

Calvary in Touch

Greetings

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As we transition into Fall, I am reminded of all the transitions we go through when we are grieving. In so many ways we must adjust and do things differently, accommodate for the absence of someone who may have represented many different things to us. For some, the adjustment means finding daycare for younger children now that they are parenting alone. For others, changing some of the landscape of their apartment to help ease some painful reminders requires their attention. Still others may have to move to different neighborhoods or reach out to people they may not have in the past to help support them.

No matter what transitions you face in your grief, remind yourself that change takes time and to be patient with your pace.

In this issue, we will be sharing some of our wonderful Camp Compass® moments. Camp included many transitions for campers and counselors alike—changing emotions, activities and environments. We hope you enjoy our reflections of this special week.

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

Event: Camp Compass Provides Memories for Children

Now in its 22nd year, Camp Compass brought together 150 campers and counselors for a week of recreation, contemplation, and relaxation August 19-23. Campers from the Bronx, Brooklyn, and Manhattan gathered at Kingsborough Community College for a five-day experience filled with traditional fun camp activities, grief education, and emotional support.

Clowns greeted the group each morning. Campers and counselors got to know each other through an ice breaking activity before beginning this year's grief project. Utilizing the metaphor that grief is a journey, children built and decorated wooden airplanes. To relate the metaphor to daily life, paper clouds appeared each day posing different questions about grief, such as,

“What is grief?” and “What would you tell someone your age who is grieving?” Attendees wrote down their ideas throughout the week and discussed them on the last day of camp.



Spotlight On: Kids Talk Grief

Other highlights of the week included the memorial slideshow accompanied by popular music, featuring each attendee's name and a photo of their special person.

Compassion and empathy were on display when campers tended to the needs of one another and their counselors as the tears flowed freely. Changing the mood and tempo, the Harlem Wizards basketball team entertained the group with spectacular tricks and stayed to have lunch with the campers.



The Wednesday barbecue brought a host of special guests including Dr. Robert Siegel, Calvary Hospital's new medical director, and Kathy Siever from the Newman's Own Foundation, who brought with her a \$250,000 donation in the form of a giant check to support bereavement services. Additional elements of the barbecue included therapy dogs from the Good Dog Foundation and Calvary's own therapy dog, Banjo; caricature artists; ASE Drumming Circle, and dancing.



At the end of the week, campers wrote out postcards with a message to their future selves. They will receive these messages in 2020.



Brooklyn teen Sophie M. described why camp and group are important for kids who have experienced the death of a loved one. "I know even though we can all - at group and at camp - have similar experiences; we're all also very different. Some kids love talking about their loved ones. Some just want to, you know, have fun and be distracted," she said.



All of the campers attend Calvary Hospital's year-round bereavement programs: "Precious Moments" for young children ages 6 to 9, the "In- Be-Tween" group for ages 10 to 12, and the Teen bereavement group for 13- to 18-year-olds. These groups, which meet at Calvary's Bronx Hospital, in downtown Brooklyn, and in Manhattan, have helped hundreds of children to date with their grief process.

*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
4:00 pm - 5:30 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

Death of a Sibling
Tuesday: Lana
6:00 pm - 7:30 pm

Young Adult Group
Wednesday: Abby
6:00 pm - 7:30 pm

Mindfulness & Movement for Grief
Wednesday: Lana
6:00 pm - 7:30 pm

Living with Spouse/Partner Loss
Grief 2 Years and Beyond
1st Monday: Abby
5:30 pm - 7:00 pm

What Now? Adults Grieving the
Death of a Parent 2 Years &
Beyond
2nd Monday: Abby
5:30 pm - 7:00 pm

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
September 14
October 12

Bronx Jewish
September 15
November 10

Brooklyn Christian
October 6
December 8

Brooklyn Jewish
November 17

Contacts

Maria Georgopoulos, LMHC, FT
Director of Bereavement Services

(646) 739-1005

mgeorgopoulos@calvaryhospital.org

Bronx

Joanne Castellanos, MHC-LP

(917) 574-4941

jcastellanos@calvaryhospital.org

Stephanie Mastropaolo, LMSW

(718) 518-2574

smastropaolo@calvaryhospital.org

Lynne Marie Pappalardi

(718) 518-2173

lpappalardi@calvaryhospital.org

Sarah Peralta, MHC-LP

(917) 708-0133

speralta@calvaryhospital.org

Yvette Ramirez, Spanish Chaplain

(718) 518-2569

yramirez@calvaryhospital.org

Sherry Schachter, PhD., FT

(646) 739-6480

sschachter@calvaryhospital.org

Brooklyn

Lana Liinve, MA, MHC-LP

(929)388-9017

lliinve@calvaryhospital.org

Rashida Sanchez, MA, FT

(347) 504-2704

rsanchez@calvaryhospital.org

Abby Spilka, MA, CT, MHC-LP

(917) 574-6879

aspilka@calvaryhospital.org

Manhattan

Stephanie Insalaco, MHC

(646) 771-6604

sinsalaco@calvaryhospital.org

Melanie Rae Pappalardi, MSW

(917) 624-0266

mpappalardi@calvaryhospital.org

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