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220 Burley Avenue
Hopkinsville, KY 42240

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Friends For Life January 2010 Bereavement Newsletter

From My Heart To Yours

Well, the holidays are behind us and a new year is ahead of us. I hope that each of you were able to celebrate Christmas in a way that was meaningful to you.

This newsletter is packed with important information. Please notice in the support group section below, that we will be offering a new support group at the Todd County Funeral Home. Also, please notice that the Princeton support group has changed locations. All support groups are for anyone in the community who is grieving; so feel free to take a friend along with you.

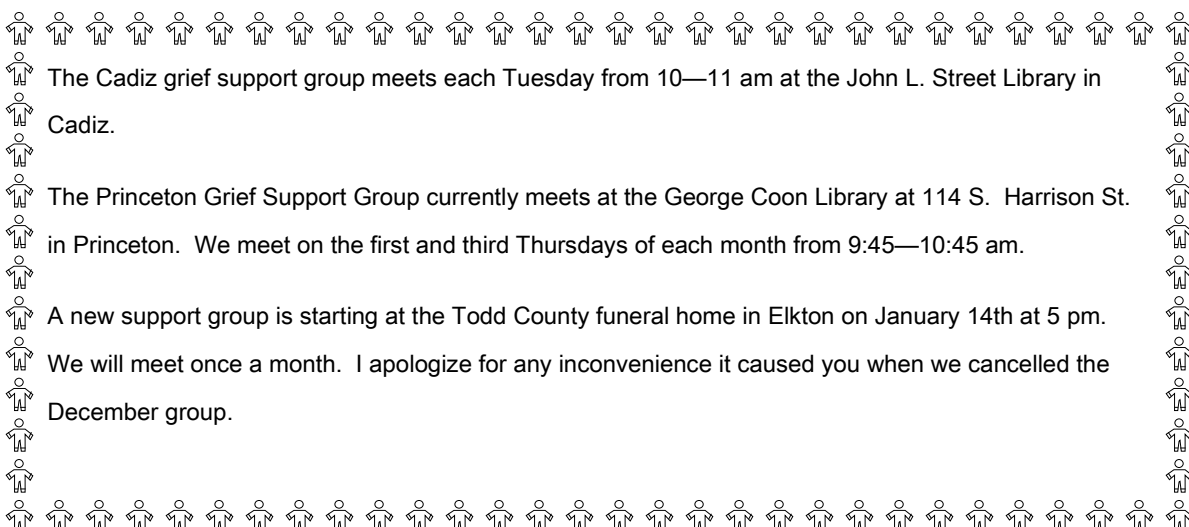
On the back, you will see that I have listed the dates for the upcoming Celebrations of Life. There will be two, so pay special attention to which one you should plan to attend. They are each based upon which county your loved one died in.

The Celebration of Life is a memorial service. It will be an uplifting time of fellowship with one another. Please make plans to attend and bring your family members with you.

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.

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 is starting at the Todd County funeral home in Elkton on January 14th at 5 pm. We will meet once a month. I apologize for any inconvenience it caused you when we cancelled the December group.

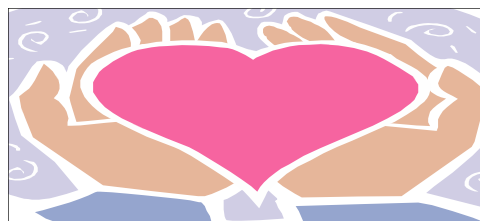
SAILING INTO THE NEW YEAR

God built and launched this year for you;
Upon the bridge you stand;
It's your ship, aye, your own ship,
And you are in command.
Just what the twelve months' trip will do
Rests wholly, solely, friend, with you.
Your logbook kept from day to day
My friend, what will it show?
Have you on your appointed way
Made progress, yes or no?
The log will tell, like guiding star,
The sort of captain that you are.
For weal or woe this year is yours;
Your ship is on life's sea
You act, as captain, must decide
Whichever it shall be;
So now in starting on your trip,
Ask God to help you sail your ship.

~~ Author Unknown~~

“Write it on your heart that every
day is the best day in the year.”

- Ralph Waldo Emerson -



HELP FOR HURTING HEARTS

Depression and Grief:

Many grief experiences are similar to those of a major depression. Depression is a natural reaction to the death of a loved one. This type of depression is called a reactive depression. It occurs as a reaction to a specific event and its duration and intensity varies. In the blueprint of your grief are moments of wonderful, joyous laughter as you recall great times and humorous incidents. An immediate sense of depression may follow the laughter. This is normal. Your emotional roller coaster ride will gradually and gently slow down and level off. Occasionally, a grief event may lead to a full clinical depression requiring medical intervention.

If you are worried that you may be depressed, please make an appointment with your doctor or call me and I will make a referral to a physician for you.

Excerpt taken from:

<http://www.hospicenet.org/html/knowledge.html>



If you would like your loved ones picture in a special slideshow at the Celebration of Life, please call me at 270-885-6428, bring it by our office, or email it to: tinaltomlinson@hotmail.com. I need these photos as soon as possible and will also need you to sign a release giving me permission to use them.

The Celebration of Life for patients who passed away in the years **2008 and 2009 in Trigg, Caldwell and Lyon counties** will be held at the Cadiz United Methodist Church on Sunday, February 7th at 2:00 pm.

The Celebration of Life for patients who passed away in **2009 in Christian and Todd counties** will be held at the Virginia Street Baptist Church fellowship hall on Sunday, February 21st at 2:00 pm.

Invitations will be mailed this month to those who live in the local area.

If you require handicap assistance or have any questions, please call me.