

*“What we have once enjoyed deeply we can never lose.
All that we love deeply becomes a part of us.” – Helen Keller*



To our dear friends and family,

While grieving a loss is an inevitable part of life, there are ways to help cope with the pain, come to terms with your grief, and eventually, find a way to pick up the pieces and move on with your life.

1. Acknowledge your pain.
2. Accept that grief can trigger many different and unexpected emotions.
3. Understand that your grieving process will be unique to you.
4. Seek out face-to-face support from people who care about you.
5. Support yourself emotionally by taking care of yourself physically.
6. Recognize the difference between grief and depression.

The ANX Bereavement team is here for you.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Lucille Faciane'.

Lucille Faciane RN
Director of Hospice Care

WE'RE HERE FOR YOU

ANX Hospice Care provides grief and bereavement support for families, caregivers, and community members coping with a loss.

Our Bereavement Program is led by a compassionate counselor and is available for up to one year after your loved one's passing. We offer:

- *Bereavement telephone support*
- *Grief and spiritual counseling for individuals and families*
- *Memorial services*
- *Bereavement camps*
- *Monthly newsletter and cards*
- *Referrals to community resources*

Count on us to be here for you during this most difficult time. Call us at (650) 991-1106 for assistance.

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Mailbox

Our greatest reward is the heartfelt appreciation from our patients and clients. Here are just a few.



Dear Hospice Staff,

I would like to thank the Hospice staff for the beautiful flower arrangement you sent for my husband's funeral. It was very special and thoughtful. Thank you also for the comforting care he received in the last few days of his life.

Sincerely,
Geraldine B. & Family

From Facebook:

My husband is in hospice care now. I did not expect so much attention. Everybody treats us with utmost respect and support. Even the nurse who was visiting him before hospice called just to check on us both.

~Faina P.

NextSteps

Bereavement as a Journey in Relationship

by Abraham Alonzo, STL-MA, MTS, Bereavement Coordinator and Spiritual Counselor



During a home visit to one of our bereaved widower (a retired surgeon and former professor at a College of Medicine) just days after his wife's memorial service, I asked how he was doing. He said something that struck me: "Anything that is breakable ultimately breaks and anything that lives ultimately dies." This saying seems to give him meaning and purpose in his journey of his grief and helps with his process of grieving and acceptance. But he still had symptoms of unsettled grief issues.

After a few days, I sent him an email: "It has been a few weeks now since the death of your wife. We often hear messages that say, 'we should be better by now' or 'everyone experiences grief and you don't need support from anyone.' So, we tend not to reach out to others. In fact, we have unconsciously accepted those expectations and even believed that it may only take a few weeks or months to go through this. This may make your journey more difficult as we tend to deprive ourselves of social support. Relationships with family and friends is a necessary component in your healing process."

This note is then to convey to you and all those who are grieving that it is important to hear that "grief shared is grief diminished" and "grief heals best in the context of a journey in relationships." We are here to support you and pray with you in the healing of your grief but the harder part is on you to act and share your story to others who have similar experiences as you have for bereavement is a journey in relationship and the more you share your story the more grief becomes diminished and the more you open up and relate to others the more you are healed. [AA]

Ask ANXperts

What are the different stages of grief?

Everyone **experiences grief differently** and there is **no typical response to loss**. One of the most widely accepted frameworks for the grieving process was developed by Swiss psychiatrist Elisabeth Kubler-Ross and introduced in her 1969 Book *On Death & Dying*. According to the model, there are five stages of grief. Known by the acronym **DABDA**, the stages include:

DENIAL - in this stage, one is in a state of shock and denial. This denial serves as a defense mechanism to help us survive the loss.

ANGER - in the second stage, one feels angry and frustrated. This intense emotion may be directed at friends and family, complete strangers, or our deceased loved one.

BARGAINING - the third stage involves negotiation or seeking compromise. Guilt often accompanies bargaining and being lost in a maze of “if only” or “what if” thoughts.

DEPRESSION - once we move squarely to the present, depression sinks in. Our grief deepens and we further retreat into ourselves.

ACCEPTANCE - in this last stage, often marked by introspection and calm, individuals embrace and accept their new reality.

Kubler-Ross notes that the stages are not a linear and predictable progression, and not everyone goes through all of them in a prescribed order. While mourning is a universal emotion, grief is a deeply distinctive and singular experience. Seek support from friends and family or turn to a spiritual counselor for guidance. And find comfort in Tessa Shaffer words: “Grief isn’t the absence of love. Grief is the proof that love is still there.”

To learn more, check out this month’s *Recommended Reading*



QuickTips

Loss can be devastating, and grief can be crippling. Here are 5 tips for dealing with grief, from PsychCentral.com:

- Be patient with yourself
- Access support
- Honor your grief
- Understand that grief is a process
- Practice self-care

Your Bereavement Care Team at ANX Hospice Care is here to help and support you through this process. Reach out at **650.991.1106** or **hospice@anxlife.com**

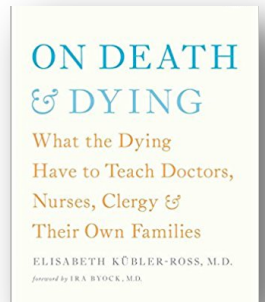
RECOMMENDED READING

On Death & Dying

by Elisabeth Kubler-Ross, MD

A classic bestseller on one of the most important studies of the 20th century,

On Death & Dying by Elisabeth Kubler-Ross introduces the essential foundation we need to understand death and the comforting wisdom and knowledge to help us heal. The most current edition features a new foreword by Dr. Ira Bryock, one of the leading scholars in palliative and hospice care. [AA]



WE MAKE A
LIVING BY
WHAT WE GET
BUT WE MAKE A
LIFE GIVE
BY WHAT WE

- Winston Churchill



COMMUNITY RESOURCES

Need additional help? Here are services and resources to tap:

- **Eldercare Locator:**
Services for seniors and families | eldercare.acl.gov
- **Private Caregivers:**
Home Instead
homeinstead.com
- **Transportation Services:**
Bayshore Ambulance
bayshoreambulance.com
- **Meal Services:**
Meals on Wheels
mealsonwheelsamerica.org
- **Financial & Legal Services:**
Creative Planning
creativeplanning.com

VOLUNTEER OPPORTUNITIES

Volunteering for hospice care provides a unique setting to learn life's greatest lessons, gain the wisdom and skills to manage challenging situations, and embrace the transformational journey of death and dying. In serving a purpose bigger than ourselves, we find the true meaning of humility and compassion.

- Patient support
- Respite support for family members
- Child care assistance
- Bereavement support
- Special skills and interests

Call us at **650.991.1106** to learn more.

CONTACT US

Transitions Bereavement Newsletter is published by ANX Hospice Care.

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