



FAITH & HOPE HOSPICE & PALLIATIVE CARE

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*Epilogue*

Bereavement Newsletter

November/December 2019

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### Models of Grief

Why do I look at models of grief and why are there so many? I like looking at these in the "Grief Explored" section of *Epilogue* because they can give a framework to help better understand grief. I like to think of these as music genres. There is no one genre of music that is the best music. None of them can dictate the "right" way to write or play music, nor will everyone connect with all genres. Grief is the same. There are many ways to grieve, but there is no right or best way to grieve. The models of grief give different ways to understand these emotions. Maybe this will give you a new way to understand what you're going through. Maybe it can give you ideas on how to cope with the emotions of grief or provide guidance in a confusing time.

You can read about other models in back issues of *Epilogue* at: [www.faithandhopehospice.com/epilogue](http://www.faithandhopehospice.com/epilogue)

### Book Recommendation

#### **Mourning and Milestones: Honoring Anniversaries, Birthdays and Special Occasions After a Loved One Dies** by Kathleen Fraser

One of the hardest parts of losing someone is no longer being able to create moments and special memories on particular occasions that you once spent together. As this is a very common fear that so many others have experienced, the eternal question is: How do you turn upcoming memory invoking moments back into joyous events while at the same time not forgetting the past? In *Mourning and Milestones*, bereavement group facilitator Kathy Fraser opens up with honesty and courage about the difficulties she faced after the death of her husband. The author presents a helpful thought process and steps to assist loved ones in finding joy within those special occasions once again by enjoying the moment and celebrating a life lost in a positive manner. Fraser presents the reader with a path to forge forward, creating new traditions that will keep those that have passed on always close to your hearts.

Review by Sarah Girling, MSW

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Published 2015; ISBN: 1618521020

## A Note From Your Bereavement Services Coordinator

Oh, the holidays! The best, and sometimes hardest, time of the year. We tend to idealize the holidays, striving for the perfect experience. This is a time for families to come together. It's a time to enjoy being with one another and make memories. It really can feel blessed, but going through the holidays for the first time after a death can be harrowing. The pain of loss can resurface. The realization that the traditions are forever changed... the sense that things are not the same... the knowledge that someone important to you is gone. Yet there continues to be the high expectations for a happy holiday. These experiences are normal.

Surviving the holidays while grieving is a big topic. Thankfully, there are many resources available to help you get through the season. We have a few articles and several resources to help you. I am also available to talk by phone or in person, if the general resources don't meet your need.

Despite the grief, there can still be hope and there can still be joy. That is the miracle of the holidays.



Reid Jacobs, APHSW-C, MSW  
Bereavement Services Coordinator



“The holiest of holidays are those kept by ourselves in silence and apart: The secret anniversaries of the heart.”

-Henry Wadsworth Longfellow

## Grief & the Holidays Resources

Here are some great resources that help you get through the holidays without grief taking over. You can get even more on our blog:

<https://faithandhopehospice.com/grief-and-the-holidays/>

- Grief & the Holidays: Dealing with the Pain  
<https://grief.com/grief-the-holidays/>
- How to Deal with Grief During the Holidays  
<http://bit.ly/2niIo2ma>
- Grief During the Holidays  
<https://youtu.be/5QWXRtGHkno>
- 64 Tips for Coping with Grief at the Holidays  
<https://whatsyourgrief.com/64-tips-grief-at-the-holidays/>
- Holiday Survival Strategies for Coping With Grief  
<https://www.verywellhealth.com/getting-through-the-holidays-1132547>



## Grief Explored: Dual Process Model

The Dual Process Model of grief takes the stance that there are two main components of grief: coping with loss and moving forward with life. These are achieved by loss-oriented process and restoration-oriented processes. Examples of loss-oriented include things like telling stories, funeral arrangements, feeling the sadness of grief, closing bank accounts, recalling petty arguments or funny stories about the person who died. These are things that focus on the person who died or the feelings generally associated with grief.

Restoration-oriented processes allow a griever to focus on other parts of life. This might include things that are clearly productive, like returning to work, cleaning the house, or taking on other chores that the deceased person once did. But they can also include mundane things that distract you from grief for a while, like vegging out in front of the TV or spending a few minutes in the car parked in the driveway before going into the house.

Taken to an extreme, activities like binge watching TV or getting over-involved with work can become unhealthy and disrupt or prolong the grief process. This is especially true when done with the intention to avoid the

negative feelings associated with grief.

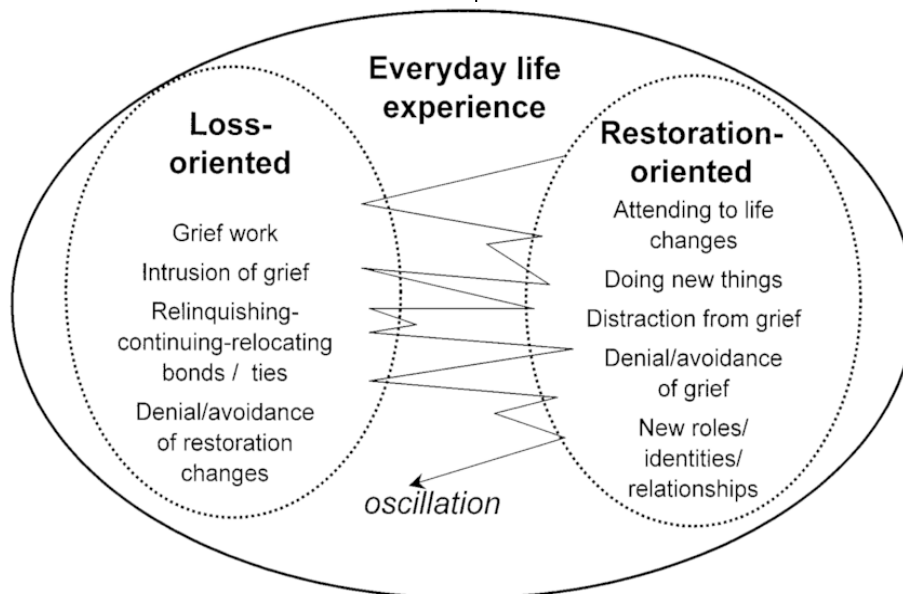
The other key factor in the Dual Process Model is the oscillation between loss and restoration processes. Often, restoration-oriented process are seen as negative. It can appear that a person is trying to suppress or ignore their grief.

The Dual Process Model sees these as normal, even necessary to the grief process. Constantly feeling the pain of grief and not allowing yourself (or others) to feel some joy or distraction is more than anyone can handle. Oscillating or fluctuating between the loss-orientation and restoration-oriented processes makes grief bearable.

Getting stuck in either type of process can become problematic. It's the balance of the pain of grief with the actions that help a person move forward with life that's important.

Finding a good balance between loss and restoration seems like it could be difficult. However, our minds naturally tend to-

wards these. Trying to plan out equal time for loss-orientation and restoration isn't really possible. Allow yourself the freedom to feel the emotion. Let yourself experience sadness and remember the deceased. But also give yourself the grace to disconnect and to start moving forward with life.



## Movie Recommendation

### Two Weeks

(2006) R | 1h 42min

*Comedy, Drama*

Starring: Sally Field, Ben Chaplin, and Julianne Nicholson

This is the story of four adult siblings who return to their childhood home after learning that their mom is dying. Anita (Sally Field), a hospice patient dying from gastrointestinal cancer, has a prognosis of just days, but survives for two weeks after the kids arrive to the house, giving them more time together than expected. Time for bonding,

reminiscing, and arguing over old hurts.

This movie captures the final days of life and the complicated family dynamics that come with it. It also highlights the way in which individuals from the same family can respond differently to life-threatening illness and times of extreme stress. We all have a unique role in our family and these characters fulfill their roles completely.

This heartwarming story tackles big issues (faith, family, personality) and manages to balance comedy and drama while remaining true to life.

## Recipes from the Heart

I make this recipe for happiness. Everyone in the office loves this salad and I have to make it whenever we have a pot-luck. When I was a young child, I didn't like to eat. My parents had a hard time getting me to eat anything, including this salad. But my 4- or 5-year-old friend told me how delicious this salad was. That made me want to try it. I did, and it was just as good as she described. -Nune Galstyan, Administrative Assistant

## Stolichnaya (Olivier Salad)

### Ingredients

3 medium potatoes

1 large carrot

3 large eggs

1/2 lb lean boiled beef or bologna

3-5 small pickled cucumbers

4 oz of canned green peas

2 Tbsp of Mayonnaise

1 Tbsp sour cream

Dill for garnish (optional)

Salt and Pepper to taste

1/2 small cucumber (optional)

### Directions

Put all the ingredients to boil and turn the heat off when everything is cooked. Discard the shell from eggs. I also like to peel the carrots before they go into cooking. Potatoes, on the other hand, I wash thoroughly and leave the skin intact for cooking. I peel the skin off after the potatoes are cooked. Leaving the skin on keeps the potatoes in one piece, even when slightly overcooked and potatoes actually taste much better when cooked with skin. Don't mind the darker color at all.

Please do not overcook the potatoes, as they turn the entire salad into a big giant mush at the end. I love this salad with beef. But if you are short on time, anything works, really.





## Light the Night: Patient Memorial

The annual patient memorial continues to be our favorite event of the year. Candles lit up in memory of Faith & Hope Hospice's patients. This year, we also heard the personal hospice stories of several families. It's a warm reminder of why we do this work. We are grateful for the opportunity to serve our patients and their families.

A big *thank you* to all who were able to attend and make this a beautiful evening.





## And I Cry

by Reid M. Jacobs

Six months later, and I still cry.  
I hear you calling from the other room,  
Deep voice rattling through the hall,  
But you aren't there, and I cry.

My daughter laughs and a mischievous  
twinkle sparkles in her eye.  
She reminds me of you, and I cry.

There are times I make it an entire day with-  
out feeling the pain of your loss.  
And I cry myself to sleep.

It's now been over a year since you left this  
world, and sometimes I still cry.

An unexpected wave of grief reminds me  
that you are no longer here,  
and I shed a tear.

I make a mess pouring out the coffee  
grounds, like you always seemed to do.  
I laugh and I think of you.

The tears come less often now, but my love  
is still true.  
You may be gone, but you will never leave  
my life.

I think of you, your laugh, your quirks, and  
your favorite stained silk tie.

And there are times when the sun shines on  
my face and a dragonfly buzzes by,  
And I cry at the joyful memories of you.

From bad jokes to holiday sweets,  
Licorice candy and your comfy chair.  
I remember you, and I cry.

I remember you, and I begin to smile.



## **Bereavement Services Available**

In addition to this bereavement news-  
letter 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)**  
to request these additional services.

*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.*

Grieving for an important loss in your life is not an effortless task for anyone. No matter if we are prepared for it or not, death is a triggering experience that will bring up a variety of surprising emotions and behaviors. When children have someone close to them pass away, there are different reactions and responses that are both similar and different from adults.

One thing that children rely heavily on are routines. When someone in their lives passes away, a disruption in the routine tends to create unpredictability and instability in their lives. Even infants will notice the changes as the person holding them will no longer feel, smell, or carry them the same way. It might be uncomfortable or difficult to use the words 'death' and 'dying' when explaining what has occurred. However, using realistic words versus phrases such as 'crossed over' and 'sleep' will help the grieving process, according to various studies. Displaying your own grief will demonstrate to children that it is normal to cry and express emotions. This will help make it more comfortable for them to express themselves in a healthy manner as well. These emotions may come up at both unexpected and expected periods of time such as birthdays, holidays, or special occasions. During these times, it will help to spend quality time with them and let them know that it is okay to display and feel a range of emotions. Even discussing ahead of time about new traditions to honor your loved one will help create a more positive experience. In a child's eye, adults are supposed to be all knowing and have an answer for every question. Getting comfortable with saying "I do not know" and gauging how much information to share that will be appropriate for a young one to accept is something that will help the process overall. A child may also express an interest in attending the funeral. If so, we encourage children to participate in age-appropriate ways. Once children are grown up, it is hard to say if they will remember exactly how the

funeral progressed; but they will remember how it affected them on an emotional level. They'll remember that it was a non-threatening and significant experience. If allowed to attend, descriptions on what to expect beforehand will help prepare and reduce the stress of a potentially overwhelming experience.

There are different signs that children could possibly display when grieving a loss. Anger of losing a stable person in their lives, whether being a parent, sibling, or friend is a normal response for a child to turn to. This can be displayed through rough play, nightmares, or irritability. Depending on how old the child is, regression in behavior is another sign. Examples of this could be needing more attention, cuddling more, unrealistic demands, baby talk, or wetting the bed at night. Children ages 2-7 tend to think they are the cause of their surroundings, which could create feelings of guilt or blame. So it is important to also reassure them that your loved one dying is not their fault. Other behaviors to watch for are grades dropping in school, withdrawing from friends, an ongoing disinterest in hobbies and joyous events, fear of being alone, trouble going to sleep, or repetitive statements of wanting to be with the person that has died. If these signs persist, consider reaching out to a professional, school psychologist, hospice bereavement team, or other qualified mental health professionals to help your child accept the death and develop healthy coping mechanisms.

Losing a loved one is one of the hardest encounters one will ever have to face. Adding children into that journey might seem daunting initially. Nevertheless, using this time to create a safe space for a child to express their feelings and points of view will help generate a more positive experience that can be reflected on later in their lives.



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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 first established in 2007 out of a little office in Burbank, CA.

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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