

# Calvary in Touch

## Greetings

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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.

### *Spotlight On: Eric Means*

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.

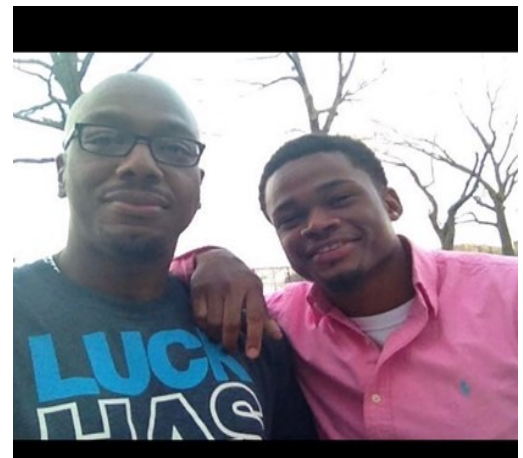
My son was not there and I asked the front desk if I could speak with someone about my son's status. I had to sit and wait for a while, but then it was confirmed to me that he died of an asthma attack.

Three years later I find that going to the

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.

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

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](http://bulldog-rhombus-wsr6.squarespace.com). Here I dive into specific detail and love to read the comments left by my readers.



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.

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## *Spotlight on: Eric Means*

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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*

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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*

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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.

# 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  
5:15 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: 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

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### 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

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### 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

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### 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 26<sup>th</sup> 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

**Maria Georgopoulos, LMHC, FT (646) 739-1005**  
**Director of Bereavement Services**

**[mgeorgopoulos@calvaryhospital.org](mailto:mgeorgopoulos@calvaryhospital.org)**

### **Bronx**

Joanne Castellanos, MHC-LP (917) 574-4941  
Amy Glasgow, MA, LMHC, GC-C (718) 518-2196  
Stephanie Mastropaolo, LMSW (718) 518-2574  
Lynne Marie Pappalardi (718) 518-2173  
Sarah Peralta, MHC-LP (917) 708-0133  
Yvette Ramirez, Spanish Chaplain (718) 518-2569  
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### **Brooklyn**

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Abby Spilka, MA, CT, MHC-LP (917) 574-6879

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### **Manhattan**

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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 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*