Greetings

As we enter into a new season, I am reminded of the different seasons our grief goes through. Grief changes over time, shaping and reshaping us in different directions. We may often feel swept away in a strong wind or like hibernating at home when it feels too cold outside, as the world keeps on turning. Our grief for those dearest to us never goes away – not truly.

In fact, a wave of grief can often come with an intensity that feels like it was just yesterday.

December 12, 2015 changed my life forever... This would be the day I found out that my only son who was just 23 years old died due to complications from an asthma attack. Eric Means suffered with asthma since the age of two, which is ironic because that is the same age I got asthma as well. During his childhood and through his teenage years he spent a lot of time in the emergency room getting treatments.

On December 12, 2015 I was doing some early Christmas shopping for my children when I received a call from his mother telling me that Eric died. I ran outside of the store I was in because I could not hear what she was saying... In actuality I think I heard her, but I wanted to make sure I heard her clearly. She repeated the news and I dropped to the ground and curled up crying and yelling. I finally got to the hospital and found the emergency room.

My son was not there and I asked the front desk if I could speak with someone about my son’s status. I had to sit and wait for a while, but then it was confirmed to me that he died of an asthma attack.

Three years later I find that going to the gym, eating healthy, listening to Godly music (not all the time) and blogging helps me keep my sanity. I know through God that death is not the end and I’m confident in the fact that I will see my boy again. If you want to read the full story behind my son’s death, please visit my blog at: bulldog-rhombus-wsr6.squarespace.com. Here I dive into specific detail and love to read the comments left by my readers.

Spotlight On: Eric Means

Maria Georgopoulos, LMHC, FT
Director of Bereavement Services

Sharing our losses in a community of healing helps nurture and hold us when grief feels too strong to bear alone. In time, the pain changes and allows us to make room for other, more joyous experiences to enter our lives again. Having joyful moments does not mean forgetting our loved ones who have died; we carry them with us whatever season we may be walking into.

Staying positive and being around the right people, as well as the word of God, helps me deal with the fact that Eric is gone.
**Spotlight on: Eric Means**

Thanks to Calvary for counseling my daughter when she first lost her big brother because I really feel it helped her a lot. And thanks Maria, for allowing me to share a bit of my story.

**Event: Families Enjoy a Renew Year Celebration**

The winter holidays can be a challenging time after someone you love has died. Yet, it is important to acknowledge reaching a milestone like a new year, even if you are not entirely certain how you got there. Fifty-five children and their families from the Bronx, Manhattan, and Brooklyn bereavement groups came together January 13 for a Renew Year Celebration at Calvary Hospital.

Participants made snowflakes to hang on the Memory Tree, created vision boards, ate lunch, watched winter-themed movies, and competed to decorate living, breathing snow people that happened to be a part of our staff. In addition, guests could have bracelets made with the name of a loved one or a meaningful word or intention.

The party concluded with a count-down to the Renew Year, complete with 2019 eyeglasses and noisemakers.

The event is an opportunity for guardians to get to know one another while their children play, and to create space to define what the new year means for them.

Nichole Frederick, mother of Jada, Jayvon, and Jahlia, attended with her children and two cousins. She said, “The bracelet making was one of my favorite parts. Coming together [as a family], we can look back on our bracelets and remember and cherish that time together.”

**Dedication: Mita’s Life**

Mita was a kind and generous woman who spent most of her life caring for her own family as well for the patients and staff at Calvary Hospital in the Bronx. Mita retired from Calvary in 1993. When she became terminally ill, Mita turned to Calvary.

We were honored to give her the dedicated care that she so selflessly gave to thousands of patients during her career here. On January 30, 2017, Mita passed away surrounded by her loving family. Veronica Zea, a Calvary Hospital Console Operator decided to honor Mita’s memory and legacy by purchasing a gold leaf on the Tree of Life located at the Bronx Campus.
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

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: Sarah
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

---

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
Tuesday: Abby
5:30 pm - 7:00 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

MANHATTAN GROUPS (cont.)

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
March 9
April 13

Bronx Jewish
March 24

Brooklyn Christian
April 28

Brooklyn Jewish
No Service

BEREAVEMENT COURSE

Calvary’s 26th Annual Bereavement Course begins next week! It begins:

*Monday nights in the Bronx starting March 4 (6-8:30 pm)

*Wednesday nights in Brooklyn starting March 6 (6-8:30 pm).

This 11-week course on bereavement and grief related issues will be taught by various specialists from Calvary Hospital/Hospice. The course is designed for those in the helping professions. It is not for bereaved family members.

To see more information and to register please visit our website at:

https://www.calvaryhospital.org

Search Bereavement Course

---

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

<table>
<thead>
<tr>
<th>Bronx</th>
<th></th>
<th>Manhattan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maria Georgopoulos, LMHC, FT (646) 739-1005</td>
<td><a href="mailto:mgeorgopoulos@calvaryhospital.org">mgeorgopoulos@calvaryhospital.org</a></td>
<td></td>
</tr>
<tr>
<td>Director of Bereavement Services</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="mailto:jcastellanos@calvaryhospital.org">jcastellanos@calvaryhospital.org</a></td>
<td><a href="mailto:sinsalaco@calvaryhospital.org">sinsalaco@calvaryhospital.org</a></td>
</tr>
<tr>
<td>Joanne Castellanos, MHC-LP</td>
<td>(917) 574-4941</td>
<td></td>
</tr>
<tr>
<td>Amy Glasgow, MA, LMHC, GC-C</td>
<td>(718) 518-2196</td>
<td></td>
</tr>
<tr>
<td>Stephanie Mastropaolo, LMSW</td>
<td>(718) 518-2574</td>
<td></td>
</tr>
<tr>
<td>Lynne Marie Pappalardi</td>
<td>(718) 518-2173</td>
<td></td>
</tr>
<tr>
<td>Sarah Peralta, MHC-LP</td>
<td>(917) 708-0133</td>
<td></td>
</tr>
<tr>
<td>Yvette Ramirez, Spanish Chaplain</td>
<td>(718) 518-2569</td>
<td></td>
</tr>
<tr>
<td>Sherry Schachter, PhD., FT</td>
<td>(646) 739-6480</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brookyn</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rashida Sanchez, MA, FT</td>
<td>(347) 504-2704</td>
<td></td>
</tr>
<tr>
<td>Abby Spilka, MA, CT, MHC-LP</td>
<td>(917) 574-6879</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bronx</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Maria Georgopoulos, LMHC, FT (646) 739-1005</td>
<td><a href="mailto:mgeorgopoulos@calvaryhospital.org">mgeorgopoulos@calvaryhospital.org</a></td>
<td></td>
</tr>
<tr>
<td>Director of Bereavement Services</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="mailto:jcastellanos@calvaryhospital.org">jcastellanos@calvaryhospital.org</a></td>
<td><a href="mailto:sinsalaco@calvaryhospital.org">sinsalaco@calvaryhospital.org</a></td>
</tr>
<tr>
<td>Joanne Castellanos, MHC-LP</td>
<td>(917) 574-4941</td>
<td></td>
</tr>
<tr>
<td>Amy Glasgow, MA, LMHC, GC-C</td>
<td>(718) 518-2196</td>
<td></td>
</tr>
<tr>
<td>Stephanie Mastropaolo, LMSW</td>
<td>(718) 518-2574</td>
<td></td>
</tr>
<tr>
<td>Lynne Marie Pappalardi</td>
<td>(718) 518-2173</td>
<td></td>
</tr>
<tr>
<td>Sarah Peralta, MHC-LP</td>
<td>(917) 708-0133</td>
<td></td>
</tr>
<tr>
<td>Yvette Ramirez, Spanish Chaplain</td>
<td>(718) 518-2569</td>
<td></td>
</tr>
<tr>
<td>Sherry Schachter, PhD., FT</td>
<td>(646) 739-6480</td>
<td></td>
</tr>
</tbody>
</table>

## Tree of Life

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.