to move forward after a death. This is where different models of grief can be helpful. There is no right way to grieve and there is no model of grief that explains a universal experience of bereavement. Models don't give a prescription on how to grieve either. They can, however, help people make sense of their grief and guide them through their grief process.

The "Tasks of Mourning" model was developed by William Worden. His tasks should not be confused with the more well-known stages of grief. These are tasks that can be completed out of the order he listed them and people will often come back to tasks over time as well. There is no set timeframe for completing these tasks either. Worden identified these four tasks:

1. Accept the reality of the loss.
2. Work through the pain of grief.
3. Adjust to an environment in which the deceased is missing.
4. Find an enduring connection with the deceased while embarking on a new life

Now, let's look at these a bit closer. The first task requires a few things. On a simple level, this can be addressed by being able to say, "my loved one died," or to start speaking of the deceased in the past tense. Having a funeral or celebration of life can help complete this task too. Children can also have trouble understanding that someone who has died isn't going to come back. The adults in their lives can help them understand this.

The second task is one of the biggest or most daunting and complex to tackle. It encompasses the wide range of emotions that a person experiences after a death.

From sadness, guilt, hopelessness, and joy (yes, joy can exist when grieving) there are a wide range of emotions that a bereaved person may experience. The goal of this task is to recognize and engage with these emotions. Trying to bury the emotions or to "soldier through" can be detrimental. Accepting and acknowledging the emotions can help a person cope over time.

The third task asks the person to adapt to the new reality of the deceased person being gone. A death can have profound and subtle effects across all aspects of life. This could include managing finances, doing household chores or placing an order on Amazon. These may seem like simple tasks on their own, but they might be something new and challenging if the deceased person took care of them. The fog of grief can make it all the more difficult to learn how to manage these new tasks. More profound changes might include becoming a single parent, losing a home, or facing retirement alone. All of these require a significant amount of change to manage after a death.

Finally, the fourth task asks us to find ways to start their new life, or new normal, without the deceased, while also keeping some connection to them. There are lots of ways to do this. This could be swapping out your coffee cup for the one your loved one used, or imagining how your loved one would have handled a situation and doing that. One of my enduring connections with my grandfather is wearing his wedding ring that he gave me a few weeks before he died. This task fits well with the *Continuing Bonds* model that we explored in the May/June 2019 edition of *Epilogue*.

Hopefully these Tasks of Mourning give you some guidance or inform your grief experience. If not, that's okay. There are many ways to approach grief and we will explore those in upcoming issues.



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Faith and Hope Hospice & Palliative Care is a family-owned company based in Pasadena, CA. We are a member of the National Hospice and Palliative Care Organization and accredited by The Joint Commission.

Faith & Hope was established in 2007 primarily due to personal experiences the founders had. Meeting our patient’s psychosocial needs is our priority. We provide comfort care wherever our patients live by using a holistic approach toward their illnesses. We also recognize that tending to the family's emotional needs is as crucial as the patient's needs.



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