

*The only person we have the right or power to forgive is ourselves.  
For everything else, there is the Art of Acceptance.” – Rebecca O’Dwyer*



Dear friends and family,

It's important to understand what grieving entails, because misconceptions complicate the healing process. Caregiving may give rise to an especially complicated set of emotions during mourning. You may find comfort in knowing your loved one is no longer suffering. You may feel an almost intoxicating sense of relief, since you're released from the overwhelming task of caregiving. Many people feel guilty to experience both grief and release—these feelings are normal. They don't mean you loved the person any less deeply, just that you're human.

Everyone is transformed by grief at some level. To assume that life will be exactly as it was is unrealistic and potentially damaging. Instead of "total recovery," think of integrating the loss and moving forward in steps, without the physical presence of your loved one. Acceptance leads to rebirth, allowing you to become re-involved in life in new ways and at your own pace.

Sincerely,

Lucille Faciane RN  
ANX Director of Hospice Care

## 8 BENEFITS OF FORGIVENESS

Forgiveness allows the body and mind to heal, helping you build healthier relationships with those around you.

1. Become Happy Again
2. Spiritual Growth Happens
3. Time to Create the Life You Want
4. Become More Present in Life
5. Become More Compassionate
6. Improve Your Overall Health
7. Create Healthier Relationships and Friendships
8. Reduce stress and anxiety



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## Mailbox

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

"Khoi, thank you for recommending the support group in San Francisco. I felt better after visiting them, and will try to join as often as I can. Thank you!" --Faina

Dear Ila and team -  
Thank you so much for assisting our family during this difficult time." -Dana D.

Dear Allan & Lisa,  
Words cannot express how grateful we are for your presence at our Mama's service and for the beautiful standing white flowers spray flowers you sent at the viewing. We appreciate your love, prayers, and support during this difficult time. Thank you for caring for our Mama all these years.

## NextSteps

### *The Healing Power of Forgiveness*

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



Just as Tylenol is an antidote for headache, forgiveness is an antidote for the deepest effects of the pain of anger. Many of us have been hurt many times in our life by people who are careless, thoughtless, or deliberately cruel. Perhaps from parents' abuse, siblings' rivalry, classmates' bullying, a friend's disloyalty, a spouse's infidelity, tactless words from an acquaintance, or even a neighbor's acid tongue. The hurt could last a lifetime especially if it cuts deep into our ego. It is like traversing the emotional spectrum from a bright sunny day to the deepest level of anger that affects the entire person from physical, emotional, psychological, and even spiritual pain.

We may have heard the adage: "To err is human, to forgive divine." We are all human hence we are prone to make mistakes and our natural tendency is to be angry and fight back in revenge. If we take that road, we may be embroiled into a vicious cycle of all kinds of violence – hence taking the way of revenge is like digging two graves: one for you and one for your enemy.

And often we think that forgiveness benefits only the one who receives forgiveness. It takes a bigger heart to forgive, someone who realizes that holding on to grudges or negative emotions only hurts them even more.

Is life that is consumed by anger, rage, bitterness, resentment, guilt, and even despair worth living? Absolutely NOT. When those

*(continued on next page)*



levels of anger consume a person it only brings more depression and a life filled with misery where one feels more victimized and powerless. That is why experts say that about 90% of all illness come from stress—be it ulcer, migraine, high blood pressure, insomnia, complications from debilitating illnesses, etc.

Forgiveness is healing. Forgiveness is the only real way to heal yourself from all levels of anger and distress. By your act of forgiveness, you can stop the virus of pain and the many complications caused by stress. Forgiveness is liberation. There is a saying: “Every time you hold a grudge against anybody, it is like drinking a poison then wishing your enemy to die!” Forgiveness is letting go of the hurt that has been poisoning your entire life. When you decide to forgive, you liberate yourself. It is about moving out of victimhood and taking your power back.

Finally, forgiveness is a gift you give yourself. It means granting yourself the permission to be happy and move on with your life. [AA]



**Do you have more questions about  
grief and loss?  
We are here for you!  
Call your ANX Bereavement  
Team at 650.991.1106 today.**



## QuickTips

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### Ways to Give Your Mind a Break

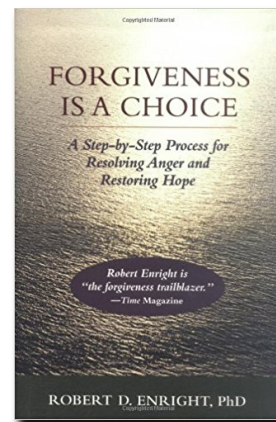
- Stop Stressing
- Stop Worrying
- Give rest to the problems weighing you down
- Lighten Up
- Forgive Yourself
- Forgive Others

RECYCLED PAPER

## RECOMMENDED READING

### *Forgiveness is a Choice: A Step-by-Step Process for Resolving Anger and Restoring Hope*

by Robert D. Enright, PhD



“*Forgiveness is a Choice*” by Robert D. Enright shows how an individual can use forgiveness as a tool to reduce the suffering from anger and depression. This

self-help book will help an individual regain their self-esteem and to restore hopefulness in one’s own future. The book focuses on how forgiveness heals the forgiver rather than the forgiven and how this will bring clarity and peace to an individual’s life.

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](http://eldercare.acl.gov)
- **Private Caregivers:**  
Home Instead  
[homeinstead.com](http://homeinstead.com)
- **Transportation Services:**  
Bayshore Ambulance  
[bayshoreambulance.com](http://bayshoreambulance.com)
- **Meal Services:**  
Meals on Wheels  
[mealsonwheelsamerica.org](http://mealsonwheelsamerica.org)
- **Financial & Legal Services:**  
Creative Planning  
[creativeplanning.com](http://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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