

Calvary in Touch

Greetings

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As we begin to face 2020 without our loved one, the reality becomes sharper. It's disorienting to think that they will not be by our side to share in all that the New Year will bring. As the rest of the world celebrates the arrival of 2020, you may not feel like celebrating. This certainly is not unusual; of course we don't feel like celebrating. While this is a time to look ahead and not behind us, we can't help thinking back on happy loving memories. For many grievers, the focus is not on celebrating but rather on recognizing the need to go on, to continue.

We have a choice about how we go on and it's important to recognize that we are active participants in our recovery, even when we don't feel like we are. We can choose to continue our healing, recognizing that although painful, we *will* heal. We can choose to allow ourselves to cry or to feel whatever emotions we are feeling – anger, guilt, loneliness. Working through our grief brings healing. It is helpful to remember that, amidst the pain, there are also blessings to appreciate around us.

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

Spotlight On: Saying Goodbye to Our Parents

My father and mother were special people. She was smart and vibrant and my dad was affirming and compassionate. My siblings and I were fortunate to have them as parents. We (me, my sisters and their families) would spend Sundays at Grandma and Grandpa's home, but life as I knew it took a turn when a car accident in 2016 led both my parents to the hospital. So much changed after this event. It was during this time that a small mass was found in my father's x-ray and he had to undergo surgery and cancer treatment. One night my parents and I went to see Ben Platt in Dear Evan Hansen at the theater. It's a memory that's been ingrained in my head as the night that started with me still being the kid to realizing that things

were changing quicker than I wanted it. I found my father on the steps of the theater not feeling well. My mom and I insisted we go home but he insisted he was fine and wanted to see the show.

As time went by, towards the end of my father's life, I spent a week with him and slept in my old bedroom. As his illness progressed, I decided that I was not going to leave my mom alone. She was emotional, not the woman that always seemed to have it together. It was during this time that my father took his last breath with us, me, my mom and a couple of their friends, by his bedside.

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Spotlight On: Saying Goodbye to Our Parents



2017 marked the time my mother's world turned upside down. Her grief was heavy and her heart was broken. The love of her life had passed away. My mother had declared herself as broken, but had managed to channel her inner tough Bronx girl. By the end of the summer she seemed stronger. She got through the many birthdays, anniversaries and visited with friends. It would be our last summer with mom.

After a routine scan, my mother was told she had cancer that had advanced to her brain. She felt she had done this to herself by crying herself sick. She had surgery to remove the brain tumor. She vowed to fight. We thought she was going to have a prolonged life with the treatments and her will to live. She even made it to the theater to see Bette Midler in the revival of Hello Dolly.

Upon her return home from the hospital she had two falls. She was supposed to have hip surgery, of which was prolonged before my father's death. My mother continued to have pain on her hip, which we learned came from the cancer that had spread to the bones. It was terminal. My mother passed away less than two weeks later. Sundays at Grandma's and Grandpa's had come to an end.

How do I say good-bye to two amazing parents? After losing my mom I hit rock bottom. The unspoken safety net was gone. I cried all the Time and felt broken, vulnerable, and lost.

I reached out to Calvary's Bereavement Services after being referred by a social worker and joined the Death of a Parent support group. Today, I know I am further ahead because of the work I put into addressing my grief by sharing and listening to others whose parents had died. I wish anyone struggling with SARAH (*Shock, Anger, Rejection/Resistance, Acceptance, and Hope*) to reach out to a support group and give it a shot. It allowed me the opportunity to work through the stages of grief in a healthy and pro-active manner.

By John Barnes



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
Monday: Stephanie
5:30 pm - 7:00 p.m.
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
January 11
February 8

Bronx Jewish
January 12

Brooklyn Christian
February 9

Brooklyn Jewish
March 22

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