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Friends For Life February 2010 Bereavement Newsletter



From My Heart To Yours

Hello,

I hope that you are doing well and staying warm.

This month's newsletter includes new support groups, so please pay careful attention to that section and consider attending a group. Support groups aren't for everyone; but you won't know unless you try one. It can provide an excellent opportunity for you to meet new people and form a connection with others who are in a similar situation as you.

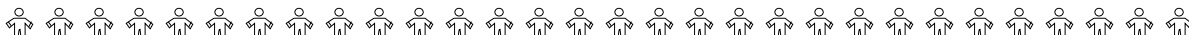
I am planning a fun one day kids grief camp to be held on May 1st in Hopkinsville. If you know a child, age 5—12 who is grieving, please consider having them attend this camp. There will be more detailed information on this in future newsletters.

Bereavement services are offered free of charge to our hospice families for 13 months following the death of the patient. As always, please remember that if you live within our service area, I am available to visit with you in your home or in my office. If you live outside our service area, please call me and I will refer you to a local hospice or bereavement counselor.

If you are having a tough day, pick up the phone and call me. I want you to know that I am here if you need someone to listen. Call me at [270-885-6428](tel:270-885-6428).

If you wish to discontinue bereavement mailings and services, please call me.

Tina L. Tomlinson, LSW, CHP-SW, Bereavement Coordinator



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

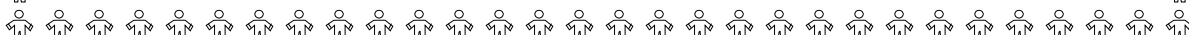
The Princeton Grief Support Group currently meets at the George Coon Library at 114 S. Harrison St. in Princeton. We meet on the first and third Thursdays of each month from 9:45—10:45 am.

A new support group has started at the Todd County funeral home in Elkton. We meet on the second Thursday of each month at 5 pm.

The Pennyroyal Center is offering two Bereavement Adjustment Series beginning on Monday, February 15th at 5:00 pm. One will be offered in Hopkinsville and the other will be in Cadiz. For more information please call Mary Foster at 886-5163.

I am excited to tell you about a very special group that I will be facilitating. Beginning Friday, February 26th, a small group study will be held at Celebrate Recovery at Edgewood Baptist Church in Hopkinsville. The title of the study is **Redeeming the Tears. A Journey Through Grief & Loss**. This is a biblical study of how God can restore your life.

Please call me as soon as possible to sign up. The group is limited to 12 participants. A meal will be served at 5:45 pm. Worship is held at 6:45 pm., and small group study begins at 7:45 pm. The class will meet for 8 sessions. For more information about Celebrate Recovery, please call Edgewood Baptist Church at 886-4461.



Poetry Blessings

The Dash

I read of a man who stood to speak
At the funeral of a friend.
He referred to the dates on her
tombstone
From the beginning.... to the end.

He noted that first came the date of her
birth and spoke of the following date with
tears, but he said what mattered most of
all was the dash between those years.

For that dash represents all the time that
she spent alive on earth and now only
those who loved her know what that little
line is worth.

For it matters not, how much we own,
The cars...the house...the cash.
What matters is how we live and love
And how we spend our dash.

So think about this long and hard, are
there things you'd like to change?
For you never know how much time is
left that can still be rearranged.

If we could just slow down enough to
consider what's true and real and always
try to understand the way other people
feel.

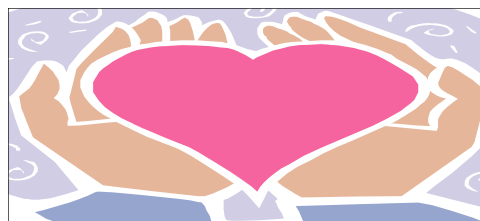
And be less quick to anger and show ap-
preciation more and love the people in
our lives like we've never loved before.

If we treat each other with respect and
more often wear a smile remembering
that this special dash might only last a
little while.

So when your eulogy is being read with
your life's actions to rehash, would you
be proud of the things they say about
how you spend your dash?

Linda Ellis
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Visit www.lindaellis.net for inspirational
poems.



HELP FOR HURTING HEARTS

I have been reading an excellent website about grief. The website is: www.opentohope.com. It is full of excellent articles to help you on your journey through grief and loss.

Recently, I came upon an article on the website that I thought may be of interest to you. The article is titled "For Widow, Valentine's Day has Evolved".

The author, Katy Hutchison, lost her spouse when he was murdered. She writes about her first Valentine's Day without him and how she wanted to crawl in a hole when she saw the Valentine's Day displays in the grocery store. On Feb. 14th, she didn't answer her phone and avoided all of her friends who tried to help her through the day.

The next year, she created a private space for herself to remember the love that she and her husband shared. She poured herself into making the day special for her children; while protecting her aching heart.

In the years since, she has begun reflecting on love in a broader sense. She shares her own story of love, loss and forgiveness. By doing so, she realizes how important it is to open up and share love.

She summarizes by saying that "Valentine's Day is less about cards, flowers and chocolates and more about reaching out with an open heart to those around us—and that is something we can do 365 days a year".

If this is your first Valentine's Day without your spouse, it will be difficult. All anniversaries, birthdays, or holiday's are difficult without the one we love.

I hope that you will find some quiet time to reflect on your relationship with your loved one. Look through pictures, write in a journal, take a walk, or call a friend.