



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

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## ***Friends For Life*** ***June 2010 Bereavement Newsletter***

### **Pennyroyal Hospice Friends For Life Cookbook**

Pennyroyal Hospice is busy creating a cookbook compiled of delicious recipes from our Pennyroyal Hospice family.

If you would like to submit a recipe, please email it to:

[pdanderson@pennyroyalhospice.com](mailto:pdanderson@pennyroyalhospice.com)  
or bring a copy to our office at 220 Burley Avenue in Hopkinsville.

Please help us to reach our goal of 300 recipes by the end of June.

Cookbooks will be on sale this fall through Christmas. Pre-orders can be taken. We will also offer gift certificates.

### **What is the Pennyroyal Hospice Bereavement Program?**

We are proud to offer bereavement support to the families of our patients as well as to members of the community.

You can receive supportive phone calls from the bereavement coordinator and bereavement volunteer.

You can receive visits in your home or in our office to help work through grief issues.

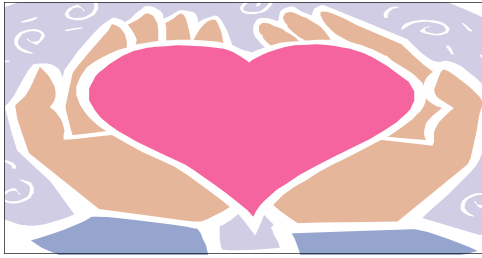
You can receive the Friends For Life Bereavement Newsletter each month. This newsletter will keep you informed of upcoming grief support groups as well as provide helpful information for your journey through grief.

A Children's Grief Support Group is being offered at Pennyroyal Hospice in Hopkinsville. The group is for children ages 6-12 who have experienced the death of a loved one. The group begins on Tuesday, July 6th at 11 am. This group will meet every Tuesday in July. To sign your child up, please call Tina at 270-885-6428.

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.

*Death leaves a heartache no one can heal, love leaves a memory no one can steal. – Irish Saying*



## **HELP FOR HURTING HEARTS**

### **MY WISH LIST**

- I wish you would not be afraid to speak my loved one's name. They lived and were important and I need to hear their name.
- If I cry and get emotional if we talk about my loved one, I wish you knew that it isn't because you hurt me: the fact that they died causes my tears. You have allowed me to cry and I thank you. Crying and emotional outbursts are healing.
- I will have emotional highs and lows, ups and downs. I wish you wouldn't think that if I have a good cry my grief is all over, or that if I have a bad day I need psychiatric counseling.
- Being bereaved is not contagious, so I wish you wouldn't stay away from me.
- I wish you knew all the *crazy* grief reactions that I am having are in fact very normal. Depression, anger, fear, hopelessness and questioning of values and beliefs are to be expected following a death.
- I wish you wouldn't expect my grief to be over in 6 months. The first few years are going to be exceedingly traumatic for me. As with alcoholics, I will never be *cured* or a *formerly bereaved*, but forevermore be recovering from my bereavement.
- I wish you understood the physical reaction to grief. I may gain weight, lose weight, sleep all the time or not at all, develop a host of illnesses and be accident prone; all of which are related to my grief.
- My loved one's birthday, the anniversary of their death and the holidays can be terrible times for us. I wish you could tell me that you are thinking of us on these days. And if I get quiet and withdrawn, just know that I am thinking about my loved one and don't try to coerce me into being cheerful.
- I wish you wouldn't offer to take me out for a drink, or to a party. This is just a temporary crutch and the only way I can get through this grief is to experience it. I have to hurt before I can heal.
- I wish you understood that grief changes people. I am not the same person I was before my beloved died and I will never be that person again. If you keep waiting for me to *get back to my old self* you will stay frustrated. I am a new creature with new thoughts, dreams, aspirations, values and beliefs. Please try to get to know this different me — I'm the one who'll be here from now on.

~Author unknown~

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