



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

NON-PROFIT ORG.
U.S. POSTAGE
PAID
PERMIT NO. 330

Return Service Requested

Friends For Life

November 2009 Bereavement Newsletter

From the pen of the Bereavement Coordinator

Hello. I have recently returned from a very fulfilling and informative bereavement conference in Indianapolis. I have come back with many new ideas and can't wait to put them to use helping others.

There are several upcoming events that I am working on. Please see below for information regarding the upcoming Holiday grief workshop. Please also note that I am planning for a memorial service called the Celebration of Life. This will be held in February 2010. I will be sending you updated information in each newsletter. One service will be held in Cadiz for all hospice patients who passed away in 2008 and 2009 in the Trigg, Caldwell, and Lyon county areas. Another service will be held in Hopkinsville for patients who passed away in 2009 in the Todd and Christian areas.

If you would like a picture of your loved one included in a commemorative picture slideshow at the service, please mail me a picture to scan or email it to me. My email is: socialwork@hesenergy.net. Please call me to let me know that you are sending it so that I can mail you a release saying that we can use the picture.

As always, please feel free to call me if you have a question, concern, or to schedule a visit. My phone number is 270-885-6428. We want you to know that we are still here for you and are just a phone call away. If you live outside our service area, you may access services from your local hospice. You may want to call Hospice Link at 1-800-331-1620.

Jina Tomlinson, LSW, CHP-SW, Bereavement Coordinator

Grief Support Groups

**** Please sign up for our upcoming HOLIDAY GRIEF WORKSHOP. It will begin on November 10th at 5 pm. We will meet for four consecutive Tuesday evenings. The dates are: November 10th, 17th, 24th and December 1st. We will meet at the Pennyroyal Hospice office building at 220 Burley Avenue., Hopkinsville. Please bring two small pictures of your loved one so that we can make crafts in their memory. Please tell your friends, family, and church. This group is open to the community as well as hospice families.

If there are at least five children ages 7-15 that are interested in having a Holiday Grief Workshop for kids, I will facilitate one at the same time that the adults are meeting. Please call me as soon as possible if you are interested in your child attending this. Call me at 885-6428 to sign up. ****

Pennyroyal Hospice sponsors the PRINCETON grief support group that meets on the first and third Thursday of each month from 10:00 am.–11:00 am. The meetings will be held at Ogden Memorial United Methodist Church. The church is located at 305 W Main St., Princeton, Ky. Our bereavement volunteer, Mary Peters, is the facilitator. To learn more, please call me at 885-6428.

The Cadiz grief support group will meet each Tuesday at the John L. Street Library from 10-11 am.

Poetry Blessings

Weaves the Autumn Scene

*Autumn's woven once again
Colors bright and bold
High upon the mountaintop
Valleys just below.*



Seems there's loveliness to see

Everywhere I look,

Like an artist paints the scene

In a picture book.

Colors chosen for each tree

Crimson beauty bold,

Followed by the artist's brush

Dipped in purest gold.

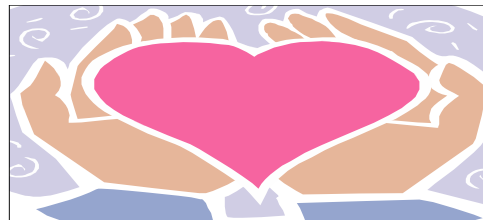
Still a vision to behold

Hints the color green,

Rarest loveliness of earth

Weaves the Autumn scene.

- Katherine Smith Matheney



From my heart to yours

Grief and the Holidays

Bereaved individuals who seem to experience the most difficulty with the holidays are those who have given little thought to the challenges they will encounter. Many people who are grieving don't plan ahead and just want the holidays to disappear. During your planning, you may experience some emotional pain. As much as it hurts, it's helpful to you. You will find that when the holiday actually arrives, it is likely to be less painful than you anticipated.

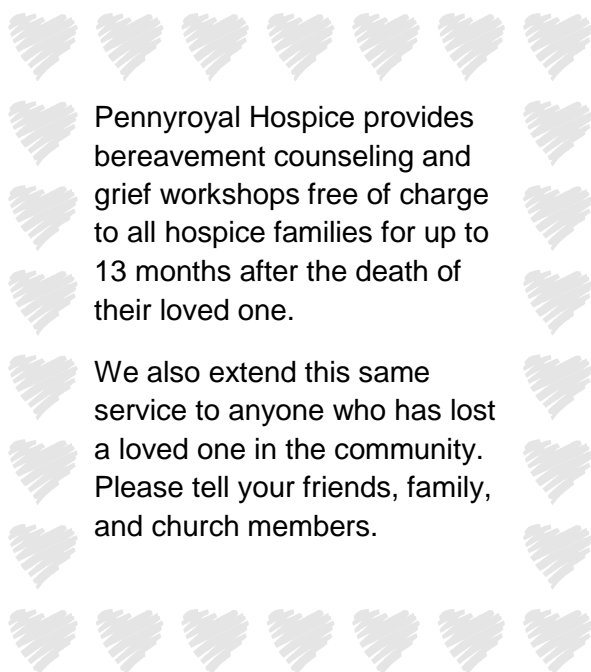
The number of decisions you have to make during the holidays along with the family and social pressure that accompanies them can be overwhelming.

Decisions to deal with:

1. To accept or decline party and dinner invitations?
2. What about cooking and baking?
3. Should the house be decorated?
4. What would be best for the children?
5. What would be the best for me?
6. What to do about traditions— forget them for this year, try them, or develop new ones?
7. Should a visit be made to the cemetery that day?
8. How will I even get out of bed that morning?

Do not let these decisions make you feel worse. Choose a few to deal with at a time so as not to overwhelm yourself.

**-Information taken from Grief and the Holidays
by Ralph L. Klicker, Ph.D.**



Pennyroyal Hospice provides bereavement counseling and grief workshops free of charge to all hospice families for up to 13 months after the death of their loved one.

We also extend this same service to anyone who has lost a loved one in the community. Please tell your friends, family, and church members.