

LIFT

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

July 2023

Bereavement Newsletter

Living Is For Today

West Texas Rehab's Hospice of San Angelo

IMPORTANT DATES TO REMEMBER

Grief Education Support Group

WEDNESDAY, July 5, 5:30 pm

WTRC/HOSA Bates Bereavement Center

1933 University Avenue

Monthly Luncheon

Tuesday, July 18, 11:00 am

WTRC/HOSA IDT Room

1933 University Avenue

Please notice : Due to the July 4th holiday being on the first Tuesday of July, the Grief Education Support Group will meet on WEDNESDAY, JULY 5.

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.

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ONE OF THE BENEFITS OF ATTENDING THE GRIEF SUPPORT GROUP AND LUNCH

One reason self-help and recovery groups are so effective is that they enlist us in helping one another—so that in each transaction two people are helped and our coping muscles are strengthened in helping another through the familiar rapids.

To help another is to forget, for a few moments at least, one's own primary consuming need. We gain a little perspective in knowing we're not the only one.

And, having a similar need, we understand one another, are bonded together in ways that only those who have traveled the same pathway can be. We don't need to explain ourselves. The other knows. He or she has been there.

Initially, in these pairings we will be the needier. Someone who has been there can be our guide, our hope-inducing model.

Then, after a while, we will take our turn as the guide. But even then, the sorrow that lingers will lessen as we bring life-giving hope to another: *See I made it through. So can you.*

--Martha W. Hickman

Healing After Loss

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If we are to heal, we cannot skirt the outside edges of our grief. Instead, we must journey all through it, sometimes meandering the side roads, sometimes plowing directly into its raw center....the journey requires mourning. There is an important difference, you see. Grief is what you think and feel on the inside after someone you love dies. Mourning is the outward expression of those thoughts and

feelings. To mourn is to be an active participant in our grief journeys. We all grieve when someone we love dies, but if we are to heal, we must also mourn.

Self-care when we are grieving is essential to our survival. For it is in nurturing ourselves—in allowing ourselves the time and loving attention we need to journey through our grief—that we find meaning in our continued living. It is in having the courage to care for our own needs that we discover a fullness to living and loving again.

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I understand that allowing the full reality of this death to enter my head and heart is a source of necessary hurt. While I do not seek the hurt, I seek the healing. Once I understand that, the pain actually begins to dissolve. Yes, I still hurt, but the depth of the pain will ease over time.

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

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Thank you to all WTRC HOSA volunteers! Whether it's caring for patients, delivering flowers, helping with the monthly lunches, printing and folding the LIFT newsletter, or working in the Building Bridges program, 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.

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If you would like to receive the LIFT newsletter via email rather than a hard copy, or if you would like to add or remove someone (including yourself) from the mailing list, please contact Karen at 325-658-6523, kschmeltekopf@wtrc.com. Thank you.

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