

# Calvary in Touch

## Greetings

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For many of us, the summer months bring back our energy and vitality to be more a part of the world – to plant, to take walks and to plan trips and outdoor activities that bring us joy. For those of us who are left grieving during these sunny and warm months, the world may feel heavier.

Grievers often talk about the bitter-sweet memories that summer brings; reminders of moments spent together enjoying one another. The summer months bring a rush of activity to indulge in the brevity of warm weather for us in New York. One of my group members painfully admits that this season is a reminder that there is no more growing for her partner...he remains forever etched in her memories but there won't be any

new memories to be made with him.

Despite all the pain trickling into the summer season during grief, people also find that the nice weather offers some small willingness to push themselves to get out. Those sharing in their grief push each other to participate in some small, enjoyable activities that are life-affirming for them.

As you walk through these days, please take time to nurture yourself in the best way you can. Allow yourself to take a deep breath in those difficult moments and remind yourself that these feelings are a part of your grief.

*Maria Georgopoulos, LMHC, FT  
Director of Bereavement Services*

## Spotlight On: Love Locked

On Wednesday, May 23, the Brooklyn teen bereavement group took its session to the Fulton Ferry Landing of Brooklyn Bridge Park. Surrounded by the immortal words of Walt Whitman's "Crossing Brooklyn Ferry," the teens enacted a remembrance ritual with "love locks." Each member of the group received a love lock, a padlock engraved with their choice of initials or their loved one's name, along with a key. As they placed their locks on the fence overlooking the East River and paused for a moment of silence, they shared with one another the thoughts

and feelings that arose from participating in the ritual.



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## *Spotlight On: Love Locked*

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Love locks have traditionally been placed on bridges or fences all over the world, usually by lovers, as a symbol of everlasting commitment. The act of love locking has taken on a life of its own with people using padlocks to commemorate or create new memories with family and friends. After hearing the history of the ritual, the teens reflected on the relationship the lock represented.



They were reminded of continuing bonds, normalizing for them that it is perfectly fine to

maintain ongoing connections with their deceased love ones.

The meaningful session was preceded by a walk through Downtown Brooklyn and a stop at the Brooklyn Ice Cream Factory for a treat and self-care.



*Rashida Sanchez, MA, FT  
Bereavement Services*

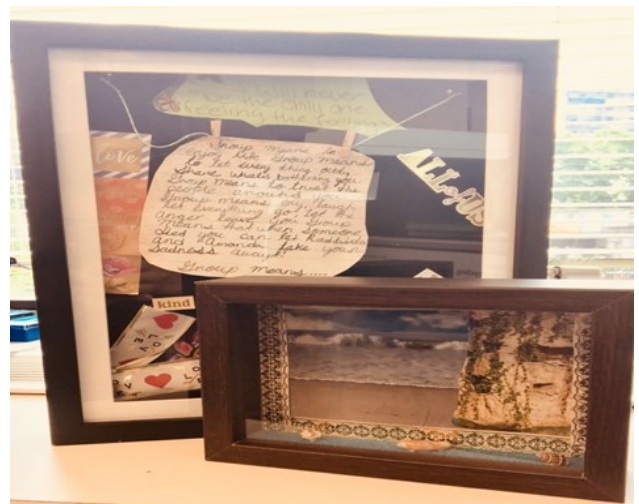
## *Event Follow-up: Remembering Our Parents Workshop*

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Thank you to those who were able to make it out to our annual Remembering Our Parents Workshop. This year, our topic of discussion was continuing bonds with parents who have died. This can be achieved through a number of remembrance activities that facilitate a feeling of connectedness. Although these activities are highly personal and no two people may choose to remember their family members the same way, letter writing, scrapbooking and even listening to your parent's favorite song are all examples of remembrance activities.

At this year's workshop, we constructed shadowboxes, which are similar to picture frames. As participants filled the boxes with notes, pictures and other memorabilia, they were asked to reflect on the lives of their loved ones. In doing this, they were given the space to discuss their family members and reminisce on memories that may have been previously forgotten.

It was a joy to make connections and honor our loved ones together.



*Devon Taylor, MA  
Bereavement Services*

# Monthly Calendar

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## BRONX GROUPS

Adult Death of a Child  
Wednesday: Joanne  
1:00 pm - 2:30 pm  
Every other Thursday: Sherry  
12:30 pm - 2:00 pm

Adult Death of a Parent  
Wednesday: Stephanie  
6:00 pm - 7:30 pm  
Thursday: Joanne  
5:00 pm - 6:30 pm

Death of a Sibling  
Tuesday: Joanne  
5:30 pm - 7:00 pm

Death of a Spouse/Partner  
Tuesday: Joanne  
1:00 pm - 2:30 pm  
Tuesday: Andrew  
5:30 pm - 7:00 pm  
Thursday: Amy  
7:00 pm - 8:30 pm

Death of a Young Spouse/  
Partner  
Wednesday: Joanne  
5:30 pm - 7:00 pm

Spanish Speaking Group  
Monday: Yvette  
12:30 pm - 2:00 pm

Young Adult Group  
Monday: Devon  
6:30 pm - 8:00 pm

Precious Moments Ages 6 - 9  
4:30 pm - 6:00 pm  
Wednesday: Devon  
4:30 pm—6:00 p.m.

Thursday: Devon  
In Be-tween Ages 10 - 12  
Thursday: Justin  
6:15 pm - 7:45 pm

Teen Group Ages 13 - 17  
Tuesday: Justin  
4:45 pm - 6:15 pm

Death of a Sibling  
Tuesday: Joanne  
5:30 pm - 7:00 pm

## BRONX GROUPS (Cont.)

Men's Discussion Group  
Every other Thursday: Sherry  
12:30 pm - 2:00 pm

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Calvary Hospital  
1740 Eastchester Road  
Bronx, NY 10461

## BROOKLYN GROUPS

Precious Moments Ages 6 - 9  
Tuesday: Rashida  
Thursday: Abby  
Both days: 4:00 p.m. - 5:30 pm

In Be-tween Group Ages 10 - 12  
Thursday: Lily  
4:00 pm - 5:30 pm

Death of a Spouse/Partner  
Thursday: Rashida  
5:00 pm - 6:30 pm

Death of a Young Spouse/  
Partner  
Thursday: Abby  
6:00 pm - 7:30 pm

Adult Death of a Parent  
Tuesday: Rashida  
6:00 pm - 7:30 pm

Death of a Child  
Monday: Rashida  
5:30 pm - 7:00 pm  
Thursday: Lily  
6:00 pm - 7:30 pm

Teen Group Ages 13 - 17  
Tuesday: Abby  
Wednesday: Rashida  
Both days: 4:00 pm - 5:30 pm

Young Adult Group  
Tuesday: Abby  
6:00 pm - 7:30 pm

Mindfulness & Movement for  
Grief  
Monday: Lily  
5:30 pm - 7:00 pm

## BROOKLYN GROUPS (Cont.)

Mindfulness & Movement for  
Grief  
Monday: Lily  
5:30 pm - 7:00 pm

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St. Joseph High School  
80 Willoughby Street  
Brooklyn, NY 11201

## MANHATTAN GROUPS

Precious Moments  
for Children 6-11  
Tuesdays: 4:00 pm - 5:30 pm

Adult Death of a Parent  
Wednesdays: 5:30 pm - 6:45 pm

Death of a Spouse/Partner  
Wednesdays: 7:00 pm - 8:15 pm  
Thursdays: 6:00 pm - 7:30 pm

Teen Group Ages 12-17  
Thursdays: 4:00 pm - 5:30 pm

***For more information or to  
schedule an appointment;  
please call Lynne Marie  
at (718) 518-2173***

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St. Jean Baptiste High School  
173 East 75th Street  
New York, NY 10021

## MEMORIAL SERVICES

Bronx Christian  
July 14  
August 11

Bronx Jewish  
July 15

Brooklyn Christian  
July 1

Brooklyn Jewish  
July 1

***All groups are free & open to the community. Please call to schedule an appointment***

## Contacts

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|-------------------------------------|-----------------------|--|
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| Sherry Schachter, PhD., FT          | (646) 739-6480        | sshachter@calvaryhospital.org            |
| Executive Director Emerita          |                       |  |
| Abby Spilka, MA, CT, MHC-LP         | (917) 574-6879        | aspilka@calvaryhospital.org              |
| Devon Taylor, MA                    | (917) 708-0133        | dtaylor@calvaryhospital.org              |

## Tree of Life



*Calvary Hospital complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.*

Through the Tree of Life, we can recognize your significant naming gift in a permanent and meaningful manner. Your loved one's name will exist in perpetuity with the lifetime of the Hospital.

This a loving way of memorializing someone special to you or saying thank you, because your gift of love helps patients and families today and for many years to come.

For more information on the Tree of Life, contact Sandrina Fernandez at **718-518-2039**.

*Calvary In Touch has been made possible by a generous bequest from Michael Camara*