

“Resilience is knowing that you are the only one who has the power and the responsibility to pick yourself up.” – Mary Holloway



Dear friends and family,

In the beginning, you may find that staying busy keeps grief at bay, with family and friends around to assist you. But there comes a time when you will have to face the changes in your life. First and foremost, take care of yourself. Grief can be hard on your health. Try to eat right, exercise, and get enough sleep. Talk to caring friends or join a grief support group. Sometimes it helps to talk to people who are also grieving. Don't think you have to handle grief alone.

Most importantly, try not to make any major changes right away. It's a good idea to wait before making big decisions like moving or changing jobs. Remember—mourning takes time. It's common to have rollercoaster emotions. And if you need help or just want to talk, the ANX Bereavement team is here for you.

Sincerely,

Lucille Faciane RN
ANX Director of Hospice Care

5 Ways to Forgiveness

Make the decision to forgive

Acknowledge that forgiveness will benefit your mental and emotional health.

Express your pain

Don't be ashamed to cry or share your sorrow with a close confidante.



Address your loved one (in spirit)

Speak to them or write them a letter expressing all the things you are angry about and why.

Focus on the present

Bring yourself into the here and now and make today the best day of your life.

Forgive them—and yourself

Forgiveness is a way of tangibly letting something go. It's a sign of strength.

SOURCE: PsychCentral.com

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Mailbox

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

Dear ANX –

We want to express our thanks to Father Abraham for your beautiful email. I passed it on to my family.

Thank you for sharing this journey with us, our lives will never be the same.

I miss my dad terribly and still hear his voice and singing in my ear. When my mom feels stronger, we would like to go to lunch with you.

Thank you for making our memorial service extra special.

*God bless us all,
Ruvi C.*

Dear ANX Hospice Care,

Everyone has been wonderful. You are all on par with my care. I love Noel, he is wonderful and kind.

From Nan C.

Thank you, Father Abraham. It was a wonderful day and meeting you was a blessing. You have a difficult job but you bring great comfort to families.

*Sincerely,
Angie P.*

NextSteps

Multiple Levels of Anger

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



In a recent visit, a hospice patient recounted his experience with multiple levels of anger in his life. The patient was in his eighties, a former Pastor turned Chef with a debilitating terminal illness.

He recalled that the first event happened when he was in his teens. When his mom learned that he joined another religion, she slapped him. In his anger, he rebelled against her, strengthened his alliance with the new religion, and pursued Theology.

When he became a Pastor, he felt he was a victim of injustice because of the corruption of his senior Pastors. He recalled that one day, his heart heavy with anger, he brought a gun to a meeting intending to shoot those who betrayed him. But he decided to forgive his enemies because as his wife admonished, “They are just human like us.”

Some years later, when he was diagnosed with a terminal illness, he became depressed, angry, and thought of ending everything in his suicidal ideation. What saved him was turning to prayer and to thoughts of his family, especially his three grown children and many grandchildren who gave him a reason to live.

On that visit, my intervention was simply using the power of affirmation as his Spiritual Counselor. I saw in him a true witness to God’s grace by the power of forgiveness. Here was a pastor with the heart of a true shepherd who lived his life as a witness to his calling, leaving a legacy of love and forgiveness with his family. After reciting the forgiveness prayer with his family, he smiled and he started to sing: “I Believe in Miracles.” Just a few days after that visit, he died peacefully surrounded by his family and loved ones. [AA]

Ask ANXperts

What are Advanced Directives?

Advanced directives are legal documents that allow you to detail your decisions about end-of-life care ahead of time. They provide your family, friends, and health care professionals with information on your desired treatments or procedures when you can no longer make your own healthcare decisions.



What are examples of Advanced Directives?

California law recognizes two types of Advanced Directives:

- Instructions for health care (Living Will)
- Power of Attorney for Healthcare

A **Living Will** tells your doctor or other health care providers whether or not you want life-sustaining treatments or procedures administered to you if you are in a terminal condition or permanent unconscious state. It is a “living will” because it takes effect when you are still alive.

A **Power of Attorney for Healthcare (PAHC)** is a legal document which allows you (the “Principal”) to appoint another person (attorney-in-fact or agent), to make medical decisions for you if you should become temporarily or permanently unable to make those decisions yourself.

Who can be appointed as my agent?

You can select any member of your family—such as your spouse, child, brother, or sister—or a close friend. If you select your spouse and then become divorced, the appointment of your spouse as agent is revoked.

QuickTips

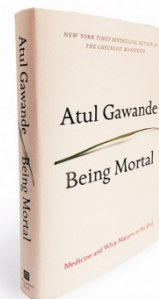
You can appoint almost any adult to be your attorney-in-fact or agent. But in selecting this individual, consider someone who is knowledgeable about your wishes, values, and religious beliefs. You CANNOT appoint the following:

- Your supervising healthcare provider
- An operator or employee of any healthcare institution or residential care facility where you are receiving care

RECOMMENDED READING

Being Mortal

by Atul Gawande



Named a Best Book of the Year by *The Washington Post*, *The New York Times Book Review*, NPR, and *Chicago Tribune*, “Being Mortal” provides a moving

look at aging and death in our society, and at the harms we do in turning it into a medical problem, rather than a human one. Atul Gawande, a practicing surgeon, reveals the struggles of his profession and examines its ultimate limitations and failures—in his own practices as well as others’—as life draws to a close. Riveting, honest, and humane, *Being Mortal* shows how the ultimate goal is not a good death but a good life—all the way to the very end.

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

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