

Calvary in Touch

Greetings

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Many are anxiously anticipating 2021 after all the heartbreak and pain of 2020. For griever, the reality of a new year without their loved one who died can feel quite intense. While many are looking forward to a year of new beginnings and a vaccine that may help the COVID-19 virus lessen its impact, griever are wondering what a new year will look like with so much grief.

It might be helpful to remember that, although the new year won't feel celebratory for many, it can be a time of affirming your need to go on.

It is a choice to continue your healing and to offer yourself some encouragement when you feel especially challenged. You can choose to allow yourself all of your feelings with the knowledge that grief, as painful as it is, is always changing and transforming. Over time you make space for your grief in such a way that it is not as painful as it is now.

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

Spotlight On: "Losing Kingston"

My heart jumped out of my chest the moment that my adored Kingston exited this earth. I felt defeated, betrayed and lost in a world that would never be the same without him. My dearest son, a.k.a. the love of my life, no longer lives here and one can never get over that. Through the debilitating pain of losing Kingston, I seen a glimpse of light through organ donation (LiveOnNY).

He saved the lives of five strangers, allowing them a chance at the life he left behind. Kingston may have passed on, but his legacy will forever live on. After his passing, I couldn't cope with the grief on my own because it takes you on an unpredictable rollercoaster of emotions that can destroy you. I was fortunate enough to find Calvary Bereavement Services, which became a sacred space. A year, a month, and five days have passed since my dear son left me. Grief still lives here, but so does hope and I'm grateful that I'm not alone.

By: **Rossy Mancebo**
Bereavement Group Member



Managing Expectations in the New Year

Whether you experienced the death of a loved one this year, or have experienced the many losses that came with the COVID-19 pandemic, grief has impacted countless lives in more ways than we can imagine. As we approach the end of the year, many are feeling a mixture of emotions; relief, disappointment, sadness, or simply just an insurmountable amount of grief. Perhaps you are not only trying to manage your expectations for the year ahead, but reflecting back on the expectations you had going into 2020. The vision you had for 2020 surely did not include numerous losses and a pandemic of global proportions.

How do you manage your expectations after such disappointment and loss? How do we make sense and meaning out of all that's happened this year? It's okay if you are afraid of what the new year will bring. It's okay if your sole focus right now is survival. It's okay if you are feeling very off balance and struggling to know how to move forward. This is a very normal response to such difficult times.

As the new year approaches, many people think of New Year's resolutions they can make to focus their energies on achieving certain goals. For some, creating resolutions helps them look forward with a hopeful goal and, for others, resolutions add undue pressure on an already challenging time. Or perhaps you are taking things day by day. Allow yourself the space to consider which approach suits you. Perhaps allowing yourself to take things day by day feels better. If you do want to make resolutions, allow yourself the space to change them and remind yourself that they will look different this year. And what if being kind to yourself and giving yourself permission to grieve is one of your resolutions?

As many people try to pick up the pieces of their shattered expectations of 2020, it's okay if you are uncertain or anxious about what the future will look like. It's also okay if your expectations fluctuate, just as your emotions do.

In a time where we feel like we don't have control, we can try to remind ourselves of the things we do have control over in our lives. We may not be able to control what the new year brings, but we can control how we care for ourselves.

Many grievors feel isolated in their experience, and, in fact, grief is sometimes inadvertently dismissed by friends, family, or society. But in what ways do you dismiss your own grief? It might be helpful to gently ask yourself if you are acknowledging your grief and giving it some space when it comes up. How might you allow yourself more room for all the intense feelings of grief?

If you have experienced disappointment this year, in the midst of coping with loss, be compassionate with yourself. When you give yourself permission to grieve, you can allow yourself to be where you are, knowing that grief changes all the time. Right now there are many things that cannot be controlled...what if we looked at self-compassion as something we do have control over? Perhaps in addition to self-compassion, we can try to release our expectations for the coming year, as a way of being gentle with ourselves. And, if you are looking for a worthy New Year's resolution for this year, maybe, just maybe, self-compassion could be the most important one of all.

*By: Melanie Rae Pappalardi, LMSW
ArchCare 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
Monday: Joanne
5:30 pm - 7:00 pm
Wednesday: Jacqueline
5:30 pm - 7:00 pm

Adult Death of a Parent
Thursday: Melanie
6:00 pm - 7:30 pm
Thursday: Joanne
5:30 pm - 7:00 pm

Death of a Sibling
Tuesday: Joanne
5:30 pm - 7:00 pm

Death of a Spouse/Partner
Wednesday: April
5:30 pm - 7:00 pm

Death of a Young Spouse/Partner
Wednesday: Joanne
5:30 pm - 7:00 pm

Spanish Speaking Group
Wednesday: Yvette
12:30 pm - 2:00 pm

Precious Moments for Children
Ages 6 - 9
Tuesday: Jacqueline
3:45 pm - 5:00 pm

In Be-tween Ages 10 - 12
Thursday: Jacqueline
5:30 pm - 7:00 pm

Teen Group Ages 13 - 17
Thursday: Jacqueline
4:00 pm - 5:30 pm

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

Supportive Connections for
Bronx/Manhattan: Guardians of
Bereaved Children
Tuesday: April
6:00 pm - 7:30 pm

BROOKLYN GROUPS

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

Precious Moments Ages 6 - 9
Tuesday: Rashida
4:00 pm - 5:00 pm

In Be-tween Group Ages 10 - 12
Tuesday: Samantha
4:00 pm - 5:30 pm
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

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

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

Living with Spouse/Partner Loss
Grief 2 Years & 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

Supportive Connections for
Brooklyn/Queens: Guardians of
Bereaved Children
Thursday: Samantha
6:00pm—7:30pm

Death of a Sibling
TBD
6:00 pm - 7:30 pm

MANHATTAN GROUPS

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

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

In Be-tween Group Ages 10-12
Wednesday: April
4:00 pm - 5:00 pm

Teen Group
Thursday: Stephanie
4:00 pm - 5:30 pm

Death of a Parent
Wednesday: Melanie
6:00 pm - 7:30 pm

Death of a Young Spouse/Partner
Tuesday: Stephanie
6:00 pm - 7:30 pm

Death of a Spouse/Partner
Monday: Stephanie
11:00 am - 12:30 p.m.
Thursday: Stephanie
6:00 pm - 7:30 pm

ArchCare Employee Support Group
Tuesday: Melanie
5:00 pm - 6:00 pm

COVID-19 Groups

Death of a Spouse/Partner
Tuesday: Samantha
6:00 pm - 7:30 pm

Death of a Parent Group
Tuesday: Maria
5:00 pm - 6:30 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.

All groups are free & open to the community. Please call to schedule an appointment.

MEMORIAL SERVICES

Due to COVID-19 there are no Memorial Services at this time.

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