

Calvary in Touch

Greetings

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Tree of Life

Shouldn't the sunny days of summer lift our spirits when we are grieving? Unfortunately, that is not always so. The cold, dreary winter months can sometimes be more comforting because they mirror how we feel inside. The summer brings an awakening of nature around us; birds chirping, grass growing and flowers blooming. It can be so difficult to watch the world around us enjoying this awakening when we don't have the energy to participate. Perhaps we also remember past vacations and summer parties with our loved ones who died with fondness and longing. Try not to judge your feelings and remember that they are part of your grief.

See if you can allow yourself a moment or two to reflect on the season. Is there any part of you that can find some hope in the wonder of how the earth transforms from a desolate landscape in winter to a lush beauty in the summer? Sometimes we wonder if winter will truly ever end, but it always does... maybe the tides of change can remind us that our grief will also change over time, as difficult as that may be to imagine today.

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

Event: Day at the Museum

On Wednesday, May 29, Calvary's Brooklyn teen bereavement group took its session to the Brooklyn Museum. The teens spent time exploring the galleries of Life, Death and Transformation in the Americas as well as the world-renowned ancient Egyptian art collection. In Life, Death and Transformation in the Americas, group members were reminded that in many indigenous cultures of the Americas the subjects of death and transformation are often part of social practices and spiritual beliefs. Through art, sculpture, oral traditions, religious objects and every day vessels, Native peoples often expressed their beliefs about the intertwining of life and death.

Similarly, the Egyptian galleries provided a great opportunity for the teens to understand how themes of death and transformation are illustrated through the artifacts and art on display. Teens were prompted to select items from each exhibition and then present the artifacts' stories to their peers. Whether choosing musical instruments, sarcophaguses or miniature sculptures, there was no shortage of items to discover and describe.

Overall, it was an enriching time spent enjoying the company of one another and learning how death is viewed through different cultural lenses.

*Rashida Sanchez, MA
Bereavement Counselor*



Spotlight On: Kids Talk Grief

Children's grief is a complex subject and families are often searching for ways to help young kids deal with the experience of loss. Libraries are filled with books and the Internet has its share of good and bad websites, blogs, and podcasts. We asked our Brooklyn Tweens (10-12 year olds) Bereavement Group what they would tell a newly bereaved kid about grief. Here are their thoughtful responses:

"Find a group or someone to talk to."

"Don't keep in your tears."

"Don't let it keep you from moving forward."

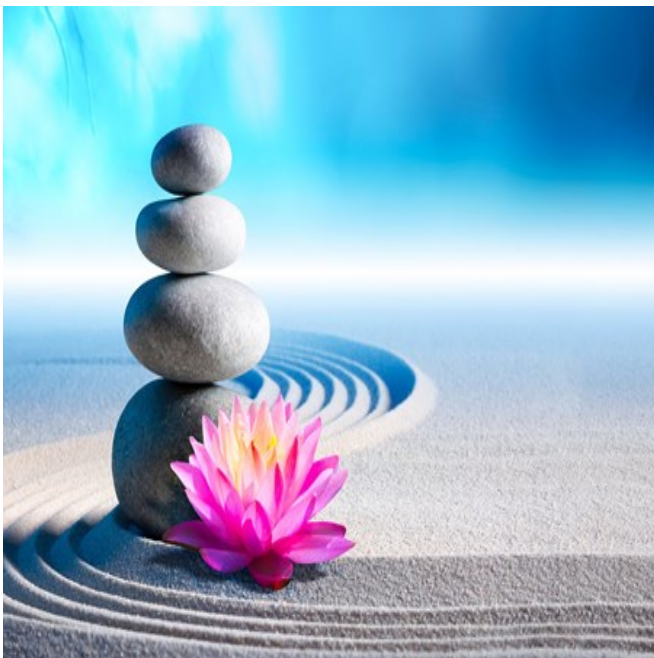
Express your feelings – don't let yourself feel trapped."

"It's okay to laugh and be happy."

"It's okay to be sad, but it's not okay to be miserable."

"Remember the happy thoughts."

"Find hobbies to keep your mind clear."



The group believes that if you release your emotions, you will feel better. Additionally they made suggestions for how to cope with the varied feelings associated with grief. We think you'll agree that their suggestions can help bereaved individuals of any age:

Breathe

Do yoga

Listen to music

Make art

Shop for sports stuff

Craft

Write

Watch comedy

Exercise

Sleep

Eat

Have a cup of tea

Make a memory box

Make a stress ball out of rice

*Abby Spilka, MA, CT, MHC-LP
Bereavement Counselor*

Monthly Calendar

BRONX GROUPS

Calvary Hospital
1740 Eastchester Road
Bronx, NY 10461

Adult Death of a Child
2nd, 3rd & 4th Thursday: Sherry
12:30 pm - 2:00 pm

Death of a Child
Wednesday: Joanne
1:00 pm - 2:30 pm
Wednesday: Sarah
6:00 pm - 7:30 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
Tuesday: Sarah
4:00 pm - 5:30 pm
Thursday: Sarah
4:00 pm - 5:30 p.m.

In Be-tween Ages 10 - 12
Thursday: Sarah
6:00 pm - 7:30 pm

Teen Group Ages 13 - 17
Tuesday: Sarah
6:00 pm - 7:30 pm

Men's Discussion Group
1st Thursday: Sherry
12:30 pm - 2:00 pm

BROOKLYN GROUPS

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

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

MANHATTAN GROUPS

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

Precious Moments
for Children 6-9
Wednesday: Stephanie
4:00 pm - 5:30 pm

In Be-tween Group Ages 10-12
Wednesday: Melanie
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

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

Please make a note: You must call to schedule an appointment prior to attending any of our groups. We do not accept walk-ins.

MEMORIAL SERVICES

Bronx Christian
July 13
August 10

Bronx Jewish
July 28

Brooklyn Christian
August 11

Brooklyn Jewish
TBA

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 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