



Pennyroyal Hospice, Inc.
220 Burley Avenue
Hopkinsville, KY 42240

NON-PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 380
Hopkinsville, KY

Return Service Requested

Friends For Life

July 2010 Bereavement Newsletter

SUNDAY

I walked with the dolphins this morn
With the first rays of sun escaping a cloud
I saw them—they didn't see me.

In an ocean unhurried on its way to the shore
Rose a dolphin, so merry, poised
Arc-like, flying from the sea.

He was not alone in his lark viewed by me.
A dancer, so agile, as merry, was his company.

My walk continued in and out of the tide.
The dolphins, not distant, triumphantly did glide
over waves dimpled by rain drops that now, too, touch me.

A morning, this morning—what more could I see?
My answer, at once—the dolphins were three.

The trio cavorted, raced, flipped, tails waving, at me?
No, not me, just merry, was their Sunday too.

This trio had given what only they could
That sunrises and dolphins' dances are not here to stay.

Walk in the water at the break o' day, and watch for a dolphin who's ready to play.

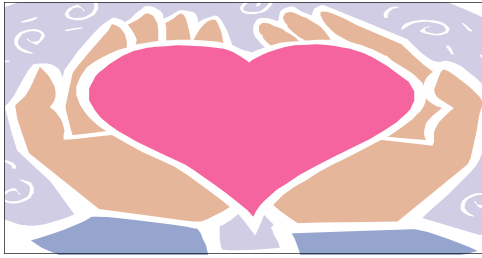
~~ Written by Patricia Turner ~~



Adult Grief Support Group: Begins Wednesday, August 4th at 11 am. We will meet on August 4th, 11th, 18th, 25th and September 1st and 8th. Meetings will be held at Pennyroyal Hospice, 220 Burley Ave., Hopkinsville. Please call Tina at 885-6428 to pre-register.

The **Cadiz** grief support group meets each Tuesday from 10—11 am at the John L. Street Library in Cadiz.

Celebrate Recovery is a ministry for life's daily hurts, habits and hang-ups. They meet each Friday evening at Edgewood Baptist Church in **Hopkinsville**. A meal is served at 5:45 pm. Worship is held at 6:45 pm., and small group studies begin at 7:45 pm. For more information about Celebrate Recovery, please call Edgewood Baptist Church at 886-4461. There is also a Celebrate Recovery group in Princeton.



HELP FOR HURTING HEARTS

The Loss of a Spouse

For most, the relationship that we have with our spouse is very important and exclusive. It's a central part of who we are. Because of this, one of the major roles your spouse had was to affirm your identity. Your spouse was someone who helped you define who you are emotionally, physically, behaviorally, socially, and psychologically.

Your sense of security and self will be effected when the person who helped support them the most dies. The loss can change you because you lose someone whose relationship with you causes you to be you. This can be disorienting.

Unless you had the time to anticipate and learn new roles because of the length of time your spouse was ill, you may have to learn new tasks as you attempt to get used to life without your spouse.

Adjusting to widowhood will require evaluating your personal situation. You will need to identify the roles and functions that were assumed by your spouse and then adopt them yourself or have someone else adopt them. For example, you may need help with financial planning or with domestic tasks. You will need to identify your strengths and weaknesses. After identifying them, you can then capitalize on your strengths and compensate for your weaknesses as you begin to operate in a new world without your spouse.

An important thing to remember is that decisions should not be made too quickly after the death of a spouse. At first, try to maintain the status quo so that you spare yourself from any problems caused by hasty decisions. People often regret making decisions too quickly, especially regarding finances, moving, or selling possessions. Before making major decisions, consult with several people who are qualified to advise you in the specific area of concern.

Despite the many social problems of widowhood, it has been found that many widowers and widows eventually adjust to their change in status. Some begin to feel pleasure and independence from their new lives. Most begin to feel more competent and active as time goes by.

~~ Information taken in part from "How to Go on Living When Someone You Love Dies" by Therese A. Rando, Ph.D. ~~