

Calvary in Touch

Greetings

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Here at Calvary Hospital we have the privilege of assisting patients and families through a very difficult time; navigating end of life care.

Our mission of non-abandonment extends bereavement assistance not only to our families after the death but also to our communities at large that have experienced a death in their lives.

All of our bereavement support groups are free, led by Master's

prepared clinicians and tailored to meet the needs of grieving children and adults. It's hard to know how to navigate your emotions in the weeks and months after a significant death in your life and it helps to receive support through it-especially in the next few months with several holidays upon us. I hope you find some peace in the days to come.

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

Spotlight On: Thoughts for the Holidays

For this segment of Spotlight On the bereavement team would like to focus on the holidays and the effects it has on the families and the close friends who grieve the death of their loved one. The holidays are a time for loved ones to come together to continue the bonds that keep them together, so when a loved one dies the griever hurts because they are no longer able to see, touch, hear, feel or smell their loved one's presence. This is why it is so important to have loved ones who are willing to listen, and to be present to support the griever in their sorrow.

Sorrow will continue to walk by a

griever's side, especially around the holidays and anniversaries and it is essential to have people who are gentle, who are not rushing the griever to be over their loss, to "feel better", to go back to being who they were before the death occurred. A griever may be longing for the person who provided them love and support in different ways such as emotional, financial or social support. The person who died may have been the one who understood the griever most; the one they relied on for encouragement or who made it possible for them to stay connected to other loved ones.

There are also grievers who hoped



Spotlight On: Thoughts for the Holidays

for a better relationship with their loved one who died. The holidays can be a reminder of the times spent with them or the difficulties in their relationship. This may conjure up emotions of anger, guilt, shame and regret for not having more time to make up for lost time or repair the parts of the relationship that weren't working. Just because there may have been ambivalence and conflict in a relationship, that does not mean grief will be absent. In fact, grief can be more intense if there was a lot left unsaid and conflicts left undone. It is no wonder the griever needs time to process their pain. There are so many parts to grief that can be quite exhausting and leave grievers feeling misunderstood by those who have not experienced the death of someone they grew attached to, whom they had a special connection with.

It is important to allow the griever time to process their loss. The holidays can be a major trigger for grief and triggers come in different ways; a familiar scent or object, the deceased's favorite holiday or certain dishes they associate with them. Remind yourself that experiencing triggers in your grief is normal and that identifying triggers will help you learn how to navigate them when they come up in the future.



Grievers need to be gentle with themselves. Those who feel pressured to feel better, to be stronger, or to deny their grief for the sake of others may isolate themselves so no other has to witness their pain. This makes healing difficult and can increase the depth of pain. It is important for grievers to acknowledge and to validate their own grief by taking time to process their own feelings. Talk to a close friend, family member or join a support group. These spaces will allow you to be heard and can offer helpful suggestions.

There are many ways to honor your grief and get through this difficult season. Remember there's a difference between celebrating and participating. You don't have to pretend everything is fine but you can participate in certain gatherings that feel good to you as a way to stay connected. You can also give yourself permission to leave an event early if you are feeling especially triggered or needing to go back to your safe space.

Grievers have shared many different ways they continue their bonds with their loved ones who died. For some, making their loved one's favorite dish can be healing. For others, writing a note, lighting a candle, sharing belongings with those that would appreciate them can all be ways to feel connected to the deceased and include them in the season.

Allowing time-off from grief when it gets overwhelming is also important. Go for a walk, spend some time with pets, watch a comedy or identify other activities that you enjoy which allow you to take the focus off your pain for a little while.

The journey in grief doesn't have to be done in isolation. Remember you are not alone. Calvary's bereavement team wishes you a peaceful season. Be gentle with yourself.

*Joanne Castellanos, MHC-LP
Bereavement Services*

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
December 14

Bronx Jewish
TBA

Brooklyn Christian
TBA

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](#)