

Transitions

Issue 10 of 12
ANX Hospice Care
Bereavement Newsletter

"I would say to those who mourn... look upon each day that comes as a challenge, as a test of courage. The pain will come in waves, some days worse than others, for no apparent reason. Accept the pain. Do not suppress it. Never attempt to hide grief." - Daphne du Maurier



"Depression is an illness that requires a good deal of self-care," writes psychologist Deborah Serani, PsyD, in her book *Living with Depression: Why Biology and Biography Matter along the Path to Hope and Healing*. Here are some suggestions for taking care of ourselves:

1. **Get enough sleep.** Sleep has a big impact on mood disorders. Too little sleep exacerbates mania and too much sleep worsens depression.
2. **Get moving.** Depression's debilitating effects make it difficult to get up and get moving, which helps decrease depression. Instead of feeling overwhelmed, start small with gentle movements like stretching, deep breathing, taking a shower, or doing household chores.
3. **Eat well.** We know that nourishing our bodies with vitamins and minerals is key to our health. The same is true for depression. Poor nutrition can actually exacerbate exhaustion and impact cognition and mood.

And if you need someone to talk to, ANX Hospice Care is here to help. Connect with us at **650.991.1106**.

Yours sincerely,

Lucille Faciane, RN
Director of Hospice Care

VOLUNTEER TO BE BETTER

by Pauleen Balino

When you volunteer you allow yourself to function in a way that helps others. When volunteering:

- *Find somewhere that makes you happy, i.e. working with dogs at a shelter or maybe working at a soup kitchen to serve food for others.*
- *Allow yourself to build more motivation to go and do more things for others to fight your depression.*
- *You create a new sense of purpose when volunteering to help others.*
- *Giving back to others is an amazing start to bettering your overall being.*



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Mailbox

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

ANX Hospice has been wonderful. Special thanks to Khoi for making Grant smile. – M. Castro

"I appreciate you for taking care of the service. Each and everything you did to make it wonderful for RC and for me. You did a wonderful job for us thanks." – L. Hendricks

Thank you to Noel at ANX Hospice Care. He took good care of my Father-in-Law, J. He was very gentle and caring, not only to J but to everyone. – Dina

NextSteps

Deep Depression in Grief

by Abraham Alonzo, ANX Spiritual/Bereavement Counselor



Normally, a bereaved person will be able to work through the process of grief. With time and support, they can easily accept and make sense of the loss, process through pain and adjust to a new life with a sense of acceptance. Deep depression is more challenging and complicated.

First, when symptoms of deep depression manifest, it is important to allow yourself to feel the pain and all other emotions. Let your emotions flow without judgement or expectations. Remember that crying is not only a sign of love it is also a way of healing yourself—always encourage people grieving to pour out their emotions.

Second, be patient with the process. Never pressure yourself with any expectations and accept that you need to experience your pain. Expressing your emotions are key to healing in your own time. No one can tell you how you should mourn or when to stop. Be a good listener, give reassurance, and offer to help when necessary.

Finally, learn to forgive yourself for all the things you did or failed to do. Forgiving yourself and others is crucial to your healing. If the grieving person begins to abuse drugs or alcohol, neglect hygiene or begins to talk about suicide, it may be a sign of complicated grief. It's time to get professional help or call ANX helpline 650-991-1106. We are here for you. [AA]

Ask ANXperts

Working Out Depression

by Daniel Francisco

Depression is a mental health disorder characterized by a persistent feeling of sadness and hopelessness often accompanied by a loss of interest in activities, causing significant impairment in daily life. Possible causes include a combination of biological, psychological, and social sources of stress.

There are many events that cause stress on the human body, however, not all stress is bad. There are actually two different types of stress: eustress and distress. *Eustress* refers to normal to moderate stress levels and is beneficial for your mental health. *Distress* is extreme anxiety, pain, or sorrow; too much distress is detrimental to your mental health and can lead into a depressive state.

Although depression feels like a constant uphill battle, there are many strategies to overcoming it. One method is through exercise. Exercising has many benefits that counteract the effectiveness of a depressive state. It creates stronger resilience through obstacles, boosts the immune system, and patients who are active actually experience increased levels of dopamine. Dopamine has a powerful effect on many physical and cognitive functions, including movement, motivation and memory. It's also responsible for the feelings of reward and pleasure, which is why it's often considered "the pleasure neurotransmitter." Exercising allows you to distract yourself from daily stressors while focusing on reaching new life goals.

Life may be hard for you right now, but the best way to fight and win this battle is by investing in your mind, body, and soul for a better tomorrow. [D.F.]

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



QuickTips

No.....
Date.....

4 Benefits of Exercise

1. Exercising creates stronger resilience through obstacles.
2. Exercising boosts the immune system and increases levels of dopamine in our bodies.
3. The rise of dopamine levels creates a powerful effect on physical and cognitive functions which include movement, motivation and memory
4. Exercise allows you to distract yourself from daily stressors while focusing on reaching new life goals

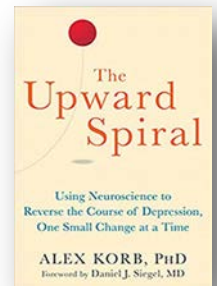
RECYCLED PAPER

RECOMMENDED READING

The Upward Spiral

by Alex Korb PhD

Dr. Alex Korb, a neuroscientist who earned his doctorate at UCLA, explains complex brain functions and neurotransmitters and their roles in depression. On top of his easy-to-understand analogies and personal stories, his light humor makes the book not just informative, but uplifting. A depressed brain has a bias toward negativity, bringing bad memories and self-criticism to light much more easily. Controlling bad habits, he explains, is all about putting our prefrontal cortex to use. This book will teach you about depression in hopes to guide you to understanding and growing past depression.



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.

Our offices are located at 455 Hickey Blvd. Ste. 320
Daly City, CA 94015-2629

TEL: 650.991.1106
FAX: 650.991.1107
hospice@anxlife.com

anxhospicecare.com

