

APRIL - JUNE 2024

# CALVARY IN TOUCH



**FOR GENERAL INQUIRIES, PLEASE CONTACT OUR BEREAVEMENT LINE:**

718-518-2281 | [calvarybereavement@calvaryhospital.org](mailto:calvarybereavement@calvaryhospital.org)



## GREETINGS

### **Calvary Hospital's Camp Compass®**

Calvary Hospital has hosted a week-long bereavement camp for New York City children ages six through nine since 1997. The first bereavement camp was held in Arrow Park in Monroe, New York, amidst expansive nature reserves and a pristine lake.

The theme of the camp was about engaging the five senses. Children participated in smelling, touching, tasting, seeing, and hearing activities in a beautiful natural environment. And like regular camp, there was swimming, plenty of sports, and boating. To honor and remember their deceased family members, girls and boys took part in meaningful bereavement activities: making memory boxes, writing in journals, planting trees, and releasing butterflies to mark their last day at camp.

**CALVARY  
HOSPITAL**

*Where Life Continues*

Continued on page 3

# TABLE OF CONTENTS

<i>Greetings, continued by Edgardo Lugo</i> .....	3
<i>Summer 2024 Camp Compass® Flyer</i> .....	4
<b>Sentimiento</b> written by Yenny Lopez .....	5
<b>My Husband, Our Hero</b> written by Brenda Gorczynsk .....	6
<i>Groups + Counselor Contact Information</i> .....	7
<i>Annual Bereavement Education Program Flyer</i> .....	9
<i>Individual Counseling / Tree of Life</i> .....	11



# GREETINGS, CONTINUED

This year will be Calvary's 27th camp for children and teens (6-17) coping with grief and loss. Calvary's Camp Compass® guides children and teens through their bereavement by creating caring, healing, and age-appropriate spaces where they can feel safe talking about and honoring their loved ones. Held at various locations across the city, Camp Compass® helps bereaved children and teens build trust and process emotions through meaningful activities including drawing, painting, craft-making, puppet play, clown classes, skits, storytelling, and processing of the day's events. In addition to creative expression through art, our campers swim, play volleyball, handball, and tennis and join the Harlem Wizards on the basketball courts for dunks, swishes, and maybe even some backdoor cuts! Every camper receives personalized care and support from master's level teachers or social workers, each of whom are partnered with one or two children.

Camp Compass® features catered breakfasts and lunches all week and every child receives complimentary t-shirts, caps, hoodies, and backpacks.

## **What did Camp Compass® 2023 campers like the most during their time at camp?**

- *"Nature. It calms me most of the time."*
- *"Meeting new people and trying new things."*
- *"Art! I loved art!"*
- *"The pool and playground."*
- *"It's fun, happy, loving, and calming."*
- *"Eggs for breakfast!"*
- *"Being able to be free and socialize."*
- *"The friendly people. Everyone is nice."*
- *"Derrick Davis, the singer."*
- *"That I was around with people who went through the same thing as me."*



Calvary's Camp Compass® experiences are designed to help grieving children navigate their emotions, feel supported, and find joy amidst their grief. Please see the following page for our flyer. If you are interested in learning more about Camp Compass® 2024 or applying, please email Jacqueline Marlow, MA at [jmarlow@calvaryhospital.org](mailto:jmarlow@calvaryhospital.org).

WRITTEN BY  
Edgardo Lugo, MS, LCSW-R, RPT-S, CGP  
Director of Bereavement Services



# Summer 2024 Camp Compass®

Calvary's Camp Compass® guides children and teens (6-17 years old) through their bereavement by creating caring, healing, and age-appropriate spaces where boys and girls feel safe talking about and honoring their loved ones.

**AUGUST 12 TO AUGUST 16, 2024  
MONDAY - FRIDAY  
7:30AM TO 4:00PM**

**TO APPLY, PLEASE REQUEST  
APPLICATION FORM BY EMAILING:  
JMARLOW@CALVARYHOSPITAL.ORG**

**DEADLINE FOR APPLICATION IS  
MAY 31, 2024**



**REGISTRATION & AN INTERVIEW  
ARE REQUIRED.**

**THE PROPOSED CAMP LOCATION IS:  
QUEENSBOROUGH  
COMMUNITY COLLEGE  
222-05 56TH AVENUE, NY 11364  
BUS PICK-UP LOCATIONS IN  
BROOKLYN & BRONX**

**Campers will have daily access to:**  
Expressive Arts Materials  
Giant Inflatables  
Swimming Pool with Lifeguards  
A Basketball Court  
Characters in Costumes  
Special events and Guest Stars  
Nutritious Hot and Cold Breakfast/  
Lunch Options

***The Camp Counselors consist of  
Licensed Mental Health counselors,  
Licensed Master Social Worker,  
Licensed Clinical Social Worker &  
Certified Masters Level Teachers***



# SENTIMIENTO

When my husband died, I felt an emptiness and pain I had never felt before. I was very angry at the events that followed. I felt resentful that I did not know my husband was dying until just moments before he died. When the moment came and I realized he was no longer here, I felt like a robot. Immediately, I thought, "I have to do this... I have to prepare his service..." I didn't give myself time to process anything because in that moment, I forgot my pain. I was so focused on my children and the fact that we were now alone. Although I had very supportive friends and family offering their assistance, I still felt empty.

I did not think about looking for bereavement support until a year after my husband died. But, thanks to the encouragement of my sister, who is no longer with us, I took the first step and called to inquire about bereavement support for my 11-year-old son and me. At first, my son did not want to participate in the program, but when he did, it made me very happy. When the group ended, I saw him smile. When I asked about the group, he would simply say: "I'm okay." I still can't help but see sadness in his eyes, but I feel relieved knowing that he participates and shares in the groups. I know that it helps him.

My son also attended Calvary's Camp Compass® in the summer of 2022. During that week, he was surrounded by many other children who had experienced the death of a loved one. Camp Compass® not only helped him realize that he wasn't alone in his grief, but also helped me to recognize that it is okay to openly cry and express my grief. It is okay to let my children know when I am feeling sad, and I can tell my children that I miss their father and my husband.

At first, I grieved through writing and visiting my husband's grave. For a whole year, I visited his grave every weekend. I would share with him everything, including any concerns that were on my mind and everything that had happened during the week. Whenever I was not able to visit him, I would immediately feel this overwhelming pressure in my chest that would only alleviate when I visited him again.

Thanks to my Calvary counselor, Jaqueline, I have found another outlet to be heard and learn about my grief.

It has been so helpful to speak to someone else about how I am feeling and to know that I am not alone.

***I have learned that it is okay to cry and that it is okay to not be strong all the time.***

The self-regulation exercises that Jaqueline has taught me are helpful, even when I forget momentarily when I am consumed by my grief.

***A practice that I find helpful is to focus on my breath and imagine a place that is calming and grounding.***

I have many things to learn as the pain does not feel settled yet. For me, the moment I can talk about my husband without crying, I will know that I am a step closer to healing. We were together for 25 years and I know that I cannot expect to stop grieving him overnight.

At times I have questions, particularly the "what if's." I hope that over time I will be able to understand.

***Above all, he will always be my love.***



Yenny Infante with her husband, Jose Infante

ORIGINALLY WRITTEN  
IN SPANISH BY  
Yenny Lopez  
Bereavement Group Member

# My Husband, Our Hero

On August 26, 2020, my children and I bore witness to the exact moment when my husband, Ed, transitioned from this life into the next. It was indeed a bittersweet moment. Amid the pandemic, while the city experienced a lockdown, we were able to have my husband at home as he fought an aggressive form of cancer-related to the WTC terror attacks on 9/11.

Detective Edward Gorczynski was a rookie then. Who could have predicted that 20 years later, he would have suffered as a result of that dreadful day? He was a cop's cop and truly loved his job, especially as a member of the Human Trafficking Unit. He was determined to find every young girl whose file came upon his desk. It could have been because he was a girl-dad; he saw our girls in the girls that he tried to help.

People often have a lot to say about all cops based on the actions of a few. But many believe in the oath that they took "to protect and serve" the community to the best of their ability to the extent in which you let them. And yet, no one thinks about or knows the burden and the toll the job has on their hearts because it is not always easy or pretty. The same is true for families; every day, our loved ones walk out the door to run in the direction everyone else runs from. There are never guarantees they'll be coming home. But it is not something we choose to ponder over. Ed and I were each other's second spouse. Between his, mine, and ours, we had six children - three girls and three boys. Our son, Brendan, the youngest of the bunch, was only 10 years old when he lost his dad. My son, Luis, was 24; my daughter, Brey, 19; Emily, Ed's eldest, 18; Grace, 15; and Eddie Jr., 13.

Although he was present for many significant milestones in our children's lives, his absence continues to be the most pronounced. A year and a half after my husband's passing, I experienced a nervous breakdown. I could not comprehend what people were saying when they spoke to me. It was the most surreal thing I ever experienced; everyone spoke like the adults in the Charlie Brown cartoons. It seemed as if their words bounced off my ears. Nothing made sense to me during that time, nor did anything seem to matter. Maybe I just did not care for anyone to talk to me. Maybe I just did not want to hear them.

The year before my husband died, I dealt with the loss of one of my siblings. I am the first born and he was next in line. He suffered a massive heart attack at the age of 42, and upon hearing the news, I tried really hard to not get mad at God. I am not new to grief but the loss of one of my baby brothers struck differently. I still do not remember a lot of what happened during his wake and thereafter. I guess that is a good thing, right? But my brother's death started a snowball effect of grief and loss for my family. For a period of about two years, it seemed like every month we were at the funeral of a loved one. So understandably by the time my husband was diagnosed up to a year after he died, I just functioned.

***I share all that I have learned thus far, and I hope it will encourage someone. Life is too short to not live it. I no longer have my brother or my husband, two very important men in my life, but I cherish the moments I did have with them.***



Det. Edward R. Gorczynski, My Husband, Our Hero

WRITTEN BY  
Brenda Gorczynski  
Bereavement Group Member

# VIRTUAL BEREAVEMENT GROUPS

## DEATH OF A SPOUSE/PARTNER

Tuesday 1:00 - 2:30 PM  
Wednesday 5:30 - 7:00 PM  
Facilitator: Joanne Castellanos  
917-574-4941  
jcastellanos@calvaryhospital.org

Monday 11:00 - 12:30 PM  
Facilitator: Edgardo Lugo  
347-963-7001  
elugo@calvaryhospital.org

Thursday 6:00 - 7:30 PM  
Facilitator: Jackeline Abbondandolo  
347-949-1266  
jabbondandolo@calvaryhospital.org

Thursday 4:30 - 6:00 PM  
Facilitator: Jacqueline Marlow  
917-708-0133  
jmarlow@calvaryhospital.org

## ADULT DEATH OF A PARENT

Tuesday 6:00 - 7:30 PM  
Wednesday 6:00 - 7:30 PM  
Facilitator: Jackeline Abbondandolo  
347-949-1266  
jabbondandolo@calvaryhospital.org

Thursday 5:30 - 7:00 PM  
Facilitator: Joanne Castellanos  
917-574-4941  
jcastellanos@calvaryhospital.org

Friday 10:00 - 11:30 AM  
Facilitator: Edgardo Lugo  
347-963-7001  
elugo@calvaryhospital.org

## ADULT DEATH OF A SIBLING

Tuesday 5:30 - 7:30 PM  
Facilitator: Joanne Castellanos  
917-574-4941  
jcastellanos@calvaryhospital.org

Wednesday 6:00 - 7:30 PM  
Facilitator: Spring Kwok  
917-658-0484  
skwok@calvaryhospital.org

## DEATH OF A CHILD

Monday 5:30 - 7:00 PM  
2nd & 4th Thursday 12:30 - 2:00 PM  
(2 years and beyond)  
Facilitator: Joanne Castellanos  
917-574-4941  
jcastellanos@calvaryhospital.org

## MEN'S DISCUSSION

1st Thursday 12:30 - 2:00PM  
Facilitator: Jackeline Abbondandolo  
347-949-1266  
jabbondandolo@calvaryhospital.org

## DEATH RELATED TO SUBSTANCE USE

Friday 12:30 - 2:00 PM  
Facilitator: Spring Kwok  
917-658-0484  
skwok@calvaryhospital.org

# VIRTUAL BEREAVEMENT GROUPS

## TWEENS AGES 10-12

Tuesday 5:00 - 6:30 PM  
Thursday 5:30 - 7:00 PM  
Facilitator: Jacqueline Marlow  
917-708-0133  
jmarlow@calvaryhospital.org

## TEENS AGES 13-17

Tuesday 4:00 - 5:30 PM  
Facilitator: Spring Kwok  
917-658-0484  
skwok@calvaryhospital.org

Thursday 4:00 - 5:30 PM  
Facilitator: Jacqueline Marlow  
917-708-0133  
jmarlow@calvaryhospital.org

## YOUNG ADULTS AGES 18-35

Tuesday 6:00 - 7:30 PM  
Facilitator: Spring Kwok  
917-658-0484  
skwok@calvaryhospital.org

## MINDFULNESS AND MOVEMENT THROUGH GRIEF

Wednesday 2:00 - 3:30 PM  
Facilitator: Jacqueline Marlow  
917-708-0133  
jmarlow@calvaryhospital.org

## SPANISH SPEAKING

Wednesday 1:00 - 2:30 PM  
Facilitator: Yvette Ramirez  
347-880-6446  
yramirez@calvaryhospital.org

# IN-PERSON BEREAVEMENT GROUPS

## PRECIOUS MOMENTS AGES 6-9

Monday 4:00 - 5:30 PM  
Facilitator: Jacqueline Marlow  
917-708-0133  
jmarlow@calvaryhospital.org

Parent/Guardian Group: *Runs concurrently while your child is in Precious Moments*

Monday 4:00 - 5:30 PM  
Facilitator: Jackeline Abbondandolo  
347-949-1266  
jabbondandolo@calvaryhospital.org

## WE ARE LOCATED AT

Calvary Hospital  
1740 Eastchester Road  
Bronx, NY 10461







# Calvary Hospital's Annual Bereavement Education Program

Calvary Hospital's 31st Annual Bereavement Education Program begins this March and is designed for those in the helping professions, and not for bereaved family members. Taught by various specialists from Calvary Hospital and Hospice, these courses examine different bereavement and grief-related issues.

There will be 10 courses offered once a month on Wednesday nights from March to December 2024. Participants can attend any one course for \$40 (2 contact hours each), or all 10 for \$400 (total of 20 contact hours). Each course meets live on Zoom and will not be recorded. Attendees must be present with cameras on during the days and times the courses are offered in order to receive contact hours.

Successful completion requires that participants: (1) register for the course, and (2) complete course evaluations for each lecture attended.

### ***Contact hours are approved by the following organizations:***

- 1. Calvary Hospital, Bereavement Services is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0158.*
- 2. Calvary Hospital, Bereavement Services is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #MHC-0162.*

## **Course Fees**

- \$40 for an individual course (2 contact hours)
- \$400 for all 10 courses (20 contact hours)

**For more information,  
contact Spring Kwok at:  
917-658-0484 or  
[skwok@calvaryhospital.org](mailto:skwok@calvaryhospital.org)**

*Note: No commercial support was received for this educational activity*

# Calvary Hospital's Annual Bereavement Education Program Schedule

## *Wednesdays*

DATE & TIME	TOPIC	PRESENTER
March 27 6:00 - 8:00 PM EST	Overview and Fundamentals of Grief	Edgardo Lugo, MS, LCSW-R, RPT-S, CGP
April 24 6:00 - 8:00 PM EST	Delirium and Depression Grief and Bereavement from the Hospice Perspective	Dr. Robert Brescia Rachel Borg, LMSW
May 29 6:00 - 8:00 PM EST	Traumatic Grief and Recovery Interventions	Spring Kwok, LMSW
June 26 6:00 - 8:00 PM EST	Coping with Death of a Parent and Death of a Spouse	Joanne Castellanos, MA, LMHC, FT
July 31 6:00 - 8:00 PM EST	Grief and Play Therapy with Children in Different Clinical Settings	Rachel Borg, LMSW Spring Kwok, LMSW Jacqueline Marlow, MA, CAT-LP
August 28 6:00 - 8:00 PM EST	Initiating Bereavement Support Groups and Interventions	Jackeline Abbondandolo, MS, LMHC
September 25 6:00 - 8:00 PM EST	Coping with Death of a Child and Death of a Sibling	Joanne Castellanos, MA, LMHC, FT
October 30 6:00 - 8:00 PM EST	Understanding Childhood Grief and Therapeutic Intervention	Spring Kwok, LMSW Jacqueline Marlow, MA, CAT-LP
November 20 6:00 - 8:00 PM EST	Spirituality and Grief	Edgardo Lugo, MS, LCSW-R, RPT-S, CGP
December 11 6:00 - 8:00 PM EST	Meaning Making, Compassion Fatigue, Self-Care, Closing Ritual	Stephanie Newman, LMSW

**Schedule is subject to change without notice.**

*Note: No commercial support was received for this educational activity*

# INDIVIDUAL COUNSELING

Calvary Hospital's Bereavement Department would like to acknowledge how challenging the past few years have been, especially when grieving. As a way to extend our support, we are now offering individual bereavement counseling for a nominal fee.

**If you would like more information, please call 718-518-2281.**

## 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 significant person's name will exist in perpetuity with the lifetime of the Hospital. This is 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, please call 718-518-2689.

## THANK YOU FOR READING!

Calvary In Touch has been made possible by a generous bequest from Michael Camara.