

Calvary in Touch

Greetings

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For some, a new year holds the hope of new beginnings and resolutions, but what does a new year mean when you are in the midst of your grief? It may be so hard to imagine a new year without your loved one's physical presence in it. After my mother's death, counting down into a new year always included a measure of heartache with the realization that my mother would not be a part of my adventures for another 12 months.

The heartache will be there as we grieve but that's not the only thing there inside of us.

We can carry our grief with us and also make room for something else, a measure of hope and the resolve to continue on despite our pain. We may not know what our lives will look like in the aftermath of death but we can put one foot in front of the other and see where the path takes us. We can allow ourselves to feel the pain of our loss but also to live, to appreciate the blessings we still have around us.

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

Spotlight On: Our New Manhattan Home

As the bereavement needs of the community grow, our Manhattan location has expanded. Calvary Bereavement Services is now in residence at Terrence Cardinal Cooke Health Care Center at 1249 Fifth Avenue, between 105th and 106th Streets, across the street from Central Park. We can be found on the 9th floor. The spacious suite includes a waiting room, two offices, and two conference rooms.

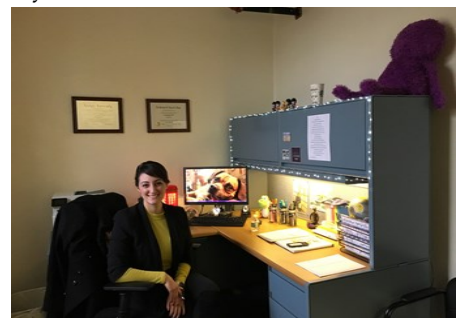


Bereavement groups began in December and serve young children and teenagers who have experienced the death of someone significant in their lives, as well as adults who have experienced the death of parents, spouses, or partners. To schedule an intake for any of these groups,

call Stephanie Insalaco, Bereavement Counselor, at (646) 771-6604.

Like Calvary Hospital, Terrence Cardinal Cooke Health Center is part of Archcare, the continuing care community of the Archdiocese of New York. This health care facility serves a variety of populations.

There are people needing short-term rehab as well as long-term care. There are specialized units for people with neurodegenerative disorders, developmental disabilities, Parkinson's Disease, and HIV/AIDS. On any given day one might see new patients arriving, or residents using wheel chairs to get to the next activity.



Spotlight On: Our New Manhattan Home

The new office is well-served by public transportation.



Take the 6 to 103rd Street and Lexington, and walk three blocks west and two blocks north. In addition, the M1, M2, M3, M4, and M106 stop at 5th Avenue and 104th St.

We look forward to welcoming the community to the new office and are grateful to the staff of St. Jean Baptiste High School for providing a lovely home to our bereaved families for the past several years.

Abby Spilka, MA, CT, MHC-LP

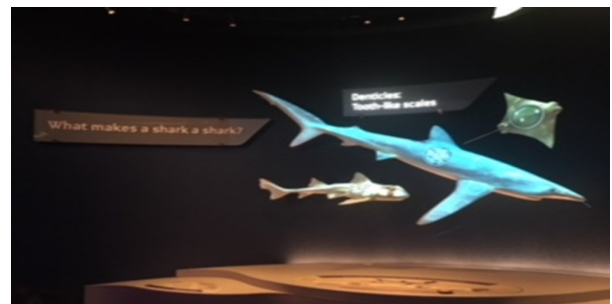
Events: Aquarium Trip

Sea Lions, Penguins and Sharks, O My!

On Monday, November 12, Calvary's children and adolescent bereavement groups travelled to the New York Aquarium in Coney Island for a camp reunion. Members of our Precious moments, Tween, and Teen programs from Brooklyn, Manhattan, and the Bronx were reunited since saying goodbye at Calvary Hospital's Camp Compass® in August. It was not only an opportunity to enjoy great company, but to learn and explore at the newly renovated aquarium, which opened this summer.



Attendees engaged with sea lions and their trainers at the "Sea Lion Celebration," learning about the importance of keeping our oceans clean. Our children were even able to show off their dance moves to lively music as the sea lions showed off theirs. New exhibit *Ocean Wonders: Sharks* educated us by providing answers to questions like what makes a shark a shark, and how human beings can reduce ocean pollution. Did you know you are more likely to die from a lightning strike, a falling coconut, or a bee sting than from a shark attack? This was one of many



amazing facts discovered that day along with exhibits about penguins, sea turtles and rays, just to name a few. Kids and counselors also got the chance to enjoy an adventure in the 4-D theater experience of *Sharks*.



The trip to the aquarium was followed by a delicious pizza and salad lunch at Grimaldi's Pizzeria. Surrounded by beautiful marine life, friends, and counselors, the day was full of cheer and wonderful new memories.

Rashida Sanchez, MA, FT

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
4:15 pm - 5:45 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 pm - 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
Wednesday: Abby
6:00 pm - 7:30 pm

**Mindfulness & Movement for
Grief**
Dates to be determined

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

MANHATTAN GROUPS

**Precious Moments
for Children 6-11**
Wednesday: Stephanie
4:00 pm - 5:30 pm

Teen Group
Thursday: Stephanie
4:00 pm - 5:30 pm

Death of a Parent
Wednesday: Stephanie
6:00 pm - 7:30 pm

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

**Terence Cardinal Cooke Health
Care Center**
1249 Fifth Avenue
9th Floor
New York, NY 10029

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

MEMORIAL SERVICES

Bronx Christian
January 12
February 9

Bronx Jewish
February

Brooklyn Christian
February 10

Brooklyn Jewish
January 6

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

Contacts

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<u>Manhattan</u>		
Stephanie Insalaco, MHC	(646) 771-6604	sinsalaco@calvaryhospital.org



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