

# LIFT

*Grief is a process, not a state. –Anne Grant*

August 2023	Living Is For Today
Bereavement Newsletter	West Texas Rehab’s Hospice of San Angelo

## IMPORTANT DATES TO REMEMBER

<u>Grief Education Support Group</u>	<u>Monthly Luncheon</u>
Monday, August 1, 5:30 pm	Tuesday, August 15, 11:00 am
WTRC/HOSA Bates Bereavement Center	WTRC/HOSA IDT Room
1933 University Avenue	1933 University Avenue

Pet Loss Memorial Service  
Thursday, September 14, 6:15 pm  
Pavilion, Civic League Park (International Waterlily Collection)  
2 S. Park Street, San Angelo

Building Bridges:  
A Support Group for Grieving Children and Their Families  
Tuesdays, September 19 – October 24, 6 :30-7 :30 pm  
WTRC/HOSA Bates Bereavement Center

*For more information about any of HOSA’s bereavement offerings, including individual counseling, support groups, and/or memorial services, please call the Bereavement Department at 325-658-6524 or email Karen at [kschmeltekopf@wtrc.com](mailto:kschmeltekopf@wtrc.com). For information about Building Bridges, please contact Libby at [lprobandt@wtrc.com](mailto:lprobandt@wtrc.com).*

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Do you have any kind of relationship with someone when they die? Of course. You have a relationship of memory. Precious memories, dreams reflecting the significance of the relationship and objects that link you to the person who died (such as photos, souvenirs, clothing, etc.) are examples of some of the things that give testimony to a different form of a continued relationship. This need of mourning involves allowing and encouraging yourself to pursue this relationship.

The process of beginning to embrace your memories often begins with the funeral. This ritual offers you an opportunity to remember the person who died and helps to affirm the value of the life that was lived. The memories you embrace during the time of the funeral set the tone for the changed nature of the relationship.

Embracing your memories can be a very slow and, at times, painful process that occurs in small steps. Remember—don’t try to do all of your work of mourning at once. Go slowly and be patient with yourself....

...[R]emembering the past makes hoping for the future possible. Your future will become open to new experiences only to the extent that you embrace the past and move toward your grief.

--Alan D. Wolfelt, Ph.D.  
*The Journey Through Grief*

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If there is one thing grievors know, it is how changeable our moods can be. One moment we are relatively calm, in control, keeping our grief at bay. The next moment we are overwhelmed, our equilibrium shattered.

Anything can send us off—a fragrance, the words of a song, an article in the newspaper that reminds us of our loss, the first sign of spring—and our loved one not here to share it. Even minor holidays...can send us reeling.

Other times we are carefree, relishing the moment—the beauty of snow, the warmth of fire, the comfort of hot cocoa, the presence of friends. And we wonder why we are so susceptible to such mood swings. We may even wonder about our sanity—When will my moods be more measured so I am not always in danger of being swept away, or falling through the trapdoor of despair?

Our lives have been shattered by loss. Of course it will take time for the pieces to come together in any coherent pattern.

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*I will be patient with myself, honoring the seasons of my grieving, trusting I am on my way to being healed.*

--Martha W. Hickman  
*Healing After Loss*

*Thank you to all WTRC HOSA volunteers! Whether it's delivering flowers, helping with the monthly lunches or LIFT newsletter, or visiting patients, to name just a few, we couldn't do the work of HOSA without you! If you are interested in knowing more about HOSA volunteer opportunities, please contact Shrona Shannon at 325-658-6524 or email her at [sshannon@wtrc.com](mailto:sshannon@wtrc.com).*

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