

Calvary in Touch

Greetings

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It's hard to believe we are ever so quickly moving into the cooler weather. The winter months can stir up grief triggers you had not expected. While most people anticipate the grief of the holidays, the ordinary moments of the winter season can trigger grief. It could be that memories of skiing with your partner or pumpkin picking with your child can bring a rush of sad feelings back.

The winter season weather can be harsh, adding to the difficult moments of grief, so please remember to give yourself more space for your emotions and more connection with others for your spirit. As we move into this new season, we wanted to take this time to highlight stories from our annual children's camp in the Summer and a mother's story of love and loss.

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

Spotlight On: Stephanie Garcia

My first son, Sincear Michael Williams, was born on Friday March 2, 2001. Sincear was a genuine and loving young man who was well respected within his community. Perhaps no one adored him more, however, than his little brother, Jaycee. Sincear and Jaycee seemed inseparable at times. Wherever Sincear went, Jaycee was never far behind.

On Wednesday December 28th of 2017, Sincear left home and headed to a friend's sweet 16 birthday party held at Maestros Catering Hall. In the early morning hours, around 12:22 am, Sincear decided to leave the party. As he was headed out to meet his Uber driver, a fight broke out and he was shot once in the face. As soon as Sincear was shot, he reached for his phone and facetimed me saying, "Ma, I got shot." I rushed to Maestros as quickly as I could. Upon my arrival, Sincear was lying on the ground and EMS had yet to arrive. By the time we made it to the hospital, it was too late. My son Sincear, only 16 years old, was pronounced dead at 1:05 a.m.

Shortly after his death, people began to tell me that my son Jaycee and I needed to enter into therapy to process the trauma

we had both endured. My response was always the same: "What good will therapy do? That cannot help us. Therapy will not bring my son back." Finally, after months of consideration and urging by my close family and friends, I decided to reach out to Calvary Hospital's Bereavement Services for help. I enrolled my son Jaycee in the Precious Moments Bereavement Program for children. Before he started the group, Jaycee would rarely speak about the death of his brother. The sadness was too overwhelming for him to put into words. Once he began attending the group I witnessed my son begin to transform. He has started to open up and speak about his grief experience.

Jaycee's positive response to attending bereavement groups at Calvary inspired me to start my own non-profit organization in memory of my precious son, Sincear. At Forever Sincear, INC., we have peer led support groups for anyone who has lost someone to violence.

The pain from losing a loved one will never go away, but it is our goal to make sure no one who has suffered this type of loss feels alone. I am



Spotlight On: Stephanie Garcia

very thankful to Calvary Hospital and the entire Bereavement Staff for working with my son and inspiring me to help others in the community.

For more information about Forever Sinclear Inc., please visit our website: www.foreversinclearinc.org

Stand Clear of the Closing Doors : A Journey through Camp Compass® and the Special Campers Whose Path Led Them to Us

Calvary's Camp Compass® has been an instrumental program offered to children and teens enrolled in Calvary's Bereavement Program. Camp Compass® is a place where bereaved campers are encouraged to use art to further explore their emotions and as a tool to help cope and process their grief. It is a place where campers are supported as they think of their loved ones who have died and that normalizes their experience in grief while reassuring them that it is okay to laugh, play, smile, and live for tomorrow. The campers, with the support of the counselors assigned to them, explored, shared and processed their grief experience.

The week was filled with activities that helped form the idea that it's okay to find joy in the events we involve ourselves in even when our loved ones are no longer around to share and experience them. The camp experience is a mix of bereavement activities as well as recreational activities. This year campers participated in a video slideshow memorializing their loved ones who died, a day of dancing and bbq, an obstacle course and a memorable closing ritual to end the week; just to name a few of the camp's activities.

Through building a wooden subway train that would symbolize or represent their journey in grief, campers were invited to share their grief experience. The children and teens, with the help of their counselors who worked so diligently to support them, worked on their trains using art media (i.e. paint, glitter, markers, stickers) as prompts to express and share what they felt in their grief. Watching as the camper's faces were intently focused on the various

parts of their journey was encouraging. The laughter and the smiles that were captured were infectious. It was hard not to respond to their heartwarming gestures; the comfort that was felt led campers to share their memories and the thoughts that may have been on their mind since the death.

The camp experience revealed to the observer the promise of hope being delivered when witnessing the smiles and laughter of the campers who shared and processed as they placed their loving touches on their trains. As I observed the campers I wondered what thoughts might have been going through their minds as they continued to work on their trains and what it was that encouraged the colors, shapes and various decorative trimmings. I recall one camper sharing how they felt stuck in their grief for a time, just as trains tend to get stuck in their stations.



It is the mission of the bereavement team to get the children and teens of our program to continue to grow through their grief journey. We want them to feel that it is okay to think, to speak and to share in their loved one's memories; to share the special moments that encourage hope and the parts of their loved ones that they inherited internally. We want the children and teens of our program to form the belief that they will be okay and that one day the memories that stir up pain will also bring on feelings of comfort when remembered.

Joanne Castellanos, MHC-LP
Bereavement Services

Monthly Calendar

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
5:15 pm - 6:45 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
Thursday: Joanne
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

Precious Moments Ages 6 - 9
4:30 pm - 6:00 pm
Wednesday: Sarah
4:30 pm - 6:00 p.m.
Thursday: Sarah

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

Teen Group Ages 13 - 17
Monday: Sarah
4:30 pm - 6:00 pm

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

Calvary Hospital
1740 Eastchester Road
Bronx, NY 10461

BROOKLYN GROUPS

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

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

Teen Group Ages 13 - 17
Wednesday: Rashida
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
Tuesday: Abby
6:00 pm - 7:30 pm

Young Adult Group
Abby
Dates to be determined

Mindfulness & Movement for
Grief
Dates to be determined

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

MANHATTAN GROUPS

Precious Moments
for Ages 6-11

Teen Group Ages 12-17

Adult Death of a Parent

Death of a Spouse/Partner

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

Terence Cardinal Cooke
1249 5th Ave.
New York, NY 10029

MEMORIAL SERVICES

Bronx Christian
November 10
December 8

Bronx Jewish
December 16

Brooklyn Christian
November 18
December 9

Brooklyn Jewish
No Service Until 2019

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

Contacts

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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 is 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